

**Ignored the pain and kept doing exercises,
miracle happened.**

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Last year October, through friends, learned about Longevityology, was thinking, once I learned and be able to apply adjustments for my daughter who is in secondary school. To make her body healthy, to help her brain think clearly which would help in her studies. Been waiting until this year March, after attended primary and intermediate courses, at night before sleep, apply adjustments to my younger child, both do not have much reaction.

This year August, Longevityology started courses again, encouraged my husband and elder daughter (14 years old) to learn together. As a result, after coming home my husband has been seriously practicing on himself every day. As for my neck and shoulder pain an old problem, because this time accompanied them to attend the course, the pain has worsen. One morning on waking up, it was so painful; I thought this should a good sign for changing better? Therefore, ignored the pain and continued doing exercises, as a result miracle did happen, felt like a kind slow and soft energy stretching my head and neck strongly, after the exercises, felt a lot better.

Every day when I get time, I keep up with the practice, feeling the universal energy is enormously huge and selflessness. Very grateful to Longevityology, and I am encouraging my friends and relatives to learn.

Symptoms and adjustments : Shoulder and neck pain – C7 + affected areas.