

Itchy skin condition improved.

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Apart from doing exercises, also apply adjustments to myself, improved my skin itchiness, the tiredness of ligaments and tendons of all joints. My skin condition not very good, always feels itchy, aches and pains in joints. After attending the primary and intermediate courses, aches and pains becoming less. During that period, scolded my hand, applied adjustments to the affected area immediately, whenever I am free I would apply adjustments, the wound healed without the use of medicine.

A friend has pain in the kidney, loin area difficult to get to sleep, it affected her work. I applied adjustments C7 + C3 area for 10 -15 minutes, later with both hands on the loin area for another 10 minutes. After adjustments completed, she said her whole body feels very comfortable, the whole waist area feel not, movements becoming easier. In addition, I could feel my palms hot and red, also sweating; felt the body circulation more smoothly. Also some one else was applying adjustments for her to C7 and C5, shoulder and neck areas, symptoms much improved.

In here, I am grateful to Longevity teachers' teaching, all the volunteers' advice, enable the learners to learn and gain so much, I would extend my hands, help myself and help those who needed help.

Symptoms and adjustments : Itchy skin – C7 + liver, affected areas.
Scold injury – run under the tap, apply adjustment the same time,
C7 and affected area.