

sometimes I could feel quite well and can easily pick up the important points from the book, the same with mathematic answers. The most important is tiredness of eyes, able to apply adjustments to self, thus not falling to sleep easily.

As to the experience of applying adjustments to other people, only had 12 hours of practice. I feel very strange, every time applying adjustments to people, the feeling is not the same, sometimes I feel numbness in the fingers, at times with pins and needles feeling, and at times, I feel icy cold of the person's unwell/affected area. Everybody's condition is different, thus the feeling not all the same, this is the most fun area of Longevityology.

From young until grown up, my father has been treating me; suppose I say half of my life was spent with, Longevityology is not exaggeration. Since primary school I came across Longevityology, until now I have learned, I certainly do feel one needs patience to practice Longevityology, step by step with adjustments, it is able to reduce the symptoms of illnesses gradually and stopping it getting worse. Supposing you are advancing and continuing with adjustments for months and years, might able to get to the root of the problem!

Symptoms and adjustments : Nasal allergy – C7 + C5 + nose.
Memory – C7 +C6 + whole head.