

A CASE STUDY

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When the patient began the program, she rated her daily pain index anywhere from six to nine; at program end she rated it as one to three. Other medical complaints improved too. Her allergies and asthma became regulated and no longer required as much medication, or as often.

“I can lower the pain drastically, “ she wrote as she was leaving treatment sixteen weeks after she started. She has far fewer restrictions; she even drives a car without the debilitating flashbacks. Not only has she re-entered life – sewing, writing, enjoying her children – but also she has gone beyond that to contentment, a feeling of profound well-being and confidence.

“Body, sprit and mind are inseparable,” she writes, “and so the awakening, the awareness, the ability to take control of my health all affect me not only physically, but mentally, emotionally and spiritually, too... the natural result is a deeper sense of peace, joy and well-being...(from here) the view is terrific and the opportunities unlimited.”