

relationship and closeness. It also reduces their ills and pains, and my own body got healthier, it is just one person learning and benefiting all. Whenever there is any chance, very often talk to my friends about the goodness of Longevity, it does to people and to self.

Symptoms and adjustments : Cough – C7 + C5 + affected area, throat.
Nasal congestion – C7 + C5 + nose.
Back aches and pains – C7 + C3 + loin areas.
Insomnia – C7 + behind left ear (with emphasis on back of the head).
Muscle mass – C7 + affected area.