No need of medications, breathing smoothly and improved.

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Through my younger sister's explanation, then I stepped into the area of Longevitology. From the beginning, I was very doubtful about it, asked myself is it really so good? No need of medications, only use both hands and able to improve health conditions?

Still with my ambivalent attitude, completed the primary and intermediate courses. After 6 evenings of baptism, making a calculation of the body having 60% of energy, so, followed the teachers' explanation and demonstration, beginning to experience the results from the learning. My nose is very sensitive, very often my breathing no so smoothly, easily get cold with flu, nose get congested and rely on medication to help. Therefore, following what I learned, placed one hand on C7, one hand on the nose, starts adjustments. It really is funny, 20 minutes later; the nose felt quite hot, another 5 minutes later, the blocked nose is gradually getting better. No cheating people, no need of medication, and made the breathing normal, Longevitology is unbelievable! Because of this, whenever I am free, I would apply more adjustments, and also decided, must attend the advance course, to learn and receive the whole lot of Longevitology, to take care of myself, and with further energy and help other people.