

Coughing up more phlegm.

Learner : Ms. Wu

Address : Taipei County, Yungwo city.

Tel: +886-2-29254981



Through the introduction of my classmate from the Art class, learned about “Longevityology”. Was still in half believe and half-doubtful situation, with the attitude just to try it, joined the primary course. During the lessons, there were volunteers helping with the adjustments, so I requested a volunteer to apply adjustments for me. My airway get sensitive easily, often coughing, with phlegm, when under air-condition, would cough longer and feel unwell. Especially on public transport, which I dislike, because of coughing, people around would be giving me strange looks.

After the first days’ adjustments, on the way home, had a cough, the phlegm easily coughed up and with more quantity. After I arrived home, spat out more phlegm, I was thinking: coughing up all the phlegm, it must be helping my problem with the respiratory tract.

After the chakras opened, practicing adjustments, I felt between my hands and the chakras area of the person being adjusted a kind of chi circulating, it is wonderful feeling! This year in the beginning of September, went overseas travelling, during the journey, one of the group member injured her knee, for making use of the long distant travelling, applied adjustments for her. I did not know whether this would help her injury, or to reduce pain, but I tried. Afterward she said when I placed one hand on C7 and one hand on injured knee, she could feel some hot energy starting from the knee moving downward to the sole of the foot, I was happy to hear. Very grateful to Longevityology, bringing good fortune to all, so gratified.

Symptoms and adjustments : Sensitive respiratory tract, cough
with phlegm – C7 + C5 + throat, lungs.
Knee injury – C7 + knee.