

* Coughing up more phlegm.	195
* Intervertebral disc problem healed without medication, no more pus coming out from the ear.	196
* An amazing encounters of Longevity.	197
* Not seeing good side of it, then support it and believe in it.	199
* No need of medications, breathing smoothly and improved.	201
* This is what I am dreaming of to do!	202
* Found my youth and energy back.	204
* My wife got panic, thought I have stopped breathing.	205
* Life long useful kung fu.	206
* Weakening of throat muscles, secretions flowing out like a fountain	207
* Food stuck in the oesophagus, within 2 minutes, felt comfortable.	208
* I manage all the injuries and pains in the family.	210
* I told him loudly – what I learned is Longevity!	211

【Gastrointestinal】

* A kind of warm energy, comforting the stomach pain.	212
* Where ever the placement of the hands follows with no pain.	213
* After chakras opened, old problems emerged from the stomach pain.	214
* Intestinal problems improved.	216