

Learned and feel the effectiveness of Longevityology.

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From the beginning, the term “Longevityology” was strange to me, also did not believe. When the new course was going to start, a friend asked me to join the second time, I was still half believe and half-doubtful in my heart, and joined the primary and intermediate courses in Chungshan. Completed the 6 days lessons, whenever I am sitting quietly,, my body would feel quite hot, when the meditation completed, my body would feel comfortable, I would be full of spirit. Because I suffer from constipation, everyday sit on the toilet a long time (one hour), it is very hard feeling. Therefore, every time after meditation, I would apply adjustments to C3 and C2, left side lower abdomen for 15 minutes, and it improved. Been applying adjustments for some time, the constipation problem is completely solved, much more comfortable. In addition, I have headaches, insomnia; apply adjustments to C7 and C6 every day, all the problems improved.

I have learned and feel the effectiveness of Longevityology, I am very thankful to Longevityology brought me the happiness.

Symptoms and adjustments : Constipation – C3 + left lower abdomen.

Headache – C7 + affected areas.

Insomnia – C7 + behind left ear (with emphasis on the whole head).