



Discover My New Self

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CONSTIPATION, FIBROID, COMPLEXION, PERSONALITY CHANGE, PETS AND STROKE

Before attending Longevity beginner and intermediate classes in July 2006, my health, in general was not satisfactory. I suffered from constant constipation and an ovarian cyst.

Constipation

I suffered for years with constipation and had been relying on laxatives. After starting to practice Longevity, this problem was gone like magic. This is the best remedy I have ever had.

Fibroid cyst

In year 2000, I had a 2 kg fibroid surgically removed from my uterus. In a checkup, in June this year, the gynecologist informed me of a new ovarian cyst, larger than 6 cm found. Although the cyst was non-cancerous the doctor advised to have it surgically removed. I seek a second opinion. That gynecologist said the same thing too. However, at that time, I had already registered for the Longevity classes. I had learnt that some Longevity practitioners had managed to overcome their cyst problems. During my last checkup on 27th October, after practicing Longevity for four months, the doctor told me that the cyst had stopped growing any bigger, besides, he did not insist on surgery. This,

I believe strongly, is due to Longevity. Sometimes, I experienced discomfort, and pain during adjustment, but I understand that, this is due to the universe energy revitalizing and improving the weak cells in my body.

Complexion and personality change

After practicing Longevity, I realized that my complexion became fairer. In addition, I have become more patient, humble and optimistic. Friends told me they noticed the changes. I have become more energetic and see the world and life from a different perspective too.

Pets

I keep a cat and a rabbit as pets. My rabbit has respiratory problems. I can see the improvement after adjustment with Longevity. It seemed to be enjoying it too.

Stroke

My father, staying in my home town, is a stroke patient. Volunteers there go over to provide adjustment for him twice a week. I am truly thankful. Following their example, I have decided to volunteer at Longevity adjustment centre. Moreover, I have started volunteering at SPCA as well. I have not done any volunteering work before.

Conclusion

Usually, most patients said they felt better or they were in less pain after the adjustments. While providing adjustment for others, sometimes, I would feel discomfort in my ovary. I am not worried. As I know that while doing adjustment for others, the healing energy flows into my body too allowing me to benefit from the adjustment.

Thank you Longevity, the experiences and lessons are priceless you have helped me discover my new self.