

## Metabolic, endocrine, and immune illnesses

### Story 1

#### **46-year-old female with diabetes**

Jane is a forty-six-year-old housewife. She had normal weight and smoked for the past twenty years. Five years ago, she was diagnosed with diabetes mellitus type 2.

Her doctor treated her with Glimisave, Amaryl, and Prandial for her diabetes mellitus type 2 and with Zetia and Atorlip to lower her cholesterol level. In addition, she was taking Nexito as an antidepressant.

She connected with Master Sha's system in the first week of December 2013, when she chanced upon Master Sha's book *Soul Healing Miracles*. At that time, her blood sugar count was almost 500.

#### *Laboratory results from December 4, 2013*

- fasting 332 (70–110 mg/dl); urine glucose 3+; urine ketones negative
- postprandial 493 (N: 70–140 mg/dl); urine glucose 3+; urine ketones negative

Jane was so inspired by Master Sha's book, *Soul Healing Miracles*, that she immediately started to practice with the Source Ling Guang Calligraphy "Da Kuan Shu" (Greatest Forgiveness) in the book. In two weeks, her blood sugar level started to drop.

*Laboratory results from December 23, 2013*

- random 235 (60–180 mg/dl); urine glucose negative; urine ketones negative

Over the next few months, her reports showed consistent improvement and by March 2014, her blood sugar had stabilized to within normal limits. Since March 2014, Jane has been living a normal life with her sugar count staying in the normal range.

*Laboratory results from April 3, 2014*

- fasting 92 (70–110 mg/dl)

*Laboratory results from May 2, 2014*

- fasting 67.5 (60–110 mg/dl)

*Laboratory results from June 3, 2014*

- fasting glucose 117 (60–110 mg/dl)

*Laboratory results from September 24, 2014*

- random glucose 124 (N: <200 mg/dl)
- fasting 85 (non-diabetic <100 mg/dl)

*Laboratory results from November 6, 2015*

- random glucose 170 (N: <200 mg/d) (after not taking regular medication for the prior five or six days)

During this time, her doctor was continuously reducing the dosages of her diabetic medications.

In the research update of November 24, 2015, Jane wrote to us that her blood sugar levels had been normal for the prior year. She was still taking small doses of the medicines, as her doctor had not approved stopping her medication. However,

there were instances when she did not take medication for a few days and yet experienced no rise in sugar levels.

Jane continues to practice self-healing regularly by tracing Tao Calligraphies in the *Soul Healing Miracles* book for about one hour per day. Apart from a special Tao Chang (Tao Field) blessing she received from Master Sha during a November 2014 event at Agape International Spiritual Center in California, Jane has not received any other healing blessings. Her only healing has been self-practice by tracing Tao Calligraphies. In her spiritual practices, Jane follows her guru and prays for fifteen minutes twice a day.

In the research update from January 2016, Jane wrote to us:

*It was a miracle that my sugar levels reduced so much just by practicing with the Tao Calligraphy in the Soul Healing Miracles book. Since I last communicated with you, I have been regularly practicing tracing the calligraphy for a minimum of one hour daily. My doctor ... continues to give me mild medication to keep my sugar levels down. However, he is very happy as I am one of the very few patients whose sugar levels reduced from 490+ to normal levels in just a few months. Over the past few months, I have been undisciplined with my diet. I also had stress at times and I could not go for my morning walks, yet my sugar levels remained normal.*