



## Longevity Is The Best Cure

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**HEADACHE, CHEST INJURY AND DIFFICULTY IN BREATHING, HEART PROBLEM, DIABETES, WEAK KIDNEY, HIGH BLOOD PRESSURE, RENDERED EMERGENCY FIRST AID**

### Headache

Before I learnt Longevity in November 2005 in Kota Bharu, my only health problem was headache on the right side of my head. It was caused by accumulation of gases in my stomach due to my irregular meal times. After my chakras 7 and 6 were opened, while practicing my first meditation, I had sensations like ants crawling on both of my hands. As time goes by, the feeling appeared on the right side of my face then it went on till my upper lip. This went on for a couple of months and later stopped without my realization. Now, I seldom have headache after practicing Longevity and observing stricter meal times and diet rules.

### Chest injury and difficulty in breathing

My very first adjustment was done on a friend who attends Wushu training. He was hit on his chest and had pain during breathing. I did remote adjustment on his chest and C7 for

