

Scold injury, no more pain.

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I work as a domestic cleaner, which require a lot strength and energy. As such a long-term basis, the body get so tired; often have aches and pain in the back, no strength in arms and legs. Since I learned Longevityology, at home, I often practice exercises, when sitting quietly; I could feel warmness in the body. While applying adjustments for self, one hand on C7, one hand on C5, then both hands on the shoulder, and then placed on C3, C2, and knees. Apart from doing exercises and self-adjustments, I practice in volunteer centre as well, hope to learn more technique and gain more experience. After a certain period, noticed my health and well-being have improved a lot, the body do not feel so tired as before.

Once, at home being carelessly scolded my hand from the steam of the wok, remembered teacher Lin said, quickly found a place and sat down, placed the hand on the affected hand, then sitting quietly with the adjustments. After a little while, the affected area felt hot and prickly, some more time passed, the affected are felt better, no pain, grateful to Longevityology.

Symptoms and adjustments : Aches and pains in back – C7 + affected areas.
Scold – C7 + affected area.