

## **Tight feeling and painful neck got better.**

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One day, a classmate phoned and told me he was going to Fuk Hing North Road “Loving heart centre”, to have adjustments for the body, which can improve a lot of ills and pains, asked me to go with him. In the centre, I saw people just using a pair of hands applying adjustments to the body. The volunteer asked where I felt uncomfortable; I said the shoulder, hand, and loin and chest pain. After the adjustments, felt whole body relaxed and comfortable, so, I thought I must attend Longevityology courses.

I have problem with sleeping and suffer from insomnia. The first day after chakras opened, slept well that night, I felt so happy. After the intermediate course the next day, saw the security man of the building, he told me he slept in an awkward position last night, his neck feels tight and painful, asked if I could help him? I applied the Longevityology way of adjustments for him, to relax the muscles. Saw him again the following day; he happily said his neck feels so much better.

Symptoms and adjustments : Insomnia – C7 + behind left ear (with emphasis  
for the whole head).

Neck pain – C7 + affected area.