

## **Longevity- made mother feels hot.**

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My mother is 80 years old, with a frail body, has been unwell with minor problems for the past 30 years, and could find nothing wrong from the investigations. On 20<sup>th</sup> August, complained of pain in the back the area that was injured before, the pain was so severe that she could not stand straight. Therefore, I placed one hand on C7, one hand on affected area, 20 minutes later, and both hands on the affected area for 30 minutes. The following day, mother told me she felt much more comfortable in her back, and the strange thing was her left foot, from the ankle to the toes has been freezing cold for years, could not even stretch her toes before, now, this condition disappeared. The foot is not freezing cold and able to stretch her toes freely, up to now, no recurrence of the cold foot, very happy.

On the 3<sup>rd</sup> September, mother felt uncomfortable, the whole body feeling cold, my hands feel coldness when I touch her. I placed one hand on C7, one hand on C6, 20 minutes later, again one hand on C7, one hand on C4 for 30 minutes. Then one hand on the heart area, one hand on C4 for another 20 minutes and stopped. Mother opened her eyes, got hold of my hands, very excited, and said: my body is getting hot, comfortable, now my hands are warmer than yours are. I touch her hands; they were really warmer than mine, completely unexpected that her hands were so cold before the adjustments.

Since 9<sup>th</sup> August, the first day attended primary course, I have been doing exercises everyday, whenever I get time and go to mother's house to apply adjustments for her, now every night she could get to sleep easily, not making excuses to have alcohol, sleeping quality much improved, her general well being much better. To compare with her frail body in the past, the condition is much improved, even the tinnitus got better, talking not as loudly as before. I believe after some time, with the help of Longevity, her poor health would recover, thank you whole-heartedly to teacher Lin and teacher Wei.