

Five minutes, the bleeding stopped.

Learner : Mr. Cheung

Address : Taipei County, Hsinchuang city.

Tel: +886-2-29969856

I am a patient had a kidney transplantation, because of long-term use of medications to control rejection, which making the body immunity rather weak, I have long-term insomnia, high blood pressure, headaches symptoms.

In mid January, from my second older sister, knew that she learned Longevity in Kaoshung, through the volunteers and self adjustments, her shoulder pain has been troubling her for many years has improved so much, and told me that Hsinchuang has treatment centre, that I can go and have adjustments. In the beginning of April, after the primary course completed, had a sudden announcement from the company, need to go on a business trip overseas for 7 days. During those few days, have been doing exercises and practice adjustments, the long-term insomnia and general well-being have good improvement, not feeling tired easily. This increases my confidence in Longevity. Back to Taipei, joined the intermediate course in Hsinchuk at the end of April. Having completed the primary and intermediate courses, then I went to the treatment centre for practice, applying adjustments for people who come for treatment, with the learners, volunteers, we apply adjustments to each other, as well as self practice of kung, my body have a big improvement. Before I have no sweating even though I was exercising, now, it is back to normal. For many years, the high blood pressure has been relying on medications to control, and the long-term headaches, through adjustments of C7, C6, C5, C4, head, neck and shoulder areas all improved, now I hardly have any uncomfortable symptoms. Before when I caught flu, cough I need one to two months before getting better. Now, if I catch a flu/cough, I apply adjustments to C7, C5 and throat, lungs, 2 to 3 days later, the cough stops.

One day, a colleague injured his hand at work, it was bleeding, I was just walking pass, so extended my hands, one hand on C7 and one hand on affected area, after 5 minutes, it stopped bleeding. Continued with adjustments for 20 minutes, he said it is not so painful. After three days adjustments, no redness or swelling of the wounded area, it has completely healed.

Longevity is so useful, not only can self heal, also can help other people.