

Rekindle hope for health of the body.

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First came across Longevityology from my Japanese auntie who shared her personal experience, my health have not been good for a long time, and Longevityology sparked off limitless hope for my health. I came to know that Longevityology was starting courses in Lin Hau, very happily went with my husband and son together to join the courses.

The first time having had the chakras opened, felt a bit faint and hot around the chakras area. Got home, did the exercises and meditation, and went to sleep, until the next morning! It has been a long time I have not slept like this. Last year had a fall, slipped and injured the neck and 4spine, since then sleeping is an agony. Therefore, it is my first good feeling of Longevityology.

Apart from applying adjustments for the other learners during the lessons, the first practice was helping my young son. In the middle of the night he often complaints of numb feeling in legs and unable to sleep, before I would massage his legs, usually in less than 10 minutes, he would be awake and complaints again. After learning Longevityology, one night, my young son woke up and complained of numbness in his legs, so immediately I applied adjustments for him, in less than 10 minutes, he was asleep until the following morning, which made me feel the wonders of Longevityology.

After learning Longevityology, it gratified me that I am able to reduce my discomfort, not requiring other people to help me massaging, applying medication, also when I am able to help others when they feel unwell, it is winning on both sides.

Symptoms and adjustments : Neck and spine injuries – C7 + spine + affected area.
Insomnia – C7 + behind left ear (emphasis on the head).