



Pain Reliever

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MIND MORE ALERT, HEALTHIER AND MENSTRUATION PAIN

Mind more alert and healthier

Prior to learning and practicing Longevity, I was physically fine but my mind was not very alert. After practicing Longevity regularly, I am much healthier and my mind more alert than before.

Menstruation pain

A friend of mine was suffering from a bad menstruation pain at work. She looked pale and could not move due to severe abdominal pain. I started Longevity adjustment for her by placing one hand on chakra 7 and the other on the abdomen area. After 10 minutes of adjustment, she looked more relaxed. I continued the adjustment for further twenty minutes. After that, I shifted my hand from chakra 7 to chakra 2, while the other hand remained at her abdomen, and then continued the adjustment for another 10 minutes. Her pain was relieved after 40 minutes of adjustments and she was able to carry on with her work.

Conclusion

During that adjustment session, I could feel energy flowing from my head via my hands into her body. However, my friend said she felt a cooling sensation at the same time. After the adjustment session, I felt energized and happy. For the first time, I was able to assist her to relieve her monthly menstrual pain. Mean while I am having the same kind of problem too. But now, I have found a way to deal with it, i.e. Longevity.

“A good physician’s achievements are derived from cumulative experiences; these experiences come from treating patients”.

“Develop better habits, for destiny is a function of daily habits. What we give to others is just what we receive from them. By the same token, how we treat others will be reciprocated correspondingly in the same manner”.