

Better self help than ask for help.

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Had been suffering from insomnia, shoulder and neck pain, had tried Chinese medicine, conventional medicine, and tribal medicine, have not noticed any improvement, and really is (when you are desperately ill, you go for any doctor)!

Through a friends' recommendation, my sister and myself enrolled to learn the primary and intermediate courses of Longevityology. First day of the lesson, had the chakras opened by the teacher, I did not have any reaction, quietly went back to my seat. Then I saw all the learners had put their hands out straight, teacher Wei was standing on the platform in front of the learners he was waving his hands several times, I could feel my hands getting hot, felt like hot energy passing through, really wonderful feeling!

Next day after the class, I did what the teacher showed us how to apply adjustments that night "insomnia" condition has improved. A week later, itchiness in the body and cramps in the leg got better without the use of medicine. Apart from that, seeing the obvious changes in the family members have been treated by my sister so patiently, that made me believe that Longevityology is effective for most major to minor ills and pains. Now, I feel Longevityology not only can self help but also help people, there is no doubt about it!

I am most gratified that Longevityology does not involve religion, politic and business matters, also very grateful to teacher Lin, teacher Wei, and teacher Choy and all the teachers and volunteers for their benevolent kind deeds, felt greatly moved! Thank you for your selflessness teaching and offering. After I have been through many difficulties, I feel deeply that "self help is better than to ask for help", with best wishes to all the learners. Keep going!

Symptoms and adjustments : Insomnia – C7 + behind left ear.

Shoulder and neck pain – C7 + C5 + affected area.

Cramps – C7 + affected area.