

*Hi Homer:*

*I have a few changes to report that you may share on you website or in class.*

*Thank you for giving me so much vitality and a healthier body through your classes, Homer.*

*Since I started practicing Qi Gong, I have noticed that several fine vines on my legs have vanished. This cannot be explained with Western medical knowledge.*

*I practice my Qi Gong exercises beside a plant. In three months this plant has grown a foot taller. I will now place my ailing orchids in that spot.*

*My day goes smoother when I practice Qi Gong, it seems that I have more time.*

*Qi Gong provides me with the focus for prioritizing and getting tasks done as well as giving me the energy.*

*With so much gratitude,*

*Dr. Julie Cox*