

"KINESIOLOGY CURED ME WHEN THE DOCTORS COULDN'T"



ANGELA GILROY, 42, SUFFERED FROM CHRONIC STRESS FOR YEARS, WHICH LED TO VARIOUS SYMPTOMS, INCLUDING SKIN INFLAMMATION AND RAISED WEALES. SHE RUNS HER OWN BEAUTY SALON.

"About three years ago, I suddenly developed inflamed weals on my face, neck and chest, which caused me a lot of pain. My doctor said that I had an inflammation of my nerve endings, as occurs with the shingles virus. He prescribed a high dose of anti-viral drugs, but also said it could be stress-related. When the drugs made no difference I consulted another doctor, but he thought I was suffering from eczema that had become infected. It seemed the medical profession couldn't agree on what the problem might be. Over the following months I ended up living on nurofen. Even so, I was in so much pain that I couldn't work and my daughter Charlotte had to do everything for me.

I spent every day at home with a fan blowing cool air over my face; it was the only thing that gave me some relief from the burning pain. I found it all deeply depressing. And running my own beauty salon made matters even worse – there was no way I could face clients with ugly raised weals on my face. Fortunately, Charlotte took over the business for the next five weeks while I stayed at home.

Meanwhile, the pain continued and more than once I went to A&E to be given morphine. My face felt as if acid had been poured onto it – it was unbearable. After

two months I was referred to an NHS dermatologist, but the waiting list was so long that I paid £800 for private treatment. A biopsy revealed that I was photosensitive (allergic to the sun) – and would be forever. I was distraught at the thought of a lifetime of pain – and confused too.

The diagnosis didn't make sense. I'd never had problems on holiday – and the symptoms were no better when I stayed indoors. Then, a year after the weals had first appeared, a friend recommended kinesiology. By then I was desperate – and prepared to try *anything*."

THE TREATMENT

"At my first appointment, Jo held my arm in the air then she tweaked the muscle and asked my body a question. She explained

that if the answer was yes, my arm would raise further and if it was no, it would drop. It sounds weird but I was in too much pain to feel cynical. She placed a magnet on my tummy and another on my forehead, which she said would rebalance my body. I felt I was in very safe hands and was able to relax totally. By the end of the session, a wave of relief washed over me; the pain already felt less intense and my face appeared less inflamed.

Jo said that my symptoms weren't only caused by stress, but that I was also reacting to sunlight, air-conditioning, the SPF cream that I'd been applying and the chemicals used in swimming pools. All this made sense. I used to go swimming every day and regularly used the air-conditioning in my car to cool my face. Jo worked at reducing my body's reaction to these irritants by carrying out a range of corrections using touch, suggestion and magnets, as well as acupressure to clear the blockages within my energy meridians. It's incredible, but after just two treatments – and for the first time in a year – I was in no pain."

JO DALL, THE HEALTH KINESIOLOGIST, EXPLAINS

"Health Kinesiology combines ancient Chinese medicine with the modern technique of muscle-response testing, enabling the practitioner to identify the patient's needs. When Angela came to see me, she was in pain and very depressed by her condition. But after identifying the irritants that were at the root of her illness, I was able to address her reaction to them."

ANGELA'S VERDICT

"I had weekly treatments for the next five weeks and during that time my skin completely healed and I regained my self-esteem. I'm now back where I should be and running my business. Kinesiology has given me my life back."