

Stiff neck – cured.

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I often get aches and pains in the neck and shoulder, left knee showing signs of degeneration, left eye has floaters symptoms. Very fortunate, joined the primary and intermediate courses, after the chakras opened, everyday doing exercises, after sitting quietly, a lot of sweating. During this period, noticed the left wrist been injured with no strength, even turning the door handle was painful, straight away put right hand on the left wrist, then placed left hand on C7 for 20 minutes, applied adjustments for 3 times, and noticed no more pain, did not take analgesic at all. In addition, one time was swallowing some tablets made from seaweeds, were stuck in the throat, tried to swallow with water but was hurting, spitted it out, there was blood in the phlegm. So placed one hand on C7, one hand on the throat area, adjustments applied 2 times, noticed that swallowing water with no pain.

Been going to Fuk Hing North Road treatment centre to practice, all the volunteers are so friendly and guiding the ways of applying adjustments in the most comfortable position both the adjuster and the person having the treatment. To enable the heart to quiet down, making use of the different heights of chairs, helping the sufferer. Apart from applying adjustments to the sufferers, also to each other, because chakras 4, 3, 2 and kidneys, pancreas all these areas, applying adjustments to self, the hands easily get tired and achy. In the treatment centre, able to doing exercises, apply adjustments to people, and enjoy being adjusted, it is fortunate.

Last week a colleague suffered from stiff neck, like a robot very stiff when turning his head, I applied adjustments for him, one hand on C7, one hand on neck and shoulder, applied for 2 times and 30 minutes each time, he noticed the pain reduced, able to turn his head freely. Following day he said to me, it is so amazing, because he did not see the doctor or take medications and it got better.

Symptoms and adjustments : Injury to wrist – C7 + affected area.

Foreign body in throat – C7 + throat.

Floaters syndrome – C7 + eyes.

Knee degeneration – C7 + loin area + affected area.

Stiff neck – C7 + neck + shoulder.