

Qi Gong practitioner claims to improve eyesight without surgery

Wu's Eye Qi Gong is a specialized self-help Qi Gong form. It is one of the most economical ways of improving the health of our eyes, according to Master Teresa Yeung, a renowned Generational Master of Qi Gong in Toronto and internationally.

Wu's Eye Qi Gong workshop and bonus 7-Style Tai Chi Qi Gong begins January 19, 12-4 p.m. at the Best Western, 365 Guelph St., Georgetown.

Lee Anne Knight is an energy/body worker based in Georgetown.

"I was asked to bring Master Teresa back to Georgetown to offer this unique and relevant Qi Gong form to our small community," said Lee Anne Knight, an energy/body worker based in Georgetown. "Master Teresa came last year at this time and the turnout was awesome and very well received!

"One participant I spoke to, after practicing the form for a few months, noticed she did not have to use her glasses as often. Another participant said when she went for her annual eye exam she didn't need a new prescription, which she usually needs," said Knight. "I personally find it helps relax my eyes after looking at the computer for extended periods. If you use smart-

phones, tablets, desktop computers or have noticed your eyesight deteriorating this specialized Qi Gong is for you."

Benefits of Wu's Eye Qi Gong are reported to be:

- Helps eye problems ranging from myopia to macular degeneration, blurry eyes, dry eyes, tired eyes, astigmatism, cataracts, headaches/migraines, detached retina, and insomnia problems.



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- Helps the liver to cleanse and detoxify the pollutants in the body.

- Helps the pituitary gland which regulates hormonal secretion. The pituitary is sometimes referred to as the "master gland," as it controls hormonal functions such as thyroid activity, testosterone production in males and ovulation and estrogen production in females.

- Helps the pineal gland to be activated, which is a small endocrine gland in our brain. It is believed that when the "third eye" is activated, it connects to spiritual world frequencies and enables you to have the sense of all knowing.

To pre-register online and receive a discount, visit www.MasterTeresa.com. For more info, please contact Knight, 416-726-2639, lknight28@yahoo.com or www.apathtoselfhealing.com

Technology to remove barriers for persons living with disabilities

The ability to communicate with others, share ideas, indicate feelings of well-being or anxiety, respond to verbal and non-verbal forms of communication and embrace socialization are skills we develop over time from childhood.

We learn to form attachments to parents and siblings, eventually extending from the nuclear family to the outside world. These are difficult skills to acquire for a person living with autistic spectrum disorder. These skills can be lost through traumatic brain injury as well.

In the case of an autistic child and their family who face difficulty in affording and acquiring specialized therapy, researchers at The University of Southern California have developed a robot called "Bandit". Although in its infancy, their hope is that a small, affordable robot can be designed and programmed that is sympathetic and sensitive enough to act as a playmate and to aid in the therapeutic regime.

As an adjunct to traditional therapy, the robot would be introduced early in the diagnosis, be in the home, relieving travel for those outside large centres. Many children with autism relate better with machines and computers as they are more predictable than people. This research continues with a new,

Andrew Tutty



larger study starting this summer.

This need to communicate drives researchers at The Centre for Brain and Mind at Western University in London Ontario. Using Functional MRI measurements, researchers track oxygen rich blood flow to regions in the brain of patients who are in a permanent vegetative state searching for patterns. It seems that one in five of such patients who do not show any outward signs they are aware of their surroundings or situation can communicate simple yes or no answers to pointed questions. It appears new memories are being formed since their head trauma.

Technology will continue to remove barriers for persons living with disabilities.

Andrew Tutty is a member of the Halton Hills Accessibility Advisory Committee (HHAAC)

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