

# Pain And Digestion Testimonial

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## From Karl Hogans

"For the past several years OFF and on have been getting qigong for several on going conditions. The main condition would be the Scoliosis of the spine. From years of doing heavy manual labor, I have chronic pain radiating up and down. When I actually follow through and keep up with the treatment, I noticed a clear difference. I go from having to crack my back possible multiple times a day, to feeling great. The more that I follow the longer I notice an effect and more intense of a relief it will provide. Probable the second most noticeable effect will be on my IBS (Irritable bowel syndrome). Before I had Ken start addressing my problem I would have irregular bowel movement and painful due to cramps. Afterwards I was able to have a more constant and fuller. This all came with out change of the diet and no medicine need. Again the more I stay on top of it the longer it will last and the more intense it will feel."

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