

## **My own problems solved while helping others.**

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Been having gastric and back problems, easily get anxious, a sensitive and low immune system. After the primary course, first time applying adjustments to a friend, five or six minutes passed, I started to pass flatus, secretion in my mouth increased, and felt the movements of the intestines strongly, got very painful, headaches, the whole body uncomfortable. Went home and meditate still felt very uncomfortable, the neck, shoulder and back very painful. Then continued with the intermediate course, during lessons, helping each other applying adjustments between learners, my head not painful any more!

After the course, went home and decided to enrol for the advance course. I lead a busy life, usually feel tired after work, and do not want to learn. After a second thought, it is so good to learn Longevityology, I need to make progress, not only helping myself, also help people. It is my nature and love to help people, so I decided to continue to learn Longevityology.

Symptoms and adjustments : Spinal pain – C7 + all the way along the spine.