

**Say good-bye to insomnia with joy after 30 years suffering.**

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Came across Longevity through the introduction of the instructor from the gym, I always have back and loin pain, could not stand for too long, he would apply adjustments for me, but not always.

Just as the 76<sup>th</sup> Longevity course starting, he suggested me to go and learn, then I can treat myself and help people. I thought it was very good idea then went with my husband together and learned, truly my back and loin pain got better, no pain anymore.

Went to Fuk Hing North Road treatment centre and help an elderly couple, Mr. and Mrs. Wong, for years they have not been sleeping well, I placed my hands at the back of his head, behind the ears. After two days, he said to me, for so many years he could not sleep well, but after two days adjustments, he is sleeping better. He also said he must go and learn when the next course starts. Truly grateful to teacher Wei, teacher Lin, teacher Choi, all the volunteers, thank you for their eagerness to help.

Symptoms and adjustments : Back and loin pain – C7 + C3 + affected area.  
Insomnia – C7 + behind left ear (with emphasis on back of the head).