

painful like before. Because of too much work pressure lately, developed constipation, I placed my hands on lower abdomen, I could feel movements in the abdomen, and next morning would be able to move bowels. This proves and makes me love Longevity more and more have been encouraging my friends to learn all along. Longevity has become my good helping hands during every day living, whenever I feel uncomfortable, place one hand on C7 and the area-needed energy, naturally the body would become lighter. Because of illness, aches and pains would lead to depression, it also disappeared. The most important is the whole family can learn together, so it can improve all activities and relationship.

Symptoms and adjustments : Back pain – C7 + C3 + affected areas.
Shoulder pain – C7 + affected areas.
Knee injury – C7 + C3 + affected area.