

morning, evening and free time, never fail to doing exercises.

Often I help my daughter with adjustments (during periods with abdominal pain), daughter said: my hands feel like a warmer, after adjustment, the pain would have gone, very effective.

Because I had experienced insomnia, so I know suffering from insomnia is very very painful (a saying in Chinese – like a deaf or dumb person eating the yellow part of the lotus seed, so bitter that can not speak). I especially help those insomnia sufferers with adjustments, they said the effect is not bad, and I also told them “the snow three feet high, not one day’s freeze”, so patience is required. Every day (Monday to Friday) non-stop to have adjustments then would be able to heal completely.

I totally believe in Longevityology with my four limbs and head on the ground, because it has healed my entire life’s most difficult insomnia. Of course, apart from this, there are other illnesses, also could be healed. I hope and hoping every one is able to join such good lessons of Longevityology, lastly, wishing Longevityology able to prosper to the world forever.

Symptoms and adjustments: Insomnia – C7 + behind left ear.

Menstrual pain – C2 + abdomen.