

Runny nose symptoms lessened.

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Before I came across Longevityology, have many health problems, such as : frequency of micturition due to old age, especially night time, been trouble with this for 3 to 4 years, just as starting to dream, need to get up, every night have to get up about 4 times, affect my quality of sleep. Next morning wake up, feeling tired and do not feel like getting up, thus leading to other ailments wiggling to appear. The problem of frequency of micturition, been to the hospital for investigation, because it is a minor ailment, been given medications month after month, year after year. Then to the main general hospital for further consultation, have not made any improvement.

Have been suffering from pain in right shoulder and arm for many years, driving back to Tao Yuen, Taipei, on the way back, right hand on the steering wheel, the upper arm and the shoulder blade was very painful and uncomfortable. Went to the hospital orthopaedic department for treatment, was given medications and follow up appointment. With the Chinese medicine, therapies include local suction of the skin and application with cream, running back and forth, wasting time and money, still as painful as before. Nasal allergy, did not have flu, without warning, lots of secretion running out, at times it's like a leaking dam, also a regular customer to the ear, nose and throat department. Pockets always full of tissues, very embarrassing when I have to talk to people.

This year in mid March, from primary and intermediate courses chakras opening, thanks to the teacher's reminding to do exercises frequently, deep breathing, sitting quietly, deep breathing, continue without fail. Now when meditating,, hardly other thoughts in the mind, able to meditate longer. Recently able to drive for 3 hours, the shoulder, arm, do not feel aches and pains. At night, get up once to the toilet, sometimes twice, the runny noise symptoms much less.

Symptoms and adjustments : Frequency of micturition – C3 + C2 + bladder.
Shoulder blade aches and pains – C7 + affected area.
Runny nose – C7 + C5 + nose.