

the heart, one would be able to feel the message of the body receiving. It is only through the process of continuous applying adjustments to people and sitting quietly, and then you are able to heal self-body, heart and soul. Of course, this is only the first stage, in future advance stage, this feeling should not be so strict/mind set.

The first week of September, on one Friday night, socialising and had drank a few beers, also had been helping people with adjustments, on Saturday morning got up the whole body was aching with pain, especially the right shoulder, the pain was so severe. But I needed to go out, so on the way, placed one hand on the liver area, one hand on the right shoulder, after a short while in order to increase the effect, directly put the left palm tightly on the right shoulder where it hurt most. In the past this kind of aches and pains would probably take one week to recover, I did not expect that by noon the pain has disappeared, that is my proof of effectiveness of Longevityology.

Symptoms and adjustments : Right shoulder pain – C7 + shoulder + neck area.