




The cure is out there

Karen Wilson developed Myalgic Encephalopathy (ME) in 2004 following a viral infection. At the time, her life was hectic – she had started a new job, moved house and was studying for exams. She thought she had simply overdone it but, when the viral infection cleared up and she was still exhausted and ached all the time, she knew something was seriously wrong. Here she writes about a therapy which helped her to heal herself.

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My arms and legs felt heavy all the time and as the ME developed, I had continual headaches, swollen glands and would be lucky to sleep three hours a night. I also became hypersensitive to light and sound and built up food intolerances. It took my doctor six months to diagnose the illness after dozens of tests to eliminate other things – which is the only way ME is diagnosed – and then I waited a further nine months to see an ME specialist. During that time, I spent every ounce of energy I had reading up on the illness, trying different diets and alternative medicines. Nothing worked. I was working only three half days a week but even this was tough. When I got home from work I went to bed. I became very lonely because I could not go out with friends and had little to talk about because my whole world revolved around being ill. I was becoming more and more frustrated and frightened that I would be this ill forever and when I finally got to see a specialist it was suggested I go on sleeping pills and anti-depressants. I was also told to use a 'pacing' technique, which meant doing an activity for a maximum of one hour and then taking a rest. An activity could be anything from getting dressed to making a drink. I was so angry that I had waited all that time to be told that, basically, I had to learn to live with it. I resorted to the internet again where I found a book called Chronic Fatigue Syndrome, ME and Fibromyalgia. The Long Awaited Cure, by Dr David Mickel. The book described ME as a dysfunction of the hypothalamus gland, located in the brain, which could be reversed through Mickel Therapy.

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The book says the hypothalamus is responsible for keeping everything in a balanced state of health but when it goes wrong it sends our body into overdrive and a never-ending state of exhaustion. Although I didn't understand the science behind it all, it made a lot of sense and I asked myself 'what have I got to lose?' By this stage, I had been signed off work and was struggling to walk more than a few yards. So I went on the Mickel Therapy website and found my nearest therapist, in Great Yarmouth. I was very sceptical. I thought it was going to be like counselling but it was nothing like it. It works on re-educating you to listen to your body and not your head. Gradually, I realised the only person who could get me better was me so I made the effort to change my approach to life. It also took a lot of understanding from my family and most of all my partner, Mark. The therapist told me not to discuss what was

said during the sessions as it could jeopardise my recovery. Mark had to allow me to do the things I was being asked without any real explanation. After four or five sessions people started to notice a difference in me and I realised I could hold conversations again without my concentration waning. Gradually, I was able to do more and more and started working again. My biggest fear was socialising as I had lost so much confidence and was still frightened the ME would return. But my confidence has grown and I stopped seeing my therapist last year. Now, I am symptom free and I still cannot believe I have my life back. I'm working, I've joined a gym, am renovating a house and am even running in this year's Race for Life. I would recommend Mickel Therapy to anyone with ME – there really is a cure out there, if you are just willing to give it a try.

● For information on Mickel Therapy visit www.mickeltherapy.com or call 01343 831013.

Symptoms of Myalgic Encephalopathy (ME)

- Fatigue
- Muscle pain
- Joint pain
- Headaches and visual disturbance
- Vertigo and balance disturbance
- Concentration and memory impairment
- Insomnia
- Lowered immune system
- Blocked sinuses
- Swollen glands, sore throat
- Sensitivity to light, sound and smells
- Food intolerances, nausea, indigestion and diarrhoea