

**Longevity- made me happy and smiling.**

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When I was in Secondary School, because the living place was near to the mountainside. Once, there was a mud slide, fell on me, my left leg was nearly broken, although I could barely walk, but since then the circulation in the leg has been unsatisfactory, nearly lost feeling of the left leg.

As age is advancing, all sorts of illness started to appear, heart, blood pressure, spine, knees and no quality sleep, all in red lights. Have been to see many doctors, the same no obvious improvement, all these troublesome conditions made me so depressed and have to pretend to be happy. Then, through a friend's recommendation and learned about Longevity After the chakras opened aches and pains reduced a great deal, the uncomfortable feeling brought on by the heart and blood pressure, also gradually improved. What made me most happy, is the colour starting to appear on left leg and feelings returned. Even I used to depend on night sedative to get to sleep, this condition is happening rarely.

Then, I started to go to the treatment centre and help people, when I get home I apply adjustments for my son, it has improved his sleeping problem. Because of such good results, now every night, my son would voluntarily asks me to help him with adjustments. To me, it is the most valuable fact of Longevity, self help and help people, it is such a fortunate matter. I am very thankful and would treasure all of it, and continue to make good use of it to improve other people's health and myself.

Symptoms and adjustments : Heart disease – C7 + C4 + heart.

Spine – C7 + spine (from top to bottom).

Painful knees – C7 + affected areas.

Insomnia – C7 + behind left ear.