

HEALTH ISSUES

Good Health is Reflected:

1. **in our thoughts and positive thinking**
2. **in our deeds and emotional sentiments.**
3. **in our diets and moderation in physical and mental indulgences.**
4. **in our environmental influences around us.**
5. **in clean and fresh air.**
6. **in pure and chemical free water.**
7. **in our daily exercises and rest (sleep).**
8. **in our stress levels.**
9. **in our participation in our inner calmness.**
10. **in our lifestyles, such as smoking, drinking or womanizing.**

Excessive worries - damage the lung energies - thus allergies, asthma, emphysema, TB. Etc...

Excessive anger - damages the liver.

Excessive stress or depression - damages the spleen and stomach.

Excessive fear - damages the kidneys.

Excessive happiness - damages the heart.

Migraine Headaches

Can migraine headaches be cured other than taking painkillers? --- YES! YES! YES!

Headaches in the front of the temples, the acupressure treatments should be at the back of the head.

Headaches at the back of the head only, acupressure should be done in the chest below the breast line.

Headaches in the center of the head, the coccyx has been injured due to a fall or an accident. Treatment should be concentrated on the lower back.

The whole head is aching with pressure in the eyes, or eyelids flicker. This is due to whiplash.

Headaches with red eyes. Liver and stomach are hyperactive.

Headaches are more intensified during the menstrual period.

All headaches can be eliminated through deep acupressure.

In my many years of clinical experience I have found only one or two cases that the above did not apply and it was found that these people had brain tumors causing the headaches that required other treatments.

Case Histories

Case History 1:

A lady had been suffering from migraine headaches for more than five years. Everyday she took painkillers, such as Aspirin or Tylenol; within six or seven treatments she has no more headaches for the past ten years.

Case History 2:

A young girl from Saskatoon suffered from serious headaches, and during the headaches she saw flickering lights. The doctor scanned her with the most up to date equipment but failed to explain why she sees sparks of brilliant lights, flashing in a rhythmic fashion. She was given one treatment since she came all the way from Saskatoon to Edmonton. After the treatment, she did not experience these severe headaches for three years. When she experienced the headaches again, her parents brought her to see me. I administered one treatment for her, and in a phone conversation with her father; he assured me that his daughter was well - No More Headache!

Case History 3:

During one of my two-day seminars in Winnipeg, there were about one hundred people who paid to attend the seminar. Before the session started I asked for volunteers, anyone with a headache, Bad Headaches!. Two ladies in the crowd with bad headaches volunteered. I used acupressure to stop the headaches of the first volunteer, while the audience timed me. It took seven minutes to erase her headache. The second participant was an elderly lady; it took about eleven minutes to stop her headache.

This technique has clearly proven, beyond doubt, hundreds and hundreds of times, that it WORKS without fail, each and every time. In my over twenty years of clinical practice, I have not met anyone that I could not help, with the exception of a couple of cases, where the patient had brain tumors. At my retiring age, I have

taught a few students to duplicate my skills, which I owe my sincere thanks to Dr. Chan who taught me the skills of bare hands healing. People suffering from migraine headaches do have an alternate choice other than pain killers. Of course, like any sickness; headaches can repeat due to whiplash, impact injuries, wrong diet. Double yang or triple yang foods can trigger headaches.

General Health Issues

The medical survey found that majority of the women (Approximately 70%) would get breast, ovarian, uterus cancers sooner or later in their lifetime. This is a fact that cannot be denied. Some women are hoping that this problem will not plague them in this lifetime! Some women are so naive that they take the gamble, like Russian Roulette, that this will happen to others and not them, ignoring the statistics.

Look around, the environment has changed drastically, we cannot hoodwink ourselves. The air pollution from traffic, the insecticide and herbicide, the preservative we add to our food all contributes to cancer causing agents. The microwaves, the TV's, the computer screen, they all emit high radiation frequencies that contributes to lung, liver, spleen and stomach cancers, to name a few. Depending on how often one is exposed to these radiations!

Can we prevent cancer? Yes, if we improve our immune system, through diets, regular exercises, mediations and cleansing of the blood and lymphatic systems through a simple herbal tea. Scientists have found that green teas can cure or prevent throat cancers. Different teas will enter different organs. Green teas can only help mouth and throat infections that lead to cancer.

Sour flavor will affect the liver.

Salty flavor will affect the kidneys.

Sweet flavor will affect the spleen and stomach.

Pungent or peppermint flavors will affect the lungs.

Bitter flavor will affect the heart.

Moderation in our diets will make us healthy. Overeating or overloading the body with vitamins or proteins will make us sick. For instance, a glass of wine will help the blood circulation, especially in the winter period. Over indulgence will toast or damage the liver!

The right amount of salt intake will strengthen the kidneys, help bone formation and harden the teeth. Too much salt will weaken the kidneys and make hair fall out!

The right amount of sugar will strengthen the spleen and stomach. Too much sugar in the system will cause the joints and bones to ache.

The right amount of sour flavor will kick up the liver's normal function. Excessive sour flavor will cause the skin to wrinkle and also affect the eyes.

The bitter flavor energizes the heart. When there is excessive bitter herbs or flavors in the food it will cause muscle twitches or spasms.

Pungent flavor energizes the lungs. When there is excessive pungent flavor (hot chilies/cayenne peppers) will cause tears and running nose and eventually (over a long term) will cause headaches and constipation.

For instance, ginseng is the best tonic for older people. If ginseng is taken in large quantity over a long duration (3-6 months) it will cause high blood pressure, migraine headaches, cold sores, red eyes etc... Why? Ginseng is considered a double yang herb (plus energy), cayenne pepper is considered as triple yang herb (plus plus plus energy).

Plus energy herbs can only be taken in low dosages over a short period of time. Only people with yin (minus) constitution can take ginseng for a longer duration, say six months to one-year period. The potency of the herb or food are divided into these categories:

Yang (plus energy) will make the energy go up towards the head, like hot air rises.

Ying (minus energy) that will make the energy sink to your feet, like cold wind sinks.

Neutral - in between pluses (+) and minus' (-). Neutral food has a little sweet flavor to it. This can be taken everyday throughout your whole lifetime with absolutely no side effect.

Example: rice can be taken by Orientals and bread by Westerners.

Neutral flavor will energize the stomach and spleen, from there it goes into the blood stream and in turn energizes the liver, heart, lungs, intestines and the whole body. But without water and oxygen the body cannot function.

Intake of double or triple yang/ying herbs can trigger the body's malfunctions in a short period, resulting in the imbalances of major organs. When this problem

occurs, we have to stop the ingestion or intake of the double or triple yang/ying herbs.

Harmony in Nature is the Universal Law that every living creature abides by for co-existence. If we break the cycle of Nature's Neutral Law, we will become sick.

Example: Nature has designed Cows to eat grass. Men are so smart, they think that they are smarter than Mother Nature! They feed the cows with hormones, calcium from crush bones, high tech chemicals and antibiotics! The result of Man's interference has led the cows to get "mad" ! So men call such a new disease " The Mad Cow Disease"! Who did this to the cows? Men of course, because Man thinks he is smarter than Providence of Mother Nature! The moral of this story is " We cannot interfere with the Process of Mother Nature".

Science has contributed many good things for the human race, but it has also destroyed a large portion of the Natural Eco System. If we can live in harmony with nature, then we can be as healthy as we can be. If we reverse or interfere with the natural laws, we will destroy ourselves eventually. The Laws of Nature are simple, even a child knows that we cannot make the fishes live on dry land, just as we cannot make birds live in the water.

Fish, meat, fruits, vegetables are all our natural diet. By feeding our food supply with hormones, antibiotics and chemical derivatives we are indirectly feeding our children with these same chemicals. Our health depends solely on the environment and how we eat and drink. If we lose touch of the Divine Law, governing nature and mankind, we would lose everything in the end.

To know how to prevent cancer, we need to understand the Divine Law that governs the whole universe. We are not alone in these galaxies. If there is a billion or trillion galaxies out there, do not pretend to assume that we are the only intelligent beings in these vast galaxies of universes! We may only be the reflection or the mirror image of the higher and bigger galaxies above us!

Fate and destiny are governed by an intelligent Law of Nature. If there is no fate or destiny then men do not have to die! If we can cure all the cancer patients and all other diseases like AIDS etc..., the world population will be uncontrollable. Our time clock begins ticking the moment we are born. We cannot fight the law of destiny, but certainly we can flow with this natural law by making the best use of it. Drugs and medicines can ward off sicknesses and prolong life. Unfortunately, drugs and medicines cannot prevent deaths, if the Law of Destiny or Fate is imposed upon us; we have to accept this fate, this is the way the Divine Law balances the survival of all creation from the smallest ant to the universes and in turn the galaxies and the heavens.

Surely there is a herb for every problem. The Creator will be very ignorant if he gives us a garden of weeds! For example: if we use the golden coin herb as a tea we

can dissolve kidney or gall stones. Is it a new discovery? NO! The Chinese had used these simple teas for centuries.

You can use herbal remedy, for example, horsetail, plantain and cornsilk in equal parts to dissolve kidney stones, if we want to do things the natural way. Or we can go for an operation or laser surgery to smash the stone. The choice is entirely your decision and acceptance.

Even scientists and doctors do not have the answers to everything. If we have the answers to everything, then of course we can become immortals and live forever.