

Painful knees able to stand up longer.

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I am very glad that I had the opportunity and able to learn Longevityology. My knees are not so good, when placing my hands on the knees, a feeling of hotness, can also feel the light movement of the bones. Whenever I am travelling in the car reading or doing nothing, I put my hands on the knees, so time goes on, a few weeks passed. In the past the most I could stand up was only 40 minutes, now I can stand up for one hour, it is obvious my knees are getting better.

After learning Longevityology, very often I meet friends have injuries. One rainy day a friend injured his leg while riding a bicycle and collided with another person, he came back to the hall of residence, immediately I applied adjustments for him, 10 minutes later, he felt less painful. There was no swelling, and he asked me what “chi Kung” I have learned? Moreover, your hands feel so hot.

Another friend, he coughs frequently, I made use of the community meeting time and applied adjustments for him, the bronchus, head and lungs for one and a half hours, his cough is less frequent now, I feel a sense of satisfaction. Although it is more effective if adjustments applied immediately following injury, but for the people I do not know well, they could not accept the heat that make the injured wound more painful, even though explained to them that it is a good reaction, even I ventilate the area, still would not tolerate. I think because we do not know each other well enough, may be the person does not believe in it!

My girl friend also learned Longevityology, she has migraine problem. Been applying adjustments to C7, C6 and affected area for 10 minutes or so, her headache disappeared. Still have not found out the real cause of the headache, she also does not take adequate rest, and the migraine comes and goes. Perhaps more time is needed to apply adjustments for her in order to find the cause of the problem! Very often, she treats herself, but she feels it is more effective when I apply adjustments for her.