

I always thought I was a healthy middle-aged man, until last year when all the sudden I started getting dizzy spells, and trouble breathing especially in the afternoon. When the symptoms first came on, I thought it was caused by normal flu, but as the condition worsened, I began to fear for the worst. A relative suspected I was suffering from vertebra injuries, but I doubted that since they seemed affected more likely by heart and brain issues. Still I didn't have the courage to go thru a full medical examination in spite of the condition to avoid facing a possible gloom reality. It wasn't until my relative got me using a Back Stretcher and a Neck Healer that I finally felt there was a cure. When I first used the Neck Healer, immediately I felt all along my spinal vertebra the pain lessened and back muscle significantly relaxed. At the same time, the dizziness subsided substantially and I was able to get a good night sleep the first time in over 3 weeks. From that point on, my health proceeded to a swift recovery, and right away I was breathing normally again. The trauma I went thru over the last 3 weeks has really alerted me on never taking health issues lightly, and how crucial our vertebra is in determining our overall wellbeing.

*Edmond*

Saya sudah tidak ingat bila saya mula mempunyai sakit belakang, saya mula menyedari masalah ini apabila saya tidak dapat berjalan lama atau berasa sangat sakit apabila saya perlu berjalan atau berdiri lama.

Saya menghabiskan sebahagian hujung minggu untuk pergi urut dan akupunktur, saya berasa baik selepas setiap perkhidmatan atau rawatan. Tetapi masalah akan terus datang kembali setiap kali apabila saya berjalan dan berdiri. Jadi saya berfikir bahawa saya mempunyai masalah buah pinggang. Selepas x-ray dan pemeriksaan kesihatan, saya diberitahu bahawa tiada apa yang tidak kena dengan saya. Jadi saya hidup dengan ketidakselesaan sehingga kaki kanan saya mula kebas terutamanya selepas saya duduk lama. Ia betul-betul mengganggu saya tetapi saya tidak tahu apa yang perlu dilakukan. Saya kembali ke doktor dan diberitahu bahawa saraf belakang saya telah dimampatkan dan memberitahu saya untuk pergi fisioterapi. Saya pergi untuk beberapa sesi fisioterapi tetapi saya tidak berasa peningkatan banyak. Saya menghadiri seminar semasa saya berada di Kuala Lumpur dan telah dinasihatkan sering menggunakan back stretcher dan ikat kaki. Saya pulang ke Kota Kinabalu dan menggunakannya setiap hari, ia memang menyakitkan pada mulanya, tetapi lama-lama saya berasa lega dan kebas saya sedang dikurangkan. Apabila sudah hampir enam bulan selepas menggunakannya, saya menyedari bahawa symptoms telah hilang. Saya mengucapkan terima kasih kepada tuhan kerana telah membuat keputusan untuk menghadiri ceramah dan memperoleh alatan ini. Jika tidak, saya masih mengalami kesakitan tanpa mengetahui mengapa. Memang benar bahawa hidup ini adalah hanya semua pertemuan dan iman. Saya harap semua yang mengalami kesakitan dapat berkongsi niat baik saya dan sihat sentiasa, kerana tidak berbaloi untuk menderita dalam kesakitan.

*Aziz Abdullah*

我为了我一个患有侧弯症的女儿而哭泣了很多个晚上。每次一看到她的背骨，那又弯又斜的驼背背影，心里都不禁打了个寒战。为什么是我的女儿？为什么别人的女儿可以拥有健康的骨架而我的女儿却要歪歪斜斜地过生活？我尽我所能去找医治我的女儿的方法。但是没有一个治疗方案有所帮助。我每天必须载送我的女儿去治疗也确实把自己给累坏了。我的女儿吃了很多保健品，做了很多的运动，也做了不少的治疗，但是却没有一点效果。她依然是很累，很没有精神，背骨很歪，也很瘦。有一次我的一位好朋友建议我去听这个讲座会，我就带着女儿去听。然后参加了课程，购买了侧弯症必备的工具。当天的讲师一直提醒我的女儿必须时常注意自己的体态，特别是坐姿。之后的每一天我都陪女儿一起练习绑脚，使用**壮腰宝**锻炼肌肉，韧带和骨骼。我开始注意我女儿的体态，决不让她弯腰驼背，一定要时常坐正。6个月后，我带女儿去做检查，报告显示我女儿的弯曲度减低了6度。真希望可以帮助女儿更早些能够接触**日本磯古式力学疗法**和**壮腰宝**，那么她就不会那么辛苦了。

*Stephanie*

我的工作是一名理发，美容师。从17岁开始我就拼命做工赚钱，全年无休，除了农历新年例外。就在我26岁那年，我的颈开始出现问题了。我时常感觉到颈酸，紧紧的，接着情况就越来越严重了。要抬头对我来说是件难事，而且时不时就胸闷。

我不断地寻求治疗方法，只要听到有什么良医良药对我的颈有帮助就会去试，结果问题都没有好转。我的颈甚至严重到完全没力，除了睡觉和洗澡的时间，我都必须戴着颈套。一旦把颈套拿下，我的颈就会往前倒下，感觉到颈很酸。那时的我才过30，而且也有了两个小孩，原本应该是开心的时光，却被这个颈椎问题折磨着，真的很痛苦！

我的性情越来越糟糕，脾起坏得很吓人。医生说如果情况继续恶化下去就必须开刀。接着又说我的情况完全不适合做手术，我可以做的就像是在等死。

机缘巧合下，我一位好朋友的朋友知道了我的状况，介绍了我肩颈宝。我很快地想都没想就通过网站购买了肩颈宝。收到肩颈宝后，刚开始不还会用，用后觉得又晕又想吐，情况似乎没有我想像中简单。后来打电话请教了那位朋友后，就学会了怎么去用肩颈宝。每天只要一有时间，我就会用肩颈宝。后来经过朋友的安排下让我有机会到中心上了堂2小时的课程。这之后让我学会了如何保护我的颈椎，而我也很坚持的每天做着对颈椎很有帮助的复健与运动，特别是使用肩颈宝。

肩颈宝让我重生了！我学会了珍惜自己的健康，再也不会像年轻时拼命不停地工作18个小时。回想前几年颈椎问题时的无助，我非常珍惜现在的自己。

*Mrs. Chen*

从小的时候我并不健康，黑黑的，身材瘦小，歪曲驼背。我的亲戚总是贬低我是不是没有足够的食物。我很怕冷，也很少出汗，我的父母对我的状况相当厌倦了。有一次当我和我的父母一起出席一场研讨会时，当天的讲师看见了我，问我为什么驼背。然后，她鼓励我勤劳使用产品，以后会交到许多女孩的朋友。之后，我跟着我的父母到中心学习使用脊椎骨救星，时常坐在护腰垫。几个月后，许多人注意到我的变化。我很高兴我的背骨直了，体重也终于增加了。每次当讲师来我们的区，我都会去努力练习以提升我的身体结构。我真的不喜欢以前的我。我参加了研讨会是由于我妈妈的背部有问题，但是最终是我获益最多。

*Bernard*

我这一生人都被疼痛所折磨，打从我十三岁从楼梯跌下来，我的整身就开始痛。在我踏出社会工作五年之后，我便把工作辞掉了因为我实在忍受不住身体每天所带来的疼痛。之后，我通过验血证明了我患的是天生的关节炎。我的家庭成员很体谅和疼爱我，他们不忍心我每天都被疼痛缠身所以就劝我不必再出外找工作，乖乖呆在家里就好。因此，我便开始在家里过着吃饱睡，睡饱吃，和看电视的日常生活，什么事都不必我去做，因为只要一做工或走动，我就会全身疼痛。我觉得自己已经变得毫无自尊可言，也没想过自己的将来会如何。但，仪谷式力学疗法的出现深深改变了我的人生。有一天，我的弟弟带我一起去参加**礮谷**式力学疗法的课程。在训练中心，我被逼跟着大家用指定的用具进行一些动作训练。导师所教的动作都让我觉得非常疼痛，但导师告诉我来到这里一定要进行训练，痛不是藉口。那次是我这样多年后第一次自己出尽力气地运动。两个小时的训练课程结束后，我觉得非常地累也很辛苦。课程结束后，我觉得自己好像重生了，因为我一直怕痛而从没有真正的尽力来做运动。那次之后，我觉得自己跟正常人没什么分别了。而我也每天开始使用壮腰宝和绑脚带来进行训练，也用摇脚椅来训练腿部的肌肉。过了不久，我也找到了一份新工作，赚钱养自己，不必再依赖家里，我的家人都替我感到很开心。回想过往的生活，我真的觉得自己白白虚度了二十五年。

*Tan Chee Kiat*

My neck was often stiff and it caused me lots of discomfort and headache. I used to suffer from pain in the soles while walking and needed to insert a pair of tailor made insoles into my shoes so that I can walk with ease. My left foot pointed inward slightly since I was young and had become more acute as I advanced in age and that caused discomfort and pain in my left hip and it tired me up. When I bend down at the wash basin often time I found myself getting lower backache. Aging is no fun! I often felt. But, after on Isogai neck healer and back stretcher for two months diligently on a daily basis I started to find that the above symptoms began to lessen and diminish and my quality of life improved. The secondary benefits are: my legs are toned up and so is my body! I have attended all the three trainings given in the very beginning and have been on this self treatment and therapy 4-5 times a week till today. A firm believer of "prevention better than to cure" I am glad I did not wait till it is too late before I start to do some things that are positive for the management of health.

*Irene Chin*

I suffered from cervical spondylosis and frozen shoulder shortly after a motor accident. Despite seeking physiotherapy for a few months, the condition did not improve much. I resorted to Isogai therapy with the neck healer and included tying my legs for a continuous 2 month training period. My condition improved drastically and now I feel great with regular isogai therapy

Likewise my wife was experiencing severe heel, knee and back pain for the past couple of years. Introduction to isogai therapy that included the back stretcher and tying the legs, her condition improved and now she does not have to resort to any painkillers

*Dr and Mrs Loga  
Subang Jaya*

Isogai Therapy:-

### **Stretcher**

An excellent tool for my tiredness.

After a tired day at home or office, the stretcher really served as a relaxant for my backache. After lying on the stretcher for 20 minutes, I feel so much relieved and rejuvenated and have better strength on my back to do more housechores.

### **Leg Binding**

Binding legs to sleep helps me a lot to strengthen my legs after a long walk at shopping centres or stand too long. It helps to relieve my tiredness.

The best part about using Isogai Therapy is it is not an oral medication with side effects. It is a passive physical treatment that works everytime and improved on our mobility and flexibility. For me, being referred to isogai is definitely being sent from above. I just got discharged from the hospital due to suffering from stenosis compressing on my static.

*Betty Tan*

As darkness came, and time to relax and sleep, that was the time I dread and feared most. Writhing pain in neck, wrists, shoulders and knees deprived me of my sleep and waking up with limping knees, stiff and swollen fingers and shoulders. Holding a pen to write and cutting a steak with a fork and knife was not possible, I was like an invalid for almost 5 months!

I was suffering from rheumatoid arthritis and was getting from bad to worse. Visits to doctors for steroid jams and taking painkillers were only temporary relief. Chinese sinsehs and physicians doing the massage and cuppings and blood oozing out were devilish! Ayuvedic treatment and 21 days of oil massage and taking the herbal medicine was nauseating!

It was June 3, 2011 when a closed friend saw an advert in Star newspaper on this "Neck and Back Pain" seminar and told me about it. I brushed her off. She knew how I suffered and knowing that I would not go, she came to pick me up the next day.

We attended and I bought the tools after the seminar, after we have tried on. I attended 3 trainings which was in the package and found that it helped the relief of my pain. I registered with the centre regularly and after a few sessions, I could squat. After a year, I was pain free! I could move and turn my head without problem, unlike those days when I looked up, I got to use my hands to move my head down!

I worked very hard on the neck healer and back stretcher and tying my legs when I sleep. Until now, these 3 items are my daily companions, even when I go for holidays (except for the stretcher which is too bulky).

Regards,

Theresa Wong  
17/4/13

Doc has advised me that if my situation were to be worsen in the future, I need to go for surgery whereby screws need to be inserted into the affected area. This is the most harmful way to me as I won't be normal anymore n moreover, I was told by people's experience, the pain will relapse again.

Now am recuperating through isogai therapy by using the stretcher and binding my legs. My numbness is much lesser now n pain is gradually declining after using it for 2 days.

I strongly recommend whoever is experiencing the same problem as mine, just solely focus on concentrating using the isogai therapy. It's the only right, natural, drug free and economical way of solution.

*Chen Suk Peng (Vivien)*

My life is full of pain since I fall down from stairs when I was only 13 years old. The only word can describe for my life is pain. I only work about 5 years and cannot work anymore due to the painfulness every day. After blood test, I was diagnosed with congenital arthritis. My whole body is in pain. My family members very care and love me so they ask me to stay at home and don't need to work. I stay at home for eat, watching television and sleep only without doing any others activities. This is because I felt pain when I carry out any physical activities. I have no self-esteem already and don't even think for my future. But until one day, my brother brings me for Isogai therapy training and I was forced to exercise and practice together. I felt pain but the instructor said I must practice together and pain is not an excuse. That was my first vigorously exercise after fall down. I felt tired and pain. After 2 hours complete training session, I felt that I was reborn. I think I was a real human being from the moment. After that, I practice with back stretcher at home every day. I also bind and swing my leg as an exercise. Finally I found a job for me to earn money and not more depend on my family members. My family members were so happy for me. Recording back, I couldn't believe how could I waste my 25 years.

*Tan Chee Kiat*

Saya bekerja di suatu syarikat bertaraf antarabangsa. Beberapa tahun dulu, mulanya saya mengalami sakit belangkang dan pinggang. Atas sebab saya menjawat jawatan yang agak tinggi, pihak syarikat amat mengambil perhatian terhadap kesihatan saya, mereka telah menukarkan kerusi saya kepada satu yang lebih baik dan berharga sebanyak RM4000. Tetapi, kesakitan tersebut tidak dikurangkan sampai satu hari saya terjumpa suatu iklan dan telah saya membeli satu Backrest serta Seat Support secara pos. Sejak saya mula mengguna kedua-dua produk ini, sakit belangkang dan pinggang saya telah menjadi kurang. Tambahan pula, saya menjadi lebih bersemangat. Kini, saya sangat mengambil perhatian terhadap postur duduk saya demi kesihatan badan saya.

*Sharifah Ain*

Saya mengalami sakit belakang selama bertahun-tahun dan menjadi lagi teruk apabila saya dalam perjalanan dari Terengganu ke Kelantan. Saya menghabiskan wang saya dalam mengambil ubat penahan sakit, urut, oilment dan plaster. Setiap kaedah hanya boleh lega buat sementara waktu saja dan saya tidak percaya kepada apa-apa keadahan lagi kerana tiada apa janji-janji yang dapat menjadi kenyataan. Kawan Cina saya melihat penderitaan saya, dia terus meminjam back stretcher dan isogai belt bagi saya. Kali pertama apabila saya guna back stretcher, saya terus tidur atasnya. Ia adalah kali pertama selepas bertahun-banyak, bahawa saya tidak berasa sakit. Saya tidak percaya bagaimana alat plastic ini boleh ada fungsi macam tu, tapi saya sudah tiada pilihan selain terus menggunakannya setiap malam sebelum tidur. Akhirnya saya dapat beli back stretcher dan isogai belt sendiri, dan dinasihatkan untuk menggunakan backrest juga. Saya tidak percaya saya boleh tidur begitu lena seperti sekarang. Walaupun dengan bajet terhad, saya membeli barang yang sama untuk ibu bapa dan adik-beradik saya. Sekarang semua orang dapat badan yang sihat. Saya masih tidak tahu bagaimana alat-alat ini boleh menjadi begitu berkesan, tetapi saya tahu kita perlu rajin berusaha untuk mendapatkan badan yang sihat. Saya memang sangat terima kasih kepada kawan saya.

*Nik (Kuantan)*

Saya suka golf, saya tidak boleh melepaskan mana-mana permainan yang telah dijadualkan. Beberapa tahun yang lalu, saya mula rasa sakit belakang setiap pagi. Kesakitan akan hilang selepas saya bergerak seketika. Selepas setiap sesi golf, saya berasa baik tetapi saya akan rasa sakit balik selepas makan tengah hari, kesakitan ini telah mengganggu kualiti kehidupan harian saya. Saya pergi untuk MRI dan x-ray, dan diberitahu bahawa L4 dan L5 telah merosot. Saya telah disyorkan untuk membuat rawatan kiropraktik. Selepas 16 sesi rawatan kiropraktik kesakitan saya telah sembuh. Tetapi beberapa bulan selepas itu, saya boleh rasa kesakitan yang sama sekali datang lagi dan telah dinasihatkan untuk berhenti main golf. Saya benar-benar sukakan golf dan saya tidak bersedia untuk melepaskan. Jadi, saya kembali untuk rawatan kiropraktik tetapi kali ini tidak berfungsi dengan baik. Kelajuan pemulihan lebih perlahan daripada sebelumnya. Salah satu daripada rakan-rakan golf meminjamkan saya back stretcher dan isogai belt, saya terus guna tanpa pengetahuan dan iman. Ia berkesan, ia memang berkesan, saya bangun tanpa berasa kesakitan selepas minggu pertama. Sejak itu, saya menggunakan alat-alat itu sekurang-kurangnya 3 kali seminggu. Saya tidak ragu-ragu, saya hanya tahu saya perlu menggunakan kerana saya tidak mahu sakit lagi.

*Raju Arif*



Badan saya menjadi lebih berat selepas kelahiran bayi pertama saya. Pelvis saya menjadi besar dan bentuk badan saya tidak seimbang. Saya telah mengambil pelbagai ubat, makanan tambahan dan rawatan untuk mengurangkan berat badan. Berat badan akan turun tetapi kembali lagi pada masa ini. Saya menjadi malas dan lembap untuk melakukan sesuatu, kerana badan berat. Saya lebih suka duduk dan baring dan sudah tentu berat badan saya akan terus meningkat. Saya rasa sakit di pinggan dan berasa sukar untuk naik ke atas tetangga. Saya juga pernah buat terapi tradisional, lepas itu saya berasa lega untuk sementara tetapi ketidakselesaan akan pulang dan tiada tanda-tanda dalam pengurangan berat badan. Saya menghadiri ceramah dari iklan di Utusan tapi hanya untuk memberikan satu cubaan. Saya mengikat kaki saya dan menggunakan back stretcher setiap hari kerana saya berasa baik selepas regangan. Saya tidak sedar kerja keras saya berhasil sehingga saya dan keluarga saya pergi bercuti yang memerlukan saya untuk berjalan dengan banyak. Saya menikmati perjalanan begitu banyak kerana saya tidak mempunyai apa-apa kesakitan. Berat badan saya berkurangan dengan cara yang semulajadi.

Saya nampak lebih slim dan gembira sekarang kerana saya sudah tiada lagi lemak tambahan dan badan saya kelihatan lebih berotot.

*Siti Othman*

I was constantly attacked by back and neck pain which had disrupted my daily life. My friend had convinced me to attend this Seminar on Neck and Back Healing. Although I found the Seminar very informative, I was skeptical about the Neck Healer and Back Stretcher. However, after using the Healers for a couple of times, I felt I was relieved from the pain that has affected my life for the past 2 years. I regained confidence and increased the usage of the Healers. Now, I cannot leave home without the Healers. Recently, I have also learned to tie my legs simultaneously with the Healers to enhance the benefit. With the help of the Healers and correct posture, I can now live a normal life

*Beatrice Lim*

I work for an international Company. I suffered from back pain and shoulder ache for many years. In order to improve my work performance, my Company has spend thousands of dollars investing in good chairs. However, the chairs did not help me in anyway. I was willing to try anything that could reduce my pain. I came across this advertisement and bought a Backrest and Seat Support through mail order. Amazingly, my back and shoulder ache has reduced and I am more energize at work. I understand now the importance of a correct sitting posture and how the Backrest and Seat Support can help in ensuring that my sitting posture is correct at all times.

*Sharifah Ain*



I suffered from frozen shoulder for a long period of time. Not until I was introduced to the benefit of using a stretcher that I was relieved from the pain. I can now do my "everyday" chores with comfort.

*Susan Lim*

I cried for so many nights on the reason why did I have a daughter with Scoliosis. Whenever I saw how hunched she was, her back curved from side to side, I would keep asking myself : " Why does it happen on my daughter? Why can the other girls own healthy skeleton frameworks while my daughter has to suffer with her unhealthy spine?" I had tried all my very best to find a remedy to her Scoliosis, but no one worked yet I was weary from days of bringing her to try types of therapy. She ate number of supplements, exercised a lot, practiced few therapies, but her Scoliosis didn't seem to get cured, she was still thin, hunched and fatigue.

I have a very close friend. She asked me to attend this seminar and I brought along my daughter too. We had purchased a set of Isogai Therapy tools and signed up for its training classes right after the seminar ended. The speaker kept reminding my daughter to be alert with her posture especially her sitting posture. Since after the seminar, we attended the training classes together. We kept binding our legs and using the back stretcher to exercise our muscles, ligaments and skeletons. I started to take note my daughter's posture, I didn't allow her to hunch and insisted her to sit straight. Six months later, I brought my daughter for a check-up, report showed the degree of her spine's curvature had reduced 6 degrees.

I should be coming across with this Isogai and back stretcher much earlier than the time I found it, so that we might not be suffering with this problem for such long.

*Stephanie*

Mrs. Cheong,

I fall in love with the stretcher and the belts. It gives me comfort and relax my back. It cured my back and leg pain, my shoulders and neck stiffness. It is so good and useful for me and my family.

Yours sincerely,

Rose Cheong

17/4/2013.

I saw my girlfriend's mom, she kept moaning about her pain. Both of her knees were swollen and distended, she couldn't sit and stand without feeling any pain, the needle-poking pain she felt while she walked, made her life even more suffered. Somehow, I learnt about the **Back-Healer** and legs-binding technique. I got to know few cases, in which I witnessed the patients who had the same problem as my girlfriend's mom did; they got better or even mostly recovered. Thus, I introduced my girlfriend's mom the **Back-Healer** and the binding legs therapy.

Yet her neighborhood found out this, and told her that practicing this kind of binding legs therapy would lead to death and using the **Back-Healer** would damage her waist. Luckily, she doubted those statements. She continued using it, but not that frequent as I told her so and I stopped asking her about it due to lacking of time.

I didn't realized how long it had been, one day I found that the bending of her body was seemed to decrease a lot and she could maintain herself in a straight posture.

It was a night when I was actually having dinner with my girlfriend's family. Right after the dinner, I saw her mom took out the **Back-Healer**, lie on it and stretched her body easily without feeling any pain. I couldn't restrict myself from asking her: "Aunty, how is the pain recently, are you getting any better?" She replied me without on her second thought: "I am recovered since long time ago. How can this thing and the binding legs technique is so effective in healing me, they are much more awesome than a doctor is! "

Now, the **Back-Healer** and the belts used to bind legs are getting so popular in her neighborhood. Everyone is busy asking me to help them to get a set of it. I always have this kind of thought whenever they ask me this favor: if these aunties don't suspect the effectiveness of this therapy, now they can live healthily as my girlfriend's mom does.

Since I did a great job in aiding my girlfriend's mom, and I have been told that I'm part of her life now.

Now, I shall advice people I meet who suffer pain to try binding legs therapy and the **Back-Healer**. Of course, there are people take my advice while some would consider that I'm just being funny. Anyway, I don't care. As long as there are people get better from their pains by considering my advice, I shall feel happy about it.

Yaw Li

I am from a single-parent family. My father left us when I was six years old. Since then, my mother is the sole breadwinner in our family. In order to earn a living, she helped to do laundry for six different families. Yet, due to the decreasing demand caused by the existence of washing machine, she stopped doing laundry and she secured a new job in a restaurant. Her new job was washing plates and responsible for the cleanliness of the restaurant. Before this, my mother has had some back pain and unnoticeably her legs started to bend and she was like falling forward when she was walking.

She felt very pain and the only she could do is applying some oilment or plasters. When it came to the night, she couldn't even move and she would rather sat there doing nothing because whenever she moved, she would feel horribly painful. Due to the extreme pain of her body, she quitted her job and just rested at home. She became more and more exhausted. When me and my siblings got home from work, we would take turns to help her to massage her foot so that she felt better. Yet, years passed, her condition did not turn better, she became weaker, couldn't move much.

There was once where my brother's girlfriend brought her to Singapore for treatment, the injection of collagen into the knee caps so that her condition could turn better and reduce her pain.

At first she felt good and lesser pain. But, the effect didn't last long. After a while, her pain came back again. This time the pain is much more horrible and she even got to sit while cooking because she was unable to stand long anymore. Coincidentally, we saw an advertisement in newspaper regarding a seminar about back pain. Therefore, without any hesitation, we went to that seminar together with our mum.

After the seminar, we found that the tools were reasonably priced and thus we bought a set for our mother. My brother learned the ways to use the back stretcher and swinging chair and at home, he would guide her in using those tools. After some time, I found out that my mum no longer sitting on the chair while cooking and immediately I told my brother about this. Both of us started to observe our mother and we found out that her legs are stronger and she can stand straight. She didn't even notice that. Two years ago, we all went to china for a family vacation and my mum can walk by herself during that vacation. I do not have to hold her hand anymore. After that, all of us take turn to use the back stretcher and swinging chair. We felt very thankful. Thanks god that my mum no longer feel pain anymore.

Mary Kwan

自从和现任女友交往后，我发现她的妈妈从早到晚都在喊痛，整个膝盖又肿又胀，无论是站还是坐都很辛苦，走路时更好像被针刺到一样。由于工作关系，我认识了壮腰宝以及绑脚技术，且亲眼见证了很多情况好转的病人。因此，我也叫伯母试着用壮腰宝及绑脚技术来做治疗。

可是，我女朋友的家乡在资讯没有那么发达的小乡村里，那儿的村民知道这件事后竟然告诉伯母绑脚会死人的，用壮腰宝会弄断腰的。但庆幸的是，伯母半信半疑，所以每天也不敢用太久，她也没照我吩咐的时间去用那些工具。再加上工作忙碌的关系，我也没什么时间去注意她的进度了。

我也忘了过了多久，当我再次见到伯母时，我发现她整个人竟然挺直了许多，之前的歪斜也似乎有所改进。然后有个晚上，当大家都吃完晚餐后，我居然看到伯母把壮腰宝拿了出来很自然地躺了下去，轻轻松松地在做伸展。

于是我忍不住问了伯母：“伯母，您的脚有没有好一点？”伯母毫不犹豫地跟我说：“早就好多了，这片板和绑脚怎么会那么有效，比医生厉害多了！”

之后，陆陆续续的村子里的村民都会拜托我帮他们购买壮腰宝和绑脚带。我常在想如果这班村民不是对这项治疗存有偏见的话，他们现在也会像伯母一样活得快乐许多。因为我成功的替伯母找到了一个有效的治疗方法，所以很自然地我在我女朋友的心中也占了一个很重要的位置。

现在我每次见到有人被痛折磨时，我都会介绍他们使用壮腰宝，绑脚和摇脚。当然有人相信，也有人觉得我很可笑。但是我觉得只要有人因为我的建议而情况开始有好转，我就会觉得很开心了。

Yaw Li

我来自一个单亲家庭。父亲在我六岁时就离开了我们，妈妈一个人辛苦地把我们三兄妹抚养长大。早期时，妈妈每天帮忙六户家庭洗衣服来养活我们。有了洗衣机后，妈妈就转行当餐馆女工，帮忙洗碗及打扫餐馆。妈妈以前就时常喊腰痛，慢慢地连双脚都变形了，当她在行走时似乎整个人都伏在前方，屁股整个翘了起来。

妈妈每天搽油、贴药膏及推拿，但是到了晚上时，妈妈就只能坐着不动因为起身走动实在很痛。由于活动力少，妈妈就动得少，就连半天的工作也辞去了，在家休息。人也变得越来越迟钝了。

每当我们下班后，都会轮流地帮妈妈按摩双足以让她舒服一下。一年又一年地过去了，妈妈的双足还是没有好转，整个人的活动能力也衰退了。妈妈的身材开始出现了上瘦下胖的现象。

哥哥的女朋友也尝试带妈妈去新加坡治疗。医生替妈妈注射胶原蛋白到膝盖，以让妈妈能够继续走动及止痛。

但所有的付出及努力似乎都只是短暂的，因为止痛一阵子后，妈妈又痛了。之后，妈妈更是痛到需要坐着椅子来煮饭。

在一次机缘巧合下，我们看到报章上刊登了一个有关骨骼的讲座会，我们三兄妹、妈妈连同哥哥的女朋友就一同出席去了。

由于售卖的工具不贵，所以听了那场讲座会后便买下来给妈妈使用。哥哥很谨慎的学习如何使用壮腰宝和摇脚椅。之后，哥哥每天耐心地引导妈妈使用该工具。不知过了多久，我忽然发现妈妈竟然不需要坐在椅子上煮饭了。我马上把这个好消息告诉哥哥。我们大家开始关注妈妈的情况，原来她的双足已可以独立站直，只是妈妈自个儿没发现。

两年前，我们全家一起到中国旅行，想不到妈妈竟然不需要我扶着走路了。现在，我们一家大小都使用壮腰宝也轮流地坐在力学椅子上摇脚。我们大家都很感恩，感谢主！

Mary Kwan

Mrs Choong, her classes and the equipment that I have purchased – back-stretcher, neck healer, the Isogai correction belt and even MOB Back Support have been a help to me and my family.

I spend hours in front of the computer, and my shoulders and neck muscles tense up quite badly. I also walk up the Bukit Hill five times a week (I'm flat footed), and every so often, I'd be aching in one place or another, having abused my now aging muscles!

With the consistent use of all the equipment, I have managed my aches and pains, rather than frequenting masseurs and spas, which really only a temporary relief.

Thanks for the continuous care, Mrs. Choong!

Regards,

Karen Toh >^..^<