

From gray to color

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Before I learned Longevityology, my health condition was extremely poor. In addition to frequently exhausting and easy to catch a cold, the most serious symptom I had is a spur in the lumbar vertebra and the pain in the low back, the so called slipped disc. The symptom can cause the disk to fail, allowing the gel to escape into the surrounding tissue. The leaking jellylike substance can place pressure on the spinal cord or on a single nerve fiber and cause pain either around the damaged disk or anywhere along the area controlled by that nerve. After several kinds of treatments, the situation was not improved, so my doctor suggested me to have an operation. At that time (about 35 years ago), slipped disc operation in Taiwan is a high risk operation with low successful rate, and the consequence of operation failure includes incontinence and paralysis. (A few years after my operation, a celebrity had the same operation as I had. Unfortunately, she spends the rest of her life on a wheelchair.)

Since all the other treatments are ineffective, I had no choice but took the risk of paralysis and had the operation. Thank god, the operation was very successful, and I enjoyed a few years without pains. However, it only lasted for a few years and the pain in my lumbar appeared again and it got worse and worse. At the end, I cannot sit for more than 5 minutes and have to lie down to relieve the pain. It seriously influenced my life.

I have tried all kinds of treatments you can imagine including western and eastern approaches and most of these methods can only temporarily ease up the pain but cannot truly heal me.

There was nothing I can do to improve the situation, and I did not expect anything for my future. My life was gray.

1995 is a turning point of my life, I started to learn about Longevityology through a friend and it changed everything. Longevityology enables me to have hope for my future, and ever since then, my life is colorful.

Longevityology should be easy to learn and practice for everyone. However, it was such a tough task for me since the pain in the low back reduced the time that I can practice. I had to have a pain killer and covered my back with an electric