



Enliven the Body • Captivate the Mind • Exalt the Spirit

A Genuine Miracle

- Life wearing you down?
- Do you have pain which seems to have no answer?
- Is your mind less clear and peaceful?
- Do you have much less vitality than you did even last year?

I had all of the above and more. The fingers in my hand were falling asleep and becoming useless, my back pain not only affected my walking and standing greatly, it was making me irritable beyond description. My body wasn't working well, at all. I chalked it up to aging and while seeking relief the best I knew with the Chiropractors, MD's, Acupuncturists, and Therapists of various kinds, nothing was working. I met a man in his thirties, that told me he had back pain so bad, he passed out mowing the lawn. He had tried everything, as I did, and finally he found Chinese herbs. The herbs took two hours to prepare every morning and in thirty days, his back pain was gone, never to return. After suffering for so long, I was willing to try anything. Unfortunately, the doctor he found was unavailable. The doctor only spoke Vietnamese, was unavailable via phone or email, and was in California, but I got the recipe. I took it religiously for thirty days, and got 10% better, so I was headed to get more herbs when I met, Dr. Andy Miles. He had written several books about regaining health with a combination of understanding Chinese medicine combined with Medical Qi Gong. We met at a National Speakers Association breakfast meeting and I asked him about my formulation that I was headed to purchase. He said that the formulation was for the back, and was more of a shotgun blast. He suggested that I come in and get a laser shot for my condition. He asked me questions, discovered I had "Fire in my Liver" and gave me four days of herbs and gave me exercises to do. I am not sure if the exercises, or the herbs or both working together was the most important. In four days the pain was gone, and I realized that Dr. Andy's recommendation wiped out not only the acute condition I was aware of, but over 15 years of pain I had learned to tolerate. I have new health and vitality, and as far as I am concerned, beneficiary of a "Genuine Miracle".

Over 2500 years ago, an emperor in China commanded his extremely healthy martial artists, to develop a system of exercises so the emperor and his family could be equally as healthy. Respecting his command, they developed a series of exercises to create vibrant health. These exercises are known today as Tai Chi and Qigong. Since health is more than just exercise, a Buddhist monk, Bodhi Dharma, & the TCM doctors of the time, blended and refined this system to include food choices, flavors, herbs, sounds, movement & meditation for a complete wellness system. When the body is out of balance, various symptoms arise we call illness. By understanding what is out of balance, combined with methods to return to balance, we begin steps for vibrant health & wellness. I am a certified Medical Qigong Coach/Teacher, and am interning as a Diagnostician, to help develop an exercise program and point people to professionals for further help a return to balance.

Compelled to share this with as many people as possible, I have two Qigong videos, and plan on offering the exercises in addition to my previous workshops on Communication and Mastermind. I do Qigong an hour or two per day, and will lead a class, for love offering during the day at several times, to allow many people to experience this miracle. Therefore I am building a speaking tour, to not only share my previous popular books and seminars, I am including as a bonus, a Fresh Life Series of Wellness that has transformed my life.

Are you ready for a Miracle?

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