

and my sister joined and completed the primary and intermediate courses in August. I am very happy that we have learned Longevity, not only we are able to look after our body and health, able to help those who needed. Although some times will meet the people who do not understand Longevity and having doubts, but whenever I have a chance, I would share the Longevity to people.

Symptoms and adjustments : Stiff neck – C7 + affected areas, both hands.  
Lower back injury – C7 + affected area, then both hands on the spinal cord.  
Painful feet – C7 + affected areas.