

The problem of insomnia improved.

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Because I need to have renovation done to the house, therefore I need to discuss with the builders about the work and details. For a few evenings, been discussing until mid-night, because every night been concentrating my energy and thinking the renovation work, making me unable to get to sleep.

My wife worried about my health getting a bit weak; with a slow cooking pot, she made a bowl of ginseng with Chinese medicine for me to boost my energy. After I drank one bowl of soup, from then on, every night I feel especially good, no signs of wanting to sleep, everyday doing exercises, running, no matter how much I ran, I never feel tired, I have no aches and pains in my legs. Heaven, it seems I have taken drugs, for 10 days on a stretch unable to get to sleep. In the end I had to see a doctor, the doctor said: you are suffering from insomnia, every evening I have to take sedative, and then I would be able to sleep. Heard about this medication, taken over a long period of time, it is like committing suicide slowly, after taking this medicine for a few months, felt my head as though it is swollen, the head feels unbearable, this medicine made me feeling a kind of loving it and hating it at the same time.

Afterward from my colleagues, by chance and learned that, insomnia caused by bad circulation of chi and blood, introduced to this specific treatment centre for adjustments. In my heart I was just half believe and half doubt to have the adjustments applied by the volunteers, after the adjustments, about 4 hours, the area adjusted (C7 + behind left ear and the other chakras) all felt hot, hot, really amazing! Therefore, that night, tried not to take medication, wow! I slept for 2 hours and 30 minutes, at that time I was feeling floating in the middle of the ocean, and suddenly found a wooden plank. So, how is it possible that I would give up this wooden plank? Continued with adjustments for over 3 months, medications not required, able to get to sleep naturally.

While having adjustments applied by the volunteers, also introduced me to attend the courses on 18, 19, 20 January and on 25, 26 and 27 January 2008 at Hsinchu (Chu Pei) for primary and intermediate courses. Had the chakras opened, the body felt very comfortable, especially the head, feeling want to sleep. Every