



## My Health Problems Overcome

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### CHOLESTEROL, URIC ACID AND LIVER PROBLEMS, BROKEN ARM, LOVE AND COMPASSION

#### Cholesterol, uric acid and liver problems

In early 2006, I went for a medical check up. The result showed that my cholesterol, triglyceride, uric acid and liver enzymes levels were all high. So, I started to diet, exercise and take medication. With medication and exercise I managed to control the problems to a certain level but was not enough to bring them down to a safe level.

Fortunately, I came to learn about Longevity through my mother. Later I too went to seek their adjustment for my problems. After five months of adjustment my medical report showed that my liver is functioning normally and my cholesterol level is lower. I am so happy and become fully convinced of the effectiveness of Longevity. I decided to attend the Longevity classes as soon as the opportunity arises.

#### Broken arm

My mother broke an arm in early 2006. She was able to move her arm a bit after just a few sessions of Longevity adjustment.

#### Love and compassion

I attended the elementary and intermediate Longevity classes in Klang on July 2007. After that, I began to work as volunteer at Ti-Ratana Longevity adjustment center. Interestingly, since I began volunteering at the adjustment centre, I am starting to feel healthier, more energetic and could focus better on my work.

The adjustment center here is housed in the Ti-Ratana welfare society. There are many old folks. Many of them are here because they don't have children and are very lonely. They lack care and support of relatives. I started to develop relationship with them and found it to be something very meaningful. It is through volunteering at the adjustment centre that I started to realize the importance of love and compassion.

#### Conclusion

Longevity has not only brought back my health but also given me a very useful skill. The lessons I learnt and will continue learning not only meditation and healing techniques but also how to be a better person.

