

A kind of warm energy, comforting the stomach pain.

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Before, I often have aches and pains in the back, thus not able to sleep well. From time to time need to go to Chinese clinic for manipulation, and spent money to have massage, to relax the bones, ligaments, otherwise I would not be able to stand straight after sitting so long, this made my daily activities not so comfortable.

After attended the primary course, the first day, the feeling was not so strong, but because of sister-in-law's strong support, so continued to attend the class. The third day, course completed and went home, while sitting quietly at home and noticed my body moving, starting from the head, at times nodding the head up and down, at times swaying from left to right. After the intermediate course, the whole body swaying in all directions, when the eyes are closed, it felt like a strong earthquake, after that the whole body felt so good.

After learning, once a colleague complained of pain in the stomach suddenly, I offered to help with adjustments, my colleague was sort of half believe and half in doubt but accepted the adjustments. Fifteen minutes later, she said she is feeling better, and felt my hands like a rush of electricity passing into her body, very warm and comfortable. Therefore, after, sometimes my husband comes home and felt tired; he likes me to apply adjustments for him, to refresh his mind and wellness.

Since learning primary and intermediate courses of Longevity, I can apply adjustments to self to keep well and healthy, also able to help other people, to reduce uncomfortable conditions, its' usefulness is limitless.

Symptoms and adjustments : Stomach pain – C7 + C3 + stomach area.