

**Because of Longevity, the whole family's health improved.**

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A good friend of mine Ms. Lui, introduced me to Longevity. At first, I thought it is some sort of religious faith, after the introduction, then understood Longevity's philosophy and purpose. My good friend because of her illness, and become close with Longevity. She knew I have long-term problem with insomnia, constipation, cystitis, sinusitis and respiratory problems, my immune system is very poor, without second thought she told me:" you must learn Longevity". Had adjustments applied continuously for one week, insomnia gradually getting better, I brought my daughter with me to the treatment centre to have adjustments for sinusitis and loin pain. In the treatment centre, I have seen many cancer sufferers to have adjustments, they gradually get better, made me feel that Longevity really have incomparable miraculous super power.

Longevity courses attended, everyday doing exercises seriously, applying adjustments to self, help my son's sinusitis, also practice in the treatment centre. Whenever applying adjustments with the volunteers to each other, could feel some hot energy in the body as though a mice running inside, the ill area would have pain, then it will gradually feel comfortable, relaxed, this feeling is difficult to describe. The teacher always keep telling us, to learn Longevity, one will require a loving heart as a starting point, no evil or bad feelings in the heart, help people kind heartedly, do more charity work, and certainly would be reward with happiness.

Once, one of the volunteer helped me with adjustments, she told me 2 years ago she was a cancer sufferer, had the operation and recovered, she thought she did not need to have a regular check-up, never expected last year the cancer cells had spread to her lungs. She had the operation, chemotherapy, and then to the treatment centre for adjustments, and practice. Since then she and her husband have been going to the treatment centre near their home to work as volunteer, help people with adjustments, she thinks now is the time to pay back to other people. Such good spirit is well worth and a good example to learn.