WAI DAN GONG AND GOOD HEALTH

Reported by: Ir. Dr Ooi Teik Aun

It has been reported recently by the Ministry of Health, Malaysia that 80% of those above the age of 50 has two or more ailments. This figure is alarming and it is definitely a serious problem. We must pay more attention to ensure that we can grow old gracefully without being stricken by illnesses that can be avoided. Wai Dan Gong (WDG) has been known to alleviate or eliminate the following ailments:

- Gastro-enteristis
- Tinnitus (ringing in the ear)
- Haemorrhoids (haemorrhagic piles)
- Allergy Rhinitis (sensitive nose)
- Halitosis (bad breath)
- Frequent nocturnal urination
- Headaches
- High blood pressure

The practice of WDG enable the relaxation of both mind and body. Gynaecologist Dr Liew Kok Chuan, in his lecture on womb tumours said, "If your mind is relaxed and at peace, your body's immune system will be strengthened thus avoiding the occurrence of illness. When your mind is at peace you feel happy thus your pain from your illness is also minimised."

IEM member Ir. Dr Thong Tin Sin would like to share his personal experience with other IEM members, and he has this to say about WDG:

- As member of IEM for about 40 years, he came to know about WDG from Jurutera's April 2003 issue. At the time of reading the WDG article, he had undergone a triple heart bypass operation about 16 months ago.
- He decided to join the IEM WDG practice sessions in June 2003.
- 6 months after practising WDG, his cardiologist reduced the dosage of the high blood pressure drug, Norvasc, from 5mg to 2.5mg. His blood pressure readings are always less than 125/75.
- He suffered from "frozen shoulder" ailment on the left side. After practising WDG for 6 months he was able to move his shoulder freely without any pain. He can now do his 'kidney massage' exercise without any discomfort.
- For more than 30 years, he suffered from frequent attacks of "Vasomotor Rhinitis", an ailment causing sneezing and running nose, often for a duration of 1 to 2 hours. At present this ailment has been reduced to a great extent in terms of frequency and duration of each attack.
- He is amazed to watch instructor Yeoh Tong Eng, at the age of 92, of being so agile and fit. The latter's very sharp mind and good eyesight is exceptional for a man of his age. His eagerness to learn new things such as attending courses on legal practice and enjoying painting and art works is proof of rejuvenation with WDG. Isn't this man, instructor Yeoh, a living example of the proven benefits of WDG in enhancing the quality of life at one's old age?

Instructor Yeoh Tong Eng with his recent first attempt on wall painting.

WDG classes started at the IEM in June 2000, and would be 4 years old by June this year. WDG practice sessions are held at the IEM Penthouse every Monday and Wednesday from 8.00 p.m. to 9.30 p.m. For those who are interested, just turn up and join in by reporting to Ir. Thong S. C. or Ir. Soo Tian Tiong or call IEM at 03-79684001 for further information.