

need to be scared, treat the cancer as you treat like a flu.

Secondly, choose a good doctor (even just for needle biopsy or section examination, need to be done properly), and follow with proper treatment.

Thirdly, doing exercises "Longevity", it minimise suffering during therapy, it enhance the effect of therapy, it also get rid of the root problems.

Fourthly, remain happy and not to worry.

Fifth, to eat more, eat well, i.e. protein, fish (one every day), meat, fruits, soup.

Sixth, exercise more.

Seventh, if you want to do something, do it, do not hesitate, travelling is the best.

The most important thing is you must have confidence to fight and defeat the disease. Lastly, I like to remind all the volunteers, keep practicing "Longevity", you will have boundless benefit for life.

Special introduction:

The author of this essay Ms. Kao Mee Yee, is 71 years old this year. A few years ago unfortunately had suffered from Lymph node cancer, had grown to 5 cm long. At that time the author already been in contact with "Longevity". Due to her confidence in "Longevity", in addition with the author's firm determination, followed doctor's treatment/therapy, painfully fought for nearly 3 years, now in full recovery, cancer cell marker shows 2000, for normal person is below 2400. "Cancer" disappeared; this is not miracle but fact, especially requested Ms. Kao writing her own account of fighting the cancer in detail, to share the information with other sufferers.