

Energy Bagua Journal

Slim Down and Say Goodbye to Sports Injuries and Hay Fever

Hello, everybody! My name is Chris and I am from Vancouver.

I began joining my wife in practicing *Energy Bagua* for about an hour and a half daily. I was quite fat at that time and weighed about 190 lbs. After practicing for about 6 weeks, I realized that I had lost 23 lbs. My whole body slimmed down. I was a taekwondo instructor. And due to my weight, sometimes I couldn't demonstrate the movements well. I couldn't even jump properly. After losing weight, I could do the movements easily. *Energy Bagua* is really good and effective for weight loss.

After living in Vancouver for a year, I started to suffer hay fever. I started practicing *Energy Bagua* on November 28th. The next spring, I expected to take medication for allergy symptoms such as red eyes and sinus congestion; however, starting that year, I no longer needed medication. I was liberated from hay fever.

Actually, besides this, some old injuries were bothering me. As a martial artist I had suffered shoulder dislocation. After 2 or 3 dislocations, my

shoulder became frozen. I couldn't even raise my arm. It seemed something was blocked inside. For about 3 to 4 months, I practiced with both my arms raised. One day, I realized that I could reach my arm to the back like this, and I was surprised it was my right arm. Usually, I could only use my left arm, so I knew the problem was gone. It is really amazing because it was an old problem that bothered me for a long time.

My knee was severely injured too. I had suffered a posterior cruciate ligament tear. I underwent surgery, but the result wasn't ideal. Whenever the weather changed, my knee would hurt. If I squatted, I could feel that this side was weaker. When I was teaching, I could only go this low and dared not go lower. If I needed to kick with my right leg, for example like this, I dared not use power, kicking out this way. My knee couldn't stand the pain. But now, I can kick easily without pain. But now, "pow", I can kick easily without pain.

I am very grateful to Master for teaching me *Energy Bagua* and giving me a healthy body. Thank you, Master!