Constipation eliminated.

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It is amazing! If you have not come across Longevitology, you would not feel the amazement of it. The end of March, after attended to the primary and intermediate courses, went to the Hsindim treatment centre, apart from travelling not able to come, otherwise, even when it rains I would come to the centre, learning again at old age, can not waste any more time.

Had an operation for colon cancer, the intestines been shortened, so to have bowels moved is not easy like ordinary people, although changed my food and drinks habit, still suffer from constipation. After learning Longevitology, every time feel like going, place two hands on the lower back, quiet down the heart, then would be able to move bowels.

When the winter comes, my lower legs get very itchy that it is unbearable, one of the volunteer applied adjustments for me using blood filtering method, you can learn blood filtering adjustments in advance course, I really wish the October Advance Course come quickly.

This year-end of April, went to China, Kun Ming, Li Jaing, which the sea level so high and cold, did not feel the itchiness. Because last year in May, went to Japan, stayed in the hotel one night, weather was so cold, my legs were so itchy that I could not sleep.

When I was young, injured the left hand, came middle age injured the left shoulder. Fell down once when it was raining, injured left knee, it took a month before I could climb the stairs. When I was working in the south of the country, weather was hot, can only use electric fan, so always put the electric fan blowing by the left leg, now as I am getting older, resulting with aches and pains in the left leg. I have a habit of lying flat to sleep, every morning wake up with left shoulder very painful, need to do a bit exercises then feel better. In the treatment centre, the volunteer place one hand on the left scapula and one hand on the side of shoulder, the scapula was very painful, from the left shoulder, left hand to left leg; there was numbness and pain, after a while, it got a lot better. I dare not to expect Longevitology could heal the pain completely, but having such good effects, I am