

CASES AROUND THE WORLD TEMPRANA & REFLEX THERAPY 2010



sorensensistem

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Disease/ Symptom	Child/ barn	Adult/ voksen	Results	Therapist/ Terapeut
Migraine and Nausea	School age girl		<p>I treated my niece, Moe, two times last week. She looked fine, slept well, ate much, her eyes looks stronger and more shining! School started, Moe is happy to go back to school. She has no migraine and nausea anymore.</p> <p>4th report about Moe from Japan</p> <p>I did the treatment on Moe twice, and I ask my sister, Moes mother to continue with additional stimulations every day.</p> <p>This morning, my sister called me and told me that the skin condition of Moe suddenly is very much better when stimulating the new points/comboination. Before Moe has very dry and itchy skin during the winter, and it was getting drier from last month, but this week it get suddenly better condition. And she is not suffering from the constipation She had been suffering from constipation since she was baby. From now I'm expecting good effect on her eyes.</p> <p>-----</p> <p>Thank you for your support. Today I will tell you Moe's skin condition got dramatically better. My sister told me that Moe's skin gradually gets smoother and smoother everyday in this week.</p> <p>She also surprised that before Moe had only a few friends brought to her house, but now she brings more variety of friends everyday. She eats much without constipation. A few days ago, on parents' day, she found Moe looked full of confident, really enjoyed her school life.</p>	Akiko Japan
Stroke Mood swing Speech loss Memory loss		78 Male	<p>It's Akiko from Tibetan course on 6&7 Nov in London. I just want to say to you massive 'Thank you'. It was very interesting 2 days Today, I started using Tibetan front and scalp technique for my client who had stroke10 years ago. Stroke in 1999. Symptom: Mood swing, speech loss, memory loss Medication: Anti-Psyco Medication (2 types) from Aug 2009, 4 other medication for high cholesterol. Oct 2009, started seeing him weekly for 7 sessions. Restarted treating him fortnightly since March 2010. His speech was improved and now be able to say longer sentence and much more clearer. No more temper, calm. And he was told from doctor last week that he doesn't need to take any anti-psyco medication any more! What great news!! He is very very happy receiving FRS.'ll continue treating him and I'll let you know the progress. Thank you,akiko x</p>	Akiko UK
Diabetes Lung inflammation		67 Female	<p>67 yr old female Medical History of diabetes, lung inflammation Medications: Insulin, breathing treatments, Prednisone (steroid)</p>	Allisson Parks Barne, NC USA

			<p>SESSION ONE: Chief complaint today: Dry skin, low back pain, dry mouth Patient felt no lower back pain after treatment but was very thirsty.</p> <p>SESSION TWO: Chief complaint today: Dry skin, low back pain Patient said she slept better after the last treatment but was going to urinate more in the middle of the night.</p> <p>SESSION THREE: Chief complaint today: Broke great toe 2 days ago, toe is very red and swollen, painful to touch Patient was surprised to find that her toe pain was lessened with facial reflexology treatment. Was able to walk a little better without limping as much. Still continues to be very thirsty. She states that she drinks 6-8 bottles of water a day.</p> <p>SESSION FOUR: Chief complaint today: Blood sugar levels are irregular Patients toe is doing much better. Swelling has gone down, not painful to touch. Walking better.</p> <p>SESSION FIVE: Chief complaint today: Backs of legs hurt, tight hamstrings. Patient did a lot of yard work and bending over. Caused the backs of her legs to ache and become tight.</p> <p>She has had diabetes since she was 50 years old. Was first able to manage it by pills but now has had to start taking insulin. She is doing better with her diet and eating less sugar foods.</p>	
<p>Muscular Sclerosis</p> <p>Fibromyalgia</p> <p>Squamous cell carcinomas</p> <p>throat cancer (remission since 2004)</p>	56 yrs Male	<p>Medical history of Muscular Sclerosis, Fibromyalgia, Squamous cell carcinomas throat cancer (remission since 2004) Medications: hydrocodone (pain), Avenex (MS), Flexeril (muscle relaxant), multi vitamins,</p> <p>SESSION ONE: Chief complaint today: Low back pain Patient was much more relaxed after session and no lower back pain.</p> <p>SESSION TWO: Chief complaint today: Low back pain but less pain than before and right wrist pain, less energy. Patient was much more relaxed after session; low back pain had eased but was still sore, less pain in right wrist and was able to rotate hand.</p> <p>SESSION THREE: Chief complaint today: Indigestion, neck pain Patient stated he had been feeling a lot better with little to no pain. Felt more energetic. Patient was much more relaxed after session; felt less tension in neck, was having no indigestion at the time.</p> <p>SESSION FOUR: Chief complaint today: Mild lower back pain, neck pain, mild headache Patient stated he felt that his balance was better since last treatment. Has not had any lower back pain or headache since last treatment.</p> <p>SESSION FIVE: Chief complaint today: Patient has no pain today just mild tension in neck Patient is feeling a lot better and has more energy and overall feeling</p>	Allisson Parks Barne, NC USA	

			of wellbeing.	
Milk production (increasing)		Female	I have another wonderful experience with increasing milk production with Facial reflexology. It is interesting because it was Japanese woman And she said that in Japan it is very popular, but she did` t try it. It is funny that she has so well-known in Japan treatment in Poland.	Anna Krauze, Poland
Milk production (increasing)		Female	I would like to tell you about my wonderful experience during my work in the hospital. In my unit I had a women (she is our doctor`s daughter) who has a son. There wasn`t any problems with his health but he was constantly hungry because the mother had just a few drops of milk. We gave him a milk, but it wasn`t a solution. 3 days after birth I suggest to give the mother a facial reflexology treatment. The mother said "okay, let`s try". I did the first treatment on sunday night (10 pm) and monday morning she has 10 ml of milk! At Monday night I gave her a second treatment and during my work (at night) the baby he ate 20 ml from Mum`s breast! The doctor, her mother was really amazed and she said that before they go home he ate 54 from breast! It was wonderful and such a nice surprise! Now he is about 2 weeks old and he is only breastfeeded! I used colon link and balancing and I used materials from mother&baby course. Thank You Lone for this opportunity!	Anna Krauze, Poland
Milk production (increasing)		Female	It was 5 days after labour woman was breastfedding and the baby only suck 30-40 ml. After my treatment with Facial Reflexology (ONE) the boy ate from the breast 100 ml !!! Amazing.. Thank you for this wonderful tool! ----- <u>Danish:</u> 5 dage efter fødslen ammede kvinde sin dreng, men han fik kun 30-40 ml. Efter min behandling med Ansigtssoneterapi (EN) kunne drengen få 100 ml! Forbløffende ... Tak for dette vidunderlige værktøj!	Anna Krauze, Poland
Pregnancy Miscarriages		Female	I have good news I have a friend who has miscarried 2 times and she is pregnant for the third time. Now she is 15 weeks pregnant. Up to 12 weeks, she has been with me for treatment once a week, but lately - because of snow or illness - she has not been here so often. Or maybe she thinks, she is safe and does not need more treatments. Anyway she and the baby are healthy. Fertility Therapy works! ----- <u>Danish:</u> Jeg har gode nyheder. Jeg har en veninde, som har aborteret 2 gange og hun er gravid for 3. gang. Hun er nu 15 uger henne. Frem til 12 uge har hun været hos mig til behandling en gang om ugen, men på det seneste har hun på grund af sne eller sygdom ikke været her så ofte. Eller måske synes hun, at hun nu er sikker og ikke behøver flere behandlinger. Både hun og babyen har det godt. Fertilitetsterapien virker!	Anna Krauze, Poland
Crammed fingers (after strong Arthritis)		35 yrs Female	I`ll describe shortly my small success. I`ve got a patient; she is young person – 35 years old. She had problems with: irregular monthlies, lasting sometimes 2 weeks, crammed fingers (after strong arthritis), persistent arms pains, hot impacts, diarrheas, and general nervousness. After few treatments of Facial Reflexology she had a lot of improvement and her fingers are straights.	Anna Krauze, Poland
Sciatica nerve		Female	I worked on a girl that is 34 weeks pregnant with Sciatica nerve problems. I did both sides of the nose & finished with some work on the feet with neuro foot reflexology. She left with just a hint of where the pain was.	Annette M. Johnson, USA

Irritable Bowel Syndrome (IBS)		36 yrs Male	<p>Symptoms: suffering IBS (not official diagnosed; gets upset stomach + cramps)- not on any medication; mainly stress related(work), does lots of running and getting pain in his knee after training</p> <p>1st Treatment 03.01.2010 Client has never had any reflexology treatment before and he was very keen trying on facial treatment to relax him after hectic day at work. Client was very relaxed during the treatment and fell asleep many times.</p> <p>2nd Treatment 10.01.2010 Client was very "chatty" at the beginning of treatment but fell asleep later on. I had to wake him up at the end. He was having some numbness on his hands after the treatment which resolved quickly. Next day he informed me that he had a slight headache after going home but had a good sleep and is feeling much better now.</p> <p>3rd Treatment 17.01.2010 I did treatment as before, felt more confident and was able to finish treatment in 45 minutes. Client was relaxed throughout the session. He had slight headache afterwards which was resolved after his sleep.</p> <p>4th Treatment 24.01.2010 Client expressing that he is feeling bit sad and "melancholic". I had to wake him up after treatment. Client had again slight headache.</p> <p>5th Treatment 10.03.2010 Client very relaxed; enjoying "his sleep". He found specially the facial muscle massage very nice part of the treatment.</p> <p>6th Treatment 17.03.2010 Treatment as before</p> <p>7th Treatment 25.03.2010 Client was very relaxed whole session and had a slight headache afterwards.</p> <p>8th treatment 03.04.2010 Treatment as previously; found his skin looking healthier. Client relaxed throughout the session. He informs that his stomach/ digestive system has been much better nowadays; IBS- symptoms have calmed down a lot. Also his knee pain reduced. He was very satisfied with his treatments as he was always feeling very relaxed and sleepy during and after treatments. Client had headache almost after every session which gave me some reassuring that he was responding to treatments. I'm sure that his "hectic" single man weekend partying could be also one of the reasons for his headaches after treatments (to get rid of the toxins)and he was aware of that when we discussed about his sore head after treatments.</p>	Anu Laatikainen Abu Dhabi, U.A.E
Pelvic discomfort/ heaviness		30 yrs Female	<p>DOB: 30 years old Address: Abu Dhabi, U.A.E Symptoms: Pregnant with her second child, due date 1.4.2010. No medical problems noted before or during her pregnancy. She is suffering pelvic discomfort/ heaviness at the moment. Has never had alternative therapies during her pregnancy. Medication: antenatal-vitamins</p>	Anu Laatikainen Abu Dhabi, U.A.E

			<p>27.01.10/ 31 weeks 1st treatment: Client was feeling comfortable during the treatment and found my pressure good. After the treatment I advised her regarding possible symptoms of healing crisis and importance to drink plenty of water to flush all the toxins out. Cause pelvic discomfort has increased in last couple weeks, we talked about the reasons of that: baby growing more; pressing down to her pelvic area/bladder etc. Advised her to use lower back support belt which will help to ease off the discomfort. Also reminded her to avoid lifting her 2 year as much as possible. During the first night after treatment client had to pass urine more frequently than usually which she wasn't expecting. When I spoke to her couple days again she told me that her pelvic/lower back discomfort has reduced significantly.</p> <p>03.02.2010 2nd Treatment/ 32 weeks This time client had some problems to find comfortable position during the treatment; elevated her upper body with pillows and had another pillow under her bottom which she found more comfortable. Client enjoyed her treatment and was feeling more relaxed afterwards.</p> <p>11.02.2010 3rd Treatment/ 33 weeks Client was talking a lot beginning of the treatment but was quiet and more relaxed at the end. Afterwards client felt her feet very warm. She also slept extremely well.</p> <p>18.02.2010 4th Treatment/34 weeks Client was feeling very relaxed, during the treatment baby moving a lot. She was feeling again her legs very warm afterwards and the pelvic discomfort has eased off a lot. She hasn't used her support belt as often as she use to.</p> <p>10.03.2010 5th treatment/37 weeks Client very relaxed during the treatment. She is also finding that her sleeping has been much better after each treatment and her legs have had fewer cramps than during her first pregnancy. Client has started to take raspberry leaf-tea capsules to strengthen the uterine muscle.</p> <p>17.03.2010 6th Treatment/38 weeks Client relaxed during the session; not as talkative as before. Feet very warm afterwards.</p> <p>21.03.2010 7th Treatment /39 weeks Client has been feeling some stronger/painless Braxton-hicks this week but during the treatment didn't experience any tightening and was able to relax very well. Decided to do another treatment end of the week if she is still getting Braxton-hicks. I advised client to do the Self treatment points for pregnancy up to 4 times a day.</p>	
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Asthma/ Eczema	3yrs girl		<p>Very often infections, colds</p> <p>Face and foot. (She could not lie still so long)</p> <p>After 1th treatment more eczema I treated her 3 months 1 time a week. She never had asthma during this time so they stopped coming.</p> <p>After 3 months they came back.</p> <p>She only had 1 time difficulty with breathing in 3 months and no infections only a cold.</p> <p>She came only a couple of times after that and then they stopped coming, because she was fine.</p>	Bauke, Netherlands
Ear infections	1,5 yrs girl		<p>Already suffered 8 ear infections and 8 x antibiotics and often running nose.</p> <p>She did not like treatments on the face. So I treated her with neuro - foot reflexology including extra maps for the ears nose thymus and troat almonds on the toes.</p> <p>I gave a map of the ears so her mother could do some extra work at home. I did 7 treatments in total once a week.</p> <p>I treated her father with facialreflexology for headaches caused by stress and eating a lot of chocolate. He still comes (3,5 years) once a month to relax. His daughter is now almost 5 years old and she never</p>	Bauke, Netherlands

			had ear infections again.	
Facial paralysis for 1 week (Bells syndrome)		27 yrs Female	Doctor told her to do foot reflexology! Someone told her to go to me because I do facial reflexology. After 8 treatments she looked almost normal again. After 12 it was all ok. After that each time she had a lot of stress her face was a little stiff again, but than she came to me and it was fine again. (She had a lot of stress in her life private and at work. later she changed her work and after a time also her private life went better.)	Bauke, Netherlands
Facial paralysis for 16 days (Bells syndrome)		29 yrs Female	I did facial reflexology: After 2 or 3 treatments face looked almost normal again, only when smiling crooked mouth. 5 th treatment she went working again for full days and her mouth again was a bit crooked, the week after she had al lot of stress the mouth and her eye a bit crooked again. (her horse was very ill) I started treating 2 times a week for 3 weeks and then it was ok. Face was totally normal. I talked to her few weeks ago, 4 month after the treatments and it's still good.	Bauke, Netherlands
Headache Stress/ chocolate		Male	I treated my little patient's father with facialreflexology for headaches caused by stress and eating a lot of chocolate. He still comes (3,5 years) once a month to relax.	Bauke, Netherlands
Hyper ventilation		46 yrs Female	The patient had (3 years) hyper ventilation, not attacks but very subtle but constantly. She had always pressure on the chest, sigh a lot all day and fatigue. Doctor could not do anything, she did Yoga for 6 years but it did not help her. She went to acupuncture, physiotherapy and osteopathy it all did not help her. I did facialreflexology. During 1 treatment I noticed she did not sigh so much anymore her breathing was almost normal. After 9 treatments she was ok. I gave her some homework some points on the face. She also told me after 6 treatments: she felt so much better she could enjoy life more specially the small things in life. She felt happy again, she did not feel this way for years. She still comes to me once a month for 4 years now.	Bauke, Netherlands
Insomnia Wish to get pregnant again		35 yrs Female	(She lost a baby then she had a little girl after that a miscarriage, this was a couple of weeks before the treatment.) After 1 treatment on the face and she was pregnant two weeks later and it all went well, she had healthy boy.	Bauke, Netherlands

			Sleeping went better. I treated her 4 times in total.	
Insomnia	1 yr girl		<p>The girl could not sleep well, not at night and also not during the day. She never wanted to be alone; she always wanted to be with her mother, could not play alone. She was one of a twin, her twin sister died during the pregnancy.</p> <p>She did not like to be treated on the face so I did the neuro foot reflexology.</p> <p>In total I treated her 6 times, but after the first treatment she only woke up at night once, it went better every time.</p>	Bauke, Netherlands
Migraine		36 yrs Female	<p>Sometimes a lot of times after each other and then months without. When she is sick it's a couple of days. She has to lay down in dark room, vomiting.</p> <p>I treated her with facial reflexology.</p> <p>In the beginning was migraines more frequently and more intense, later without the vomiting after 10 treatment no migraines.</p> <p>She comes now once in 2 or 3 months. She only had a migraine once when she had a lot of stress.</p>	Bauke, Netherlands
Migraine for 6 years		38 yrs Female	<p>Really sick every 2 or 3 weeks.</p> <p>Face reflexology sometimes also additional with neuro foot reflexology.</p> <p>After 7 treatments no migraine anymore. Still sometimes a headache.</p> <p>After 11 treatments no more headaches.</p>	Bauke, Netherlands
Migraine since childhood		51 years Female	<p>After 1 treatment she had migraine for three days only 2 hours a day (normally 2 or 3 days migraine constantly)</p> <p>After that she did not have migraine again. I treated her 9 times and she told me. I come back. if I have migraine again. Never heard from her again, it's been two years now.</p>	Bauke, Netherlands
Phlegm in sinuses		68 yrs Male	<p>The patient was not having a cold he had no pain only his voice changed he could not smell.</p> <p>His doctor gave him medicine it did not help, so he wanted to operate him. My patient did not want to because he knew someone who did have an operation and she has brain damage because of it. He asked the doctor to wait a couple of months and he came to me. I treated him with face reflexology and on the toes (praxis map of the sinuses).</p> <p>After 4 treatments the phlegm came out a little</p> <p>After 7 treatments he started to smell again more energy.</p> <p>Doctor delayed the operation.</p> <p>After 16 treatments his sinuses were clean and did not need an operation.</p>	Bauke, Netherlands
Mental retardation	x		<p>Results os study</p> <p>Mentally retarded children were shown to improve significantly in</p>	Beijing China

			<p>height, weight, health states, social living abilities, and intellectual development when receiving foot reflexology as opposed to those not receiving treatment.</p> <p><u>Danish:</u></p> <p>Resultater af undersøgelse Mentalt retarderede børn, der fik zoneterapi, opnåede markante forbedringer i højde, vægt, sundhedstilstand, sociale evner og intellektuelle udvikling i modsætning til retarderede børn, der ikke modtager behandling.</p>	
Mental retardation	x		<p>Results of study</p> <p>The feet of mentally retarded children were found to be of abnormal color and to show abnormal toe shapes as opposed to other children.</p> <p><u>Danish:</u></p> <p>Resultater af undersøgelse</p> <p>I forhold til andre børn viste undersøgelsen, at mentalt retarderede børns fødder havde unormal farve og viste unormale tåformer.</p>	Beijing China
Brain damage/ Aneurisms	1 Week old boy		<p>JUSTINS CASE – BRAIN DAMAGE</p> <p>When are you coming home daddy? " Those were Justin's very first words in his life, spoken when he was six years old. Justin was brain damaged during infancy and thanks to his mother, Berit Skrumsager's patient training with Temprana Reflex Therapy, he is now able to talk.</p> <p>When the journalist visited Justin and his family 4 years later, Justin stands in the doorway, ready to reach out, shake hands and say "hi" to any visitors to his family home, a cozy little house situated in Bronshøj, a suburb of Copenhagen.</p> <p>The ten year old smiles widely as he says with perfect clarity, "look at my trampoline in the back yard, I just love it!"</p> <p>In the family's living room a child-sized wheelchair stands neglected in the corner, while the centre of the room is dominated by a lawn lounge chair that plays a very important role in Justin's life - but we'll come back to that later.</p> <p>The little boy's brain damage is not immediately apparent, and only becomes obvious as his parents; Berit and Mark Skrumsager relate his life story.</p> <p>Justin, who is Berit and Mark's third son, had a perfectly normal birth but, "a week after he was born we were concerned that his behavior was a little abnormal. He wouldn't suckle; when he was encouraged to feed he would just turn his head away" recalls Berit.</p> <p>During the night his condition deteriorated and the following day he was taken by ambulance to the Copenhagen's main hospital emergency room. Justin was immediately admitted to the hospital's neonatal department. By this time he was breathing irregularly and he was suffering from cramps.</p> <p>Further examination revealed that Justin had suffered a number of aneurisms that resulted in an accumulation of blood on his brain, and as his father Mark says, "That's when Justin's brain was damaged."</p> <p>Berit continues, "After a day and a half in hospital, the doctors told us that the chances of Justin surviving past the age of three months were about fifty percent. We decided then and there to discharge him, and take him home with us – we thought that if he was going to die, we would rather have him be at home."</p> <p>All that Berit and Mark could do now was to wait and hope for the</p>	Berit Skrumsager Denmark (Mother of Justin)

		<p>best. They each had they're own ways of coping with the long and distressing wait.</p> <p>A DIFFICULT TIME Berit, who is a radiographer says, "I just had to concentrate on practical things. In my daily work I dealt with seriously ill people, so it wasn't unusual for me to think about dealing with death." Mark joins in, "It was difficult for me. The entire period seemed surreal, I felt detached, and I kept thinking how unjust it was that our newborn son should have to suffer so much." Both parents were overjoyed when they could see that Justin's condition gradually improved. The baby was obviously afflicted by his condition, but he was nowhere near to being the "vegetable" that the doctors had prepared Berit and Mark to expect.</p> <p>Being the parents of a disabled child was something that they now had to mentally prepare themselves for. "In the following years, the biggest obstacle that we encountered was communicating with Justin. He used his body language whenever he wanted to tell us something, but it was far from being a big success, we didn't always notice. – and because Justin doesn't have an aggressive nature, when he was sad or upset he would turn into himself – it was so frustrating for him." Justin is normally so quiet and mild natured, that when he falls and hurts himself he goes into "lock-down mode" that means that he stays where he's fallen and doesn't make a sound, even if the blood is gushing out of him. He falls over a lot because he walks on the tips of his toes. He has difficulty managing stairs or getting up again if he has been sitting on the floor. Berit explains that in many ways, Justin is just like a little baby. For the first time, in 2002, a friend of Berit's told her about a program called Temprana Reflex Therapy. – "as a mother to a disabled child, I was open to all possibilities but I wouldn't go along with just anything," she says.</p> <p>THE FIRST WORDS Berit explains that Temprana Reflex Therapy is similar to standard foot reflexology, except that it is also performed on the face and hands and more related to the nerve system. Justin had a tailored made treatment program put together specifically for his condition and Berit was trained to personally treat her son. After bathing Justin in the evenings, she puts on a soothing music CD. Justin gets himself comfortable in the previously mentioned lawn lounge chair (which Berit has discovered is ideally suited to the purpose). "He just loves it and often falls asleep during the treatment which takes an hour," she says with a smile. Berit noticed that Justin improved very quickly with the new Temprana treatment, "suddenly he could perform a lot of ordinary little tasks such as pouring milk into a glass." After a year and a half there was a major breakthrough. Berit continues, "Mark phoned home from Dubai, where he was working at the time. Justin took the telephone and asked in a clear and perfectly understandable voice "when are you coming home daddy?" Those were the very first words we had heard Justin say in his life; both Mark and I cried tears of joy." In the period after that, Mark and Berit found themselves constantly and joyfully amazed by his progress. "Justin's ability to talk completely changed our lives. The quality of our lives vastly improved, even now when we think back on it we can't help but beam with joy." Berit still uses Temprana Reflex Therapy on Justin and intends to continue, she has a goal – she wants Justin to be toilet trained before he reaches puberty. This is possible with Temprana therapy, as it is normal to change to different programs when a goal is obtained.</p>	
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<p>Hjerneskode/ aneurismer</p>		<p>Berit often meets skepticism when she talks about the treatment. "People often ask me how I know that it is definitely Temprana Reflex Therapy that has helped my son. They speculate that Justin might just have developed that way anyway, but I have no doubt that Temprana Reflex Therapy is responsible. When using Temprana Reflex Therapy, we work with accepted and proven acupuncture points and nerve points, there is no hocus-pocus involved" says Berit.</p> <p>One of the main reasons that Berit and Mark are so relieved with Justin's ability to speak is that they now know Justin will be more able to take care of himself when they are no longer there to care for him. Berit, who is now 48 years old used to be plagued with anxiety – "I used to worry constantly about how Justin would cope, should anything unexpected happen to Mark and myself, then I had a few sessions with a psychologist and that helped."</p> <p>Berit and Mark are very good at communicating with each other and the Skrumsager family has been strengthened by the adversity they have had to deal with.</p> <p>Both parents agree "we love Justin above all else, he's our little star, he's always so funny, positive and charming and a joy to be with."</p> <p><u>Danish:</u> JUSTINS CASE - hjerneskode · Hvornår kommer du hjem far? · Det var Justins allerførste ord i sit liv, da han var seks år gammel. Justin blev hjerneskadet da han var helt lille, og takket være hans mor, Berit Skrumsager's vedvarende træning med Temprana Reflex Therapy, han er nu i stand til at tale.</p> <p>Da journalisten besøgte Justin og hans familie 4 år senere, Justin står i døren, klar til at række ud, giver hånd og sige "hej" til enhver besøgende i familiens hjem, et hyggeligt lille hus beliggende i Brønshøj, en forstad til København.</p> <p>Den ti år gamle dreng smiler bredt og siger helt perfekt, "Se på min trampolin i baghaven, jeg bare elsker den!"</p> <p>I familiens dagligstue står en forsømt børnekørestol i hjørnet, mens midten af rummet er domineret af en liggestol, der spiller en meget vigtig rolle i Justin liv – men den vi kommer tilbage til senere.</p> <p>Den lille drengs hjerneskode er ikke umiddelbart synlig, og bliver kun tydelig, da hans forældre, Berit og Mark Skrumsager rfortæller hans livshistorie.</p> <p>Justin, som er Berit og Mark's tredje søn, havde en helt normal fødsel, men "en uge efter, at han blev født, var vi bange for, at hans opførsel var lidt unormal. Han ville ikke have brystmælk, da han blev opfordret til at sutte, vendte han bare vende hovedet væk ", husker Berit.</p> <p>I løbet af natten blev hans tilstand forværret, og den følgende dag blev han kørt med ambulance til skadestuen på Rigshospitalet, Københavns største hospital. Justin blev straks indlagt på neonatalafdelingen. På dette tidspunkt var hans vejtrækning uregelmæssig, og han havde kramper.</p> <p>Yderligere undersøgelse viste, at Justin havde haft en række hjerneblødninger/aneurismer, der resulterede i en ophobning af blod i hjernen, og som hans far Mark siger: "Det var der Justin's hjerne blev beskadiget."</p> <p>Berit fortsætter, "Efter halvanden på hospitalet, fortalte lægerne os, at chancerne for at Justin ville leve længere end tre måneder var omkring halvtreds procent. Vi besluttede så, at vi ville tage ham med hjem og passe ham - vi mente, at hvis han skulle dø, ville vi hellere have ham hjemme ".</p> <p>Alt, Berit og Mark kunne gøre nu, var at vente og håbe på det bedste. De havde hver især deres egen måde at klare den lange og pinefulde ventetid på.</p>	
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		<p>En svær tid</p> <p>Berit, som er en radiograf, siger: "Jeg måtte bare koncentrere mig om praktiske ting. I mit daglige arbejde har jeg behandlet med alvorligt syge mennesker, så det var ikke usædvanligt for mig at tænke på at skulle forholde mig til døden. "</p> <p>Mark slutter i, "Det var svært for mig. Hele perioden syntes surrealistisk, og jeg blev ved med at tænke på, hvor uretfærdigt det var, at vores nyfødte søn skulle lide så meget. "</p> <p>Begge forældre var overlykkelige, da de kunne se, at Justins tilstand gradvist blev bedre.</p> <p>Barnet var tydeligvis påvirket, men han var langt fra at være den "grøntsag", som lægerne havde forberedt Berit og Mark, at Justin ville blive.</p> <p>At være forældre til et handicappet barn var noget, som de nu mentalt måtte forberede sig på. "I de følgende år var den største forhindring, som vi blev udsat for at kommunikere med Justin. Han brugte sit kropssprog, når han ønskede at fortælle os noget, men det var langt fra at være en stor succes, vi lagde ikke altid mærke til det. - Og fordi Justin ikke er aggressiv af natur, blev han indadvendt, når han var ked af det eller vred. Det var så frustrerende for ham "</p> <p>Justin er normalt så stille og mild af natur, at når han falder og slår sig går ind i "lock-down mode" vil sige, at han bliver, hvor han er faldet, og siger ikke en lyd, selvom blodet fosser ud af ham . Han falder ofte, fordi han går på tåspidserne. Han har svært ved at klare trapper eller komme op igen, hvis han har siddet på gulvet.</p> <p>Berit forklarer, at Justin på mange måder bare er som en lille baby.</p> <p>I 2002 hørte Berit for første gang fra en ven om Temprana Reflex Terapi. - "Som en mor til et handicappet barn var jeg åben for alle muligheder, men jeg ville ikke gå i gang med hvad som helst, siger hun.</p> <p>De første ord</p> <p>Berit forklarer, at Temprana Reflex Terapi ligner almindelig zoneterapi, bortset fra at der også behandles i ansigtet og på hænder og er mere relateret til nerve systemet.</p> <p>Der blev sat et skræddersyet behandlingsprogram sammen til Justin – udar bejdet helt specielt til hans tilstand, og Berit var uddannet til personligt at behandle sin søn.</p> <p>Om aftenen efter at have badet Justin, lægger hun en beroligende musik-cd på. Justin ligger veltilpas i den tidligere nævnte liggestol (som Berit har opdaget, er velegnet til formålet). "Han elsker det, og falder ofte i søvn under behandlingen, som tager en time," siger hun med et smil.</p> <p>Berit observerede, at Justin meget hurtigt fik det bedre med den nye Temprana behandling, "pludselig kunne han udføre en masse almindelige småopgaver såsom at skænke mælk i et glas."</p> <p>Efter halvandet år oplevede vi et stort gennembrud.</p> <p>Berit fortsætter, "Mark ringede hjem fra Dubai, hvor han arbejdede på det tidspunkt. Justin tog telefonen og spurgte klart og forståeligt: Hvornår kommer du hjem far? Det var de allerførste ord, vi havde hørt Justin sige i sit liv ". Både Mark og jeg græd af glæde ".</p> <p>I den efterfølgende tid var Mark og Berit forbløffede og henrykte over Justins fremskridt.</p> <p>"At Justin nu kan tale har fuldstændig ændret vores liv. Vores livskvalitet er stærkt forbedret, selv nu hvor vi tænker tilbage på det, stråler vi af glæde. "</p> <p>Berit behandler stadig Justin med Temprana Reflex Terapi og agter at fortsætte, hun har et mål - hun vil sørge for, at Justin bliver renlig, før han når puberteten. Dette er muligt med Temprana terapi, da det er normalt at skifte til andre programmer, når et mål er opnået.</p> <p>Berit møder ofte skepsis, når hun taler om behandlingen.</p> <p>"Folk spørger mig ofte, hvordan jeg ved, at det absolut er Temprana Reflex Terapi, der har hjulpet min søn. De tror, at Justin ville have</p>	
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?		Male	<p>My husband has gained remarkable strides from Facial Reflexology. I would access the facial neuro points. Then I would do a regular foot treatment on him. My husband now has regained sensation in both feet. He has more stamina and sometimes completely forgets to take his pain medication.</p>	Carol, USA
Children with special needs Study	6 yrs. boys girls		<p>December 2006 Review of Complementary Therapy; Facial Reflexology at Charter School / 6years old children with special needs.</p> <p>Our continued objectives are: To help support the mental, physical, emotional and spiritual well-being of the students.</p> <p>We aimed to help improve the following:</p> <ul style="list-style-type: none"> -Self esteem and confidence -Capacity to learn by improving attention span and concentration -Calm hyperactivity by helping to reduce tension and anxiety <p>We also aimed to support and address the emotional needs and aspects of the children's development through puberty.</p> <p>Summary of students treated</p> <p><u>Danielle</u> Danielle has continued to respond well to the treatments she really looks forward to them each week and we feel it has really helped her self esteem and confidence this term. We have had feedback from her teaching assistant that her concentration levels have improved and she is more attentive in class. One of her comments in her diary is that she feels 'brand new' after a treatment. She is always polite and very grateful and would love to have reflexology until she leaves school!</p> <p><u>Tom</u> Tom has continued to greatly benefit from the treatments, he completely relaxes during the treatment and says it is helping to keep him calmer and feels he is able to concentrate better in class. We have established much better eye contact this term and he has opened up a lot more and we feel the therapeutic relationship has developed considerably this term. We have heard that his mother has noticed a big difference in his behaviour at home and maybe with a change in treatment day his behaviour could benefit even further at</p>	Charter School UK

		<p>school.</p> <p><u>Akeem</u> Akeem loves his treatments and we feel benefits greatly from the sessions, he says he is able to concentrate more and thinks he has been working better and harder this term?! He says he hasn't been on report and feels his behaviour has been better this term, he completely relaxes into the treatment and is never late for an appointment and says he couldn't cope if he didn't have his reflexology every week!</p> <p><u>Josh</u> We feel Josh has greatly benefited from this treatment he is a completely different student to the one we first met back in June. His confidence levels are much higher and he is calm and clear in his thinking and communication with us. He is always on time and has never missed an appointment and looks forward to each treatment.</p> <p><u>Luke</u> Luke seemed to be responding well to his treatments, he definitely enjoyed them to being with and relaxed well into the treatment but we suspect something has happened or something has been said as he hasn't been to the last 2 sessions and he was reluctant to have a full treatment at his last session, he was beginning to open up more and we would like to be able to continue to develop the therapeutic relationship to try and help him further.</p> <p><u>Lev</u> Lev has been an interesting case initially we thought we would struggle to get him to have the treatments but he was actually very willing and responded well at the beginning. But as time has gone on he has become more reluctant and has refused to come along, it is very disappointing that we have not been able to treat him with more success.</p> <p><u>Rhys</u> Rhys has come along very well when he started his treatments in June 2006 he came across as being withdrawn, with difficulties in expressing himself verbally. He was also unable to make eye contact whilst having a conversation. For the first few sessions he found it hard to relax and kept twitching and moving his position whilst being treated. He has had 15 treatments up to now and about half way through his treatments we started to notice a distinct improvement in him. First of all he is able to relax fully and often falls asleep whilst treated. He comes across as much calmer, open and happier in himself. He professes to be able to concentrate better at school and claims to be getting into less trouble. His mother has also noted an improvement in his behaviour.</p> <p><u>Romario</u> Romario loves coming to his weekly facial reflexology session and he always makes sure he turns up on time to have a full treatment. Since the beginning he has been able to relax well enjoying the feeling of the treatment. Romario comes across as an active, sociable and quite content person. He has been good at giving feedback on his treatments and verbalizing how the treatments are benefiting him. In general he explains feeling calmer, his sleep pattern has improved and he is able to concentrate better when studying. He also claims that he has not been getting into trouble as much as before the treatments started.</p> <p><u>David</u> David is very much in his own thoughts, withdrawn, hard to engage in conversation and lacking in facial expressions. He has been a challenging student, not only because he has had poor attendance</p>	
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		<p>record but also because he does not seem to be too bothered about the treatment. It took him seven treatments to completely let go, lie still and keep his eyes closed during the treatment. For the past few treatments he has been sleeping throughout the session. Over the six months we have worked on him he has slowly opened up but he remains extremely quiet. He keeps saying that the treatments are helping him but he cannot quite pinpoint how. We have asked him several times to write something in his diary about how he feels about the treatments but he has not done so yet.</p> <p><u>Tommy</u> Tommy has attended five treatments out of ten due to his broken hand and a school trip. When Tom came to have his first treatment he was slightly apprehensive and could not fully relax. He tends to be very sensitive to any noises around him. However he has been able to relax very well over the past three treatments and he is delighted to be chosen to take advantage of these treatments. His mother says that he looks chilled out and peaceful on Fridays when he returns back from school. He himself thinks that the treatments are making him feel calmer and happier.</p> <p><u>Greg</u> Greg is a delightful, polite and sensitive young man. He started his treatments in September and has had seven treatments out of ten (due to being off sick and on a school trip). Greg relaxes well whilst being treated and falls asleep most of the time. He said that the treatments are helping him to feel more confident about himself especially when talking in class and opening up to his mother. He enjoys the fact that he can escape from a busy classroom to a quite place to have a relaxing treatment.</p> <p><u>Isabel</u> Isabels treatments were discontinued as her behaviour did not improve and her treatment times were re-placed by Jamel.</p> <p><u>Jamel</u> Jamel has had only two treatments so far but he really enjoys the feeling of facial reflexology and relaxes extremely well. After the first treatment he has told me that he is sleeping better during the week and is concentrating better on his studies.</p> <p><u>Storme</u> Storme is always on time and hasn't missed any of her appointments. She appreciates the treatments, often comes /wheels in saying "oh, I need it today so much!". The quality of her sleep has greatly improved. Spasms related to CP have disappeared. She is more alert and focused. Her memory though still isn't satisfactory and needs more work to help it to improve.</p> <p><u>Joanne</u> Joanne has become calmer, she is not as hysterical and thespian as when she first came. She still though tells lots of stories which we are not sure are true. She is able to relax into the treatment and if she comes in agitated she leaves much calmer. We don't know how much change there actually is, which is visible to teachers and students as we haven't received any feedback. According to Joanne she still keeps getting into conflicts with other students (usually other girls) but she seems to be happy about her academic performance.</p> <p><u>Leanne</u> Leanne has had 3 treatments spread out over 2 months. She missed her appointments a few times when she had head lice and was sent home. She was unhappy about missing school. We have the impression that she doesn't feel very comfortable or at ease during the treatment, she is also on her guard. However, when asked her</p>	
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		<p>about it she denied feeling that way. At the moment with the treatments happening irregularly it's difficult to say what effects they might have on her.</p> <p><u>Levi</u> Levi hasn't missed any of his appointments (3 treatments given), is always on time or even a bit earlier. He comes across as quiet and shy, doesn't say much but answers questions when asked and gets engaged. His main problems are:</p> <ul style="list-style-type: none"> - difficulty in going to sleep and waking up tired - forgets easily - difficulty in getting and staying focused, easily distracted <p>The two latter issues might be the result of not sufficient sleep/rest.</p> <p><u>Lindsey</u> Lindsey has had 3 treatments during which she relaxed deeply and fell asleep. She usually needs to be reminded about her session as even if she's got her appointment card she tends to forget/miss the time of her session. She enjoys having her treatments and comments on them that they make her "feel like new". She's been diagnosed with dyspraxia and our feeling is that long term treatments could help with improved co-ordination and understanding which she finds particularly difficult.</p> <p><u>Summary</u> The majority of the students have continued to respond well to the treatments, our perception from the feedback we have received is that their behaviour has improved; they are also calmer and more attentive in lessons. Most importantly we feel the therapeutic relationship built between us and the students has become an important part of their school life, they feel able to confide in us, discuss some of their problems and air their views of how they feel about school. All the children without exception have said they all sleep much better and noticed during the summer break their sleep patterns were disrupted. As therapists we continue to thoroughly enjoy the challenge and would like to treat more students with the available time slots as we feel there are more students in the school who could benefit from the treatments.</p> <p>The only issue we have is that we have not been able to gain more information about the children such as medical conditions, home backgrounds, Special Needs requirements and feel that had we been given more information as we requested we could have enhanced their treatment plans further to help them benefit even more from the therapy. We feel this must be addressed when we resume treatments. We would also like to meet with the tutors to gauge what their impressions and feelings are with respect to the students' academic performance and general behaviour.</p>	
<p>ADHD and Autisme</p> <p>Results of project</p>	<p>6 yrs</p> <p>boys and girls</p>	<p>July 2006</p> <p><u>Review of Complementary Therapy at Charter School</u></p> <p>Our objectives are:</p> <p>To help support the mental, physical, emotional and spiritual well-being of the students of 6 years with ADHD and Autism</p> <p>We aimed to help improve the following:</p> <ul style="list-style-type: none"> - Self-esteem and confidence - Capacity to learn by improving attention span and concentration - Calm hyperactivity by helping to reduce tension and anxiety <p>We also aimed to support and address the emotional needs and</p>	<p>Charter School, UK</p>

		<p>aspects of the children's development through puberty.</p> <p>To assist the school achieve its Medium Term plan objective for a Specialist Dyslexia Centre and the Ofsted report recommendation to enhance its Special Needs provision.</p> <p><u>Summary of students treated</u></p> <p>Danielle Danielle was a little unsure and wary to start with but as the treatments have progressed she has opened up more each week telling us about what she's doing and she has started to relax more into the treatment as she was very unsure to begin with and was always watching Isabel whilst she was having her treatment. With more sessions she will benefit further. She's always polite and thanks us at the end of the session.</p> <p><u>Isabel</u> Isabel has responded well to the treatment, she has never shown a manipulative side to us and has shown us respect and is always interested in what we are doing, asking questions about the oils we use and is very expressive in how she feels during the treatment – she says it feels better than a piece of heaven. She always sleeps and sees colours through the treatment – she seems much less angry than when we first met her. She always thanks us and looks forward to her next session. Isabel was suffering with quite bad acne when she first came but this has significantly improved.</p> <p><u>Tom</u> Tom would like to have the treatment every day! He says he feels much calmer since he's started and feels less inclined to want to run and charge about the place. He says his Mum has noticed a difference in him. He's sleeping much better than before. He has recently opened up to us and communicates well establishing more eye contact than before and tells us all about home and family life. Always very polite and thanks us every time.</p> <p><u>Rhys</u> Rhys was initially a little reluctant but as the sessions have progressed we have been able to establish more eye contact and he is communicating a little more each week. He seems to have some nervous twitching but as the treatments progress he is becoming more relaxed and goes to sleep. He needs more treatments as we need to continue to improve and establish the relationship but in general he says he feels calmer and is also sleeping better.</p> <p><u>Akeem</u> Our star pupil! Akeem has responded unbelievably well – during his first treatment he told us he could see colours and thought he was lying in a field. He eagerly looks forward to each treatment. When asked how he thought the treatment is helping him in school he said he thinks he's able to concentrate better, feels calmer and hasn't had any letters sent home or been put on report since starting the sessions. He also said that when someone tries to wind him up or tries to get him to do something he knows is wrong he just thinks of his treatment and doesn't get involved. He's a very communicative and receptive child. He always wants to stay longer, always looks forward to the following week and always says thank you!</p> <p><u>Romario</u> At the start of the sessions Romario was very fidgety and it was difficult to get him to be calm but now he completely relaxes. He falls into a deep sleep and never wants to go at the end of a treatment. He says he feels happier in classes, feels he can concentrate better and isn't getting into trouble as much as before. He's become a lot more</p>	
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		<p>communicative about his feelings in the last 2 sessions and is a happier child. He always wants more and looks forward to the next session and says thank you every week.</p> <p><u>Josh</u> We have noticed a complete change in his behaviour towards us, he needed a few sessions to build up trust and confidence in us but now he understands the routine he looks forward to his session each week. There is a big difference in how he responds to the treatment he now lays completely still and doesn't speak for the full 25 minutes and when we discuss how he feels at the end of the treatment he is much more controlled in his conversation and is much less manic about things. He's also sleeping better at home too.</p> <p><u>David</u> David has missed 3 sessions (1 due a school trip) – David is a totally closed book and unfortunately we haven't been able to open him up at all. There is a lot of unexpressed anger and is he completely shut down, very withdrawn, very quiet and difficult to communicate with. His eyes are always open during the treatment and he constantly fidgets. At the beginning he said he felt better and was enjoying the scalp movement of the cranial lines but we feel we haven't been able to gain his trust yet and are very disappointed he hasn't been to more sessions. It may also be the case that this therapy isn't the one for him but we would like to try to convince him otherwise!</p> <p><u>Storme</u> (3 sessions): relaxed during treatment from the 1st session. Feels that her head is much clearer, is more energetic, she also enjoys the smell of the oil and the new experience of the treatment. She commented on them "like heaven" and "that's the end of my paradise until the next week" (at the end of a session) and always says thanks for the session. Storme seems to be an emotionally well-balanced young woman, independent and finding her way in the world, treatments allow her to find deeper space within herself.</p> <p><u>Felix</u> (2 sessions): seems to be rather confident in himself (it could be a superficial impression though). Relaxed into the treatment but didn't let himself go completely – alert quite often. Good contact, would need more time to build up closer therapeutic relationship and open up more. He could also benefit a lot in terms of his physical health, building up energy levels and the resistance of his respiratory system.</p> <p><u>Natassia</u> (1.5 sessions): Natassia felt deeply grateful for the treatments during which she relaxed a lot. She also looked much more calm, peaceful and less tired at the end of it. She was very happy that she could come for at least 20mins of her 2nd and last session straight from her exam. Our feeling is the treatments would be a really important aid in her growth.</p> <p><u>Yewande</u> (1 session): we had the opportunity to have 1 session which was beneficial in enabling Yewande to relax. She seems to be well motivated to bring about changes in her life style to help her well being, and having continuity would help her confidence.</p> <p>Anna's impression is that all four disabled students benefited from their sessions even if we couldn't complete the full course they got the taste of what could be helpful for their development on all levels. They certainly could benefit from further treatments as a supportive measure through puberty and to help boost their self-esteem and physical health, especially in the light of these students' conditions.</p>	
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			<p><u>Conclusion</u> We feel the pilot scheme has proven to be a very valuable exercise, which has benefited all the students in some way, obviously some have responded quicker than others but as we regard each as an individual so we would expect our degree of success to vary accordingly. We believe that we have achieved some fantastic results in a very short time (but there is a lot more to be done!) Akeem's statement sums up for us better than we could have hoped how powerful and effective this treatment can be in helping children with special needs to cope with the challenges set before them. We feel this treatment can really help address the children's emotional needs which is not possible in any other way.</p> <p>As therapists we have thoroughly enjoyed the challenge. We absolutely love working with the children and building the therapeutic relationship. It has been a real privilege and very rewarding to watch how they have responded to the treatments.</p> <p>We very much hope that Charter will allow us to continue this valuable work next term. As I mentioned Professor George Ellison at St George's University London has agreed, subject to sourcing the funding to establishing a full research study fully supported by the University. This will entail submitting an 80 page submission to the Dept of Health Ethics Committee prior to the research project starting. I hope you will agree this would be a unique and groundbreaking opportunity for the school and it enables us to continue to give complementary therapy to children who would not normally be able to access such treatments.</p> <p><u>Next Steps</u></p> <ul style="list-style-type: none"> - Charter to agree to continue the project! - Source funding of £5k to continue the project next term and develop it into an Audit study (we are currently in the process of setting up a meeting with the Prince's Trust) - Source research funding of £20k to begin the research study project with St George's University London under Professor Ellison. 	
Rheumatoid arthritis		Female	<p>A lady I'm treating who too was crippled with rheumatoid arthritis, I got really excited with this case. The lady's posture resembled a crab or spider, as she was doubled over, meant that her back wasn't straight, her legs were wide apart, and her knees were bent outwards which forced her to walk with her feet out to the sides. On taking off this lady's shoes, found that her toes were crossed.</p> <p>From the first treatment, 2 nurses had to assist to get the lady onto my couch the nurses made the patient comfortable for me, so I didn't see her feet. I gave this lady a full Facial Reflexology treatment. After Step 6, I did some plexus balancing for the hormonal imbalance, finishing the lady's treatment on Step 7.</p> <p>The lady thoroughly enjoyed her treatment, (I had asked during Step 5, if she was comfortable with the way I was working and she assured me that she was).</p> <p>The following week, on visiting this lady for her second treatment, found that her posture resembled a jockey; she looked as if she had just dismounted from a horse. She was more upright and her legs were better alignment, although the knees were still bent out to the side. One nurse came to assist in helping the patient onto my couch, so again I didn't see her feet. Everyone in the home was talking about the improvements to this lady's mobility. Because I was so pleased with the progress that this lady had, I repeated the exact same treatments as the previous one.</p>	Cheryl, Wales UK

			<p>Week 3, even more improvement, I was able to help the lady up from her chair, and managed on my own, to get the lady onto my couch. Her feet were quite puffy and purple in color. The treatments this week was the same, but more attention paid to the feet area on the face, which is reflected on the chin.</p> <p>Week 4, on visiting the lady, once again, there is a strong improvement in her posture, she no longer resembles even a jockey, although her knees are slightly out of alignment, she now walks with her feet in a straight line, and not pointing out to the side, and her mobility is amazing. On helping the lady onto my couch and taking off her shoes, notice that only one toe is crossed that being the toe next to the big toe, which is crossed on the middle joint, and all the purple discoloration had vanished. I called the Matron to come and see the patients's feet, and she was amazed. Again I repeat the same treatment, as it is working, and spend the same time on working the chin area for the feets as the previous week.</p> <p>Week 5, This visit was the most exiting, as on getting the lady on the couch, and taking off her shoes, all her toes are straight. I was so amazed by how quickly this correction happened. I called the Matron at the home to see the lady's toes again.</p> <p>Matron came, and said that she had never seen anything like it and for it to have happened so quickly.</p>	
?			<p>A mother wrote: Your facial reflexology was so great for Caleb. It was OBVIOUS that he enjoyed it. His vocabulary did increase somewhat over the last week!!! And I want you to know that he did not grind his teeth for almost a week after you treated him.</p>	Cindy, NC, USA
Lack of energy	41 Female	<p>Client 2, Woman Age 41, very tired and lack of energy</p> <p>21st January 2010 Client 2's biggest issue is that she is not having full energy and has existential anxiety..</p> <p>28th January 2010 After the first treatment she was very tired.</p> <p>22nd February 2010 Client 2 was again very tired after the treatment. Client told me, that she is very tired and this could be because of her menstruation.</p> <p>She told me, that she feels even more tired just before her menstruation or after..</p> <p>7th of March 2010 The client told me, that she is still very tired, but after the treatment feels good. The treatment went very well and the client was happy.</p> <p>14th of March 2010 Client 2 said, that there was nothing special after the treatment</p> <p>8th of April 2010 She told me, that she is not so tired anymore, but this could although be, because she goes earlier to bed. I think that she starts feeling the treatment and we will see how it goes. There was nothing special during the treatment, only that I saw, that she is not falling asleep right away! So maybe, this is although a sign, that she is not so tired anymore!</p>	Clair, Canada	

			<p>18th of April 2010 Client 2 is still not so tired anymore, but we still don't know if its because she is sleeping better or because of the treatment. I belief, that's the treatment, but it is very hard for me to tell, because it's not something you can see or feel in the body, like headache or so.</p> <p>29th of April 2010 Today was the last treatment. The client liked to have a facial and her energy level is better. So I think, if we would continue, she would be able to feel more. Or it would be interesting what happens, when she is not having any facial anymore. So I will ask her in a couple of weeks. The treatment went very good and I still like the facial.</p>	
Psychotic schizophrenia			My daughter's friend who was diagnosed with temporary psychotic schizophrenia is off her medication and is recovering very well. I will continue with the facial reflexology sessions.	Claris, Canada
Temporary Stroke		Male	<p>Great news! The stroke client I am still working with is doing well. Added the muscle stimulation to the treatment plan and with one treatment his facial muscles particularly on the left (paralysed side) 'relaxed'. His face looks better and has a healthy complexion. Also as a result of his rehab and oxygen treatment and facial therapy, he no longer uses a wheelchair but uses a regular cane for walking. What tremendous progress...thanks to your continued support. I am so excited and happy.</p>	Claris, Canada
Anxiety/ Depression		56 Female	<p>Problem: The woman suffered from severe anxiety and depression. She was on prescription medication to help her with these problems. The woman says that she often feels aches all over.</p> <p>Conclusion: After treatment, the woman felt already better. After 6 treatments, she reported that she no longer took anti-anxiety medication. The woman says that she is feeling better, is happier and no longer feels aches throughout the body. She will continue every 2 to 4 weeks with facial reflexology.</p> <p>----- <u>Danish:</u> Kvinde, 56 år. Problem: Kvinden har lidt af svær angst og depression. Hun var på receptpligtig medicin for at hjælpe hende af med disse problemer. Kvinden oplyser, at hun ofte føler ømhed over det hele.</p> <p>Konklusion: Efter en behandling, følte kvinden sig allerede bedre tilpas. Efter 6 behandlinger rapporterede hun, at hun ikke mere tog angstdæpende medicin. Kvinden oplyser, at hun har det bedre, er gladere og ikke længere føler ømhed i hele kroppen. Hun kommer fortsat hver 2 - 4 uger for at få ansigts zoneterapi.</p>	Connie NC, USA
Legs heavy		89 yrs Male	<p>Former professional tennis player. Problem: The legs felt heavy, he is unable to play tennis at the level he is used to. Sometimes it seems as if my legs are not working properly. The man has had this problem in the past few months.</p> <p>Conclusion: After 3 treatments, the client reported that he felt much better and now is able to play better tennis. His balance and movements were much better.</p> <p>----- <u>Danish:</u> Tidligere professionel tennisspiller. Problem: Benene føles tunge, han ikke er i stand til at spille tennis på det niveau, han er vant til. Nogle gange virker det som om benene</p>	Connie NC, USA

			<p>ikke fungerer korrekt. Manden har haft dette problem i de sidste par måneder.</p> <p>Konklusion: Efter 3 behandlinger, rapporterede klienten, at han følte sig meget bedre tilpas og nu er i stand til at spille bedre tennis. Hans balance og bevægelse var meget bedre.</p>	
Arthritis (Psoriatic)		53 yrs Female	<p>A woman, 53 years old reports that she is having swelling in her joints. The swelling started in the knee and great toe of the left leg and spread to the left wrist, the right thumb and the right elbow.</p> <p>Day 1: October 2, 2009</p> <p>Day 2: October 5, 2009 Client reports that she felt better emotionally after the 1st session. She said she had a more positive attitude. Client states that she felt about the same physically. Symptoms are the same as the first session.</p> <p>Day 3: October 8, 2009 Client reports that she is feeling better still emotionally. She reports that she had no pain in her left knee for the first time in many months for a day after the 2nd treatment; all other symptoms are about the same. The puffiness/swelling has greatly diminished on the client's face. Client states that she visited a Rheumatologist and he diagnosed her condition as psoriatic arthritis. She does occasionally break out with psoriasis on the back of her head.</p> <p>Day 4: October 12, 2009 Client reports that she is feeling a little bit better each day. Client is much more animated and positive than she has been previously. She is now able to wear shoes again instead of slippers although the right foot is still swollen.</p> <p>Day 5: October 16, 2009 Client states that she was feeling "pretty good" today. Her knee is better and she can walk better. The swelling in her feet is almost gone and she can wear regular shoes now but she still has some foot pain. Ct. complains of pain still in her wrist and down through her thumbs. Client is in a good mood and happy with her progress.</p> <p>The client is pleased with her progress and will continue to come for Facial Reflexology sessions once per week.</p>	Connie Byrne, NC USA
Tinnitus		52 yrs Male	<p>Client reports that he has been having problems with tinnitus in both ears for about 32 years. The tinnitus became worse about 1 ½ years ago after flying on an airplane. It continues to bother him more at higher elevations or when flying. Client had nose reconstructive surgery about 37 years ago. Client had a shotgun discharges next to his head about 25 years ago. Client had a 10 lb. piece of iron ore fall on his head from a height of about 100 feet. It shattered his helmet and "put a dent" in the top of his head and knocked him unconscious. Client has some compression at C1 and c\$ probably as a result of this accident.</p> <p>In addition to the tinnitus, client complains of some sinus congestion. Ct. complains of pain in his left foot at the base and between the 3rd and 4th toes.</p> <p>Session 1, October 5, 2009</p> <p>Session 2: October 7, 2009 Client reports that he is doing well. Client states that he felt physically drained the day of the last treatment and slept well that night. Client states that the tinnitus in his ears – especially his left ear dissipated</p>	Connie Byrne, North Carolina USA

			<p>for the entire day. Client reports that he had a lot of sinus drainage following the session.</p> <p>Client falls asleep during treatment and I notice that he is snoring.</p> <p>Session 3: October 12, 2009 Client reports that he had a lot of draining from his sinuses into his throat the day after the last session. Ct. stated that his ears were good for 2 days and the he was able to hear sounds he had not heard in years. He stated that he even had to turn down the volume on his radio which he usually has to turn up. His tinnitus is about the same. Client reports that the pain/numbness in his left foot is not bothering him anymore.</p> <p>Session 4: October Client reports that his tinnitus had gotten a bit worse and that he had "tons" of sinus draining. Client reports that he still has no pain in his foot.</p> <p>After the session, client reports that he felt a "flutter" in the ear when working the ear nerve points.</p> <p>Session 5: October 19, 2009 Client reports that his tinnitus still has not improved. Client states that his sinuses are still draining. Client reports no other problems.</p> <p>Client will continue to come for treatment once per week.</p>	
Shoulder/neck pain Hot flashes Insomnia Anxiety	49 Female	<p>Profession: Personal trainer and manager at a fitness center. Problem: The shoulder and neck pain, hot flashes, insomnia, anxiety Conclusion: After one treatment neck and shoulder pain dissappeared. After two treatments hot flashes stopped and the client is sleeping better. The client will continue monthly for maintenance and to avoid any new symptoms that may occur.</p> <p>-----</p> <p><u>Danish:</u> Profession: personlig træner og forvalter i fitnesscenter. Problem: Skulder og nakkesmerter, hedeture, søvnløshed, angst Konklusion: Efter en behandling, forsvandt hals- og skuldresmerter. Efter to behandlinger, stoppede hedeturene og klienten sover bedre. Klienten kommer fortsat månedligt til vedligeholdelse og for at imødegå eventuelle nye symptomer, der kan opstå.</p>	Connie, NC, USA	
Sinuitis	64 Female	<p>Profession: Professional singer. Problem: The woman complained that her sinuses always feel "full", her neck and her face feels swollen and puffy. At the second visit she complained also of pain in the shoulder, which prevented her from playing tennis.</p> <p>Conclusion: After one treatment the woman reported that her sinuses were much better and that she could feel a big difference in tone and resonance when she sang. The woman reported that her discomfort had disappeared days after treatment. She would continue face reflexology treatments regularly (monthly).</p> <p>-----</p> <p><u>Danish:</u> Profession: Professionel sangerinde. Problem: Kvinden klagede over, at hendes bihuler altid føler sig "fulde", hendes hals og hendes ansigt føles opsvulmet og oppustede. Ved 2. besøg klagede hun tillige over smerter i skulderen, som forhindrede hende i at spille tennis.</p> <p>Konklusion: Efter en behandling oplyste kvinden, at hendes bihuler var meget bedre, og at hun kunne mærke stor forskel i tone og</p>	Connie, NC, USA	

			<p>resonans, når hun sang. Kvinden rapporterede, at hendes gener var forsvundet dagen efter behandlingen. Hun kommer fortsat til regelmæssig (månedlige) ansigtszoneterapibehandlinger.</p>	
Tinnitus for the last 32 yrs		52 Male	<p>Client has suffered from severe tinnitus for the last 32 years. The client has had multiple head traumas over the years and for about 20 years ago he had a gun shot right next to his head and ear. His tinnitus was so disturbing that he sometimes just sat in a corner, isolated from the outside world (shut himself away). The client suffered from chronic neck pain for the last 10 years.</p> <p>Conclusion: After 20 treatments, the client reports that the tinnitus is reduced to being bearable, sometimes not even noticeable. The man says that his neck pain disappeared and he now has full motion in his neck.</p> <p>-----</p> <p><u>Danish:</u> Klient har lidt af alvorlig tinnitus de sidste 32 år. Klienten har haft flere hovedtraumer i årenes løb, og for omkring 20 år siden oplevede han et våbenskud lige ved siden af hans hoved og øre. Hans tinnitus var så forstyrrende, at han til tider bare ville sidde i et hjørne og isolere sig fra omverdenen (lukke sig inde). Klienten har lidt af kroniske nakkesmerter de sidste 10 år.</p> <p>Konklusion: Efter 20 behandlinger, rapporterer klient, at tinnitus er reduceret til at være tålelig, undertiden ikke engang mærkbar. Manden oplyser, at hans nakkesmerter er forsvundet, og han nu har fuld bevægelse i halsen.</p>	Connie, NC, USA
Stroke		Female	<p>Here's an update on my stroke lady.</p> <p>Woman's family moved her to NC after a stroke in Parietal Lobe. Muscles weak, voice had no strength or volume. Initially had problems tracking with eyes, but that had cleared by the time she got to me. Also suffered from neuropathy prior to stroke.</p> <p>First session: Feet were very tender. Could barely stand the lightest touch.</p> <p>Session 2: Voice much stronger. Quick witted. Loved the Facial Reflexology, fascinated by the hand reflexology, was dreading the foot reflexology. Adjusted pressure, praxis vertebralis, and encouraged her to communicate with me on sensitivity levels.</p> <p>Today her family brought her to church. (This is a big deal!) She was bright eyed and coherent. Enjoyed conversing with everyone and is looking forward to her next session.</p> <p>Thank you Lone, for this work.</p>	Cyndi Hill , North Carolina USA
Down Syndrome	4 yrs boy		<p>Mother reports his vocabulary increasing daily. Better able to understand and follow directions. Was able to understand and comply with instructions to sit still for a haircut. I know it seems small, but mother was elated as this had not occurred before.</p> <p>Thanks for all you do. This will prove to be the most powerful tool parents have to help their children achieve their fullest potential. Pass the word along.</p> <p>About my little Down's boy; His teeth were grinding, now almost completely stopped. Vocabulary continues to increase. His skills in cooperation and understanding directions continue to develop</p>	Cyndi Hill, North Carolina USA

<p>Legs and feet Pain</p> <p>Hot flashes Night sweats Insomnia</p>		<p>58 Female</p>	<p>Symptoms :Pain in lower leg and feet - calcification at proximal calcaneus - sensitivity in the Gastrocnemius muscle. There is a thick congestion that accumulates around the proximal calcaneus - lateral and medial to the achilles tendon. The congestion is firm but can be manipulated and disperses after repeated foot reflexology. She says her “calf muscles” are usually tender to the touch. Client says that she feels that her overweight condition contributes to her sensitive feet and lower leg problems. Also what she characterizes as perimenopausal symptoms including hot flashes, night sweats and insomnia.</p> <p>Notes: Client has seen a Doctor of Oriental Medicine on 4 occasions for acupuncture. The doctor says she has “limited chi in the Spleen Meridian” and that her Gall Bladder “does not produce”. The congestion in her feet diminished during these sessions but returned when she elected to discontinue her acupuncture treatments - an economic decision.</p> <p>Feedback from 1st session: Client slept throughout the last session. She says she felt totally relaxed and rejuvenated after the session. She went to bed earlier in the evening than normal and slept later the next day. There was no pain in her feet when she awoke.</p> <p>Feedback from 2nd session: Client says her feet were without pain for most of the week. Her sleep cycles seem improved being awoken by hot flashes only twice during the night – she says 4 or 5 times is normal. Physical congestion in her feet is diminished somewhat.</p> <p>Feedback from 3rd session: Client says there is no pain in her feet for the entire week - only minimally at the end of the day - no throbbing at night. Hot flashes again seem improved with a frequency of 3 to 4 times per night on average.</p> <p>Feedback from 4th session: Client is extremely happy with the cessation of pain in her feet. The physical congestion is much less - almost indiscernible - remaining congestion is thinner and more fluid. Client reports that her sleep patterns continue to improve with an average of only about 3 hot flashes or less per night. Night sweats are diminished.</p> <p>Feedback from 5th session: There is virtually no physical congestion noted in clients feet. This is a dramatic improvement with a client that I have been working with for over 50 sessions. Client reports that she is experiencing only one to two hot flashes at night and has, on occasion, experienced none at all throughout the night. She comes for sessions usually on a weekly schedule but, due to the holidays, it has been three weeks - still she is experiencing little or no pain in her feet. She says that her sleep had been disturbed in the past by her hot flashes, night sweats and the throbbing in her feet. She reports that those conditions are corrected at this time. She says she has more energy and her mood is improved.</p>	<p>David Henry, NC USA</p>
<p>Neck/shoulders Sensitivity</p> <p>Digestive Discomfort Low back pain</p>		<p>54 Female</p>	<p>Symptoms: Sensitivity in neck & shoulders - Lower back pain. Occasional digestive discomfort with certain food types (particularly fatty foods).</p> <p>Notes: Client reports Ball Bladder has been surgically removed as well as about 50% of her thyroid in the early 90's. She suffers from low back pain at times and stiffness in her neck and shoulders (she indicates with her hand an area of the distal Levator Scapularis and Spenius</p>	<p>David Henry, NC USA</p>

			<p>Capitus).</p> <p>Client is active, belongs to a gym where she swims 3 times weekly and does daily exercises. She is in training for a 60 mile walk for the Susan G Komen Breast Cancer foundation. Currently she is walking 15 miles per day. Her only medication is daily supplementation of vitamins/minerals. She says her life is comfortable - blames her cervical and lumbar sensitivity on long hours at her computer and her active lifestyle.</p> <p>Feedback from 1st session: Client says she successfully completed the Susan G Komen Breast Cancer walk. Client says her feet were sore after the 3 day event and she notices some increased back pain. She says she loves the facial reflexology - felt "wonderful after the last session".</p> <p>Feedback from 2nd session: Client says she had some relief from the back pain for a little less than a week. She continues her walking program to maintain her level of conditioning but says the back pain increases the morning after her walks. She believes she is sleeping more soundly since the beginning of the Facial Reflexology protocol.</p> <p>Feedback from 3rd session: Client says that she experienced some lung congestion after the last Facial session - says she had difficulty breathing and a tightness in her chest which lasted for "a couple days". Her back pain seems "about the same".</p> <p>Feedback from 4th session: Client says she is now experiencing what her doctor calls a "bulging disk" with sciatic pain down her leg for the last week. She says, she has been experiencing heart burn and indigestion. She reports the back and neck pain were much improved after the last session but has returned recently.</p> <p>Feedback from 5th session I don't know exactly what the main difference is - except for the face work - but what ever you did this last time has made a huge difference!!! So much so that I want (if okay with you and your schedule) to continue what you are doing on a regular bi weekly basis. You are on to something ...the plan is a good one so think which day is best for you on a bi weekly time slot and let me know and then we'll get our ink pens out and make it a go. Thank you</p>	
Cerebral Paralyze		26 yrs Male	<p>I am so excited. I was able to do steps 1 & 2. I am so happy! From not being able to touch his face for more than 5 seconds, we are now able to do the whole steps 1 and 2! Thanks so much for everything! I will keep you posted as to how things are going with him.</p>	Diane B, Canada
Stroke In the brain stem + stroke in the right occipital		Male	<p>I have done 6 Facial Reflex Treatments with my brother who had a stroke in his brain stem and his right occipital as well as a stroke. I find his face looks much more alive after a treatment. He is very receptive to the treatment taking in deep breathes. For the first time he was able to undo his belt and button on his pants tonite ! :-) Sometimes after a treatment he does a lot of good comon sense talking too! Long term and short term memory seems to be better. He also seems to be able to walk a bit better too after a treatment. After the second treatment he said he felt like he had forgotten how to walk. I was a bit worried but once he stood up he was fine After the third treatment he said his brain seemed foggy for a short time.</p>	Diane B, Canada

		<p>After 4 treatments I was able to feel the Plexus Balancing pulse balance, the Lymphatic points, as well as the NP points are starting to balance as well as the Crainial Points are balancing. When I first started to work with him there were no pulses at all. He is taking quite a lot of medication right now.</p> <p>-----</p> <p>Just letting you know that I have been doing the FRT on my brother diligently 3X per week.</p> <p>This past week I noticed that the effects of the treatment were lasting for 2 days! This is very big in my eyes considering that they would not hold overnite before.</p> <p>I have noticed that he is standing straighter, his face is balancing, he can get up off of my Reflexology chair without any hesitation or help now where as before he needed help and it was a struggle for him.</p> <p>I will continue to do the FRT on him 3 X per week and see where it goes from here.</p> <p>I am very very excited and happy for him! Very excited and happy that I can help him!</p> <p>I am finding that the points on the Right side are coming into balance more so than the ones on the Left.</p> <p>He still has a long way to go but we need to take one step at a time</p> <p>Thank you so much for putting together Facial Reflex Therapy!</p> <p>I am so very Grateful and Honored to have had the opportunity to take this Fabulous course with you!</p> <p>-----</p> <p>Just wanted to share a beautiful moment with you.</p> <p>Today my brother drove our golf cart!!!!</p> <p>I just reminded him to turn left to turn at the end of the driveway!!!! I am so PROUD of him!!!!!!</p> <p>Thank you for teaching me Facial Reflexology!! So very grateful!!!</p>	
Dental problems (child)	8 yrs girl	<p>I have to tell you I have been having success using Facial Reflexology. How exciting. Before I started using it on my 8 yr old daughter her tooth would grow in before the baby tooth fell out first. Now she has had 2 baby teeth fall out before the new one starts to come in.</p>	Dree Damphouse, Canada
Genetic disorder (rare)	10 yrs boy	<p>John Patrick's story</p> <p>John Patrick is a happy 10 year-old, he was born with a genetic disorder.</p> <p>John Patrick's birth was long and problematic. After many hours of a difficult labor it was necessary to deliver him by an emergency C-section. It was immediately apparent to the doctors who delivered him that something was wrong with him. The subsequent prolonged hospital stay was difficult for me and John Patrick.</p> <p>To keep him alive, it was necessary to place John Patrick in an incubator. Unfortunately from the monitoring equipment, he received some terrible burns on his hands and feet.</p>	Elisa Martinez Way, Denmark (Mother of John Patrick)

		<p>After some time we were told by the doctors that John Patrick had a rare genetic disorder. The only real prognosis we were told was that his life expectancy would be short. They told us that the genetic disorder which John Patrick had, amongst other things, would cause his inner organs to be deformed.</p> <p>The doctors also informed us that his learning abilities would be impaired and their evaluation was not very encouraging. The prognosis of John Patrick living in a vegetative state for the rest of his life was a daunting prospect.</p> <p>John Patrick was then subjected to a wide range of examinations which eliminated, amongst other things, the previously predicted deformity of his inner organs. The examinations also determined, more precisely, the nature of his condition.</p> <p>From the beginning, things did not look good for John Patrick. He was a fragile child who needed a lot of care and attention. In the following years we were gradually able to see and define many of John Patrick's impairments.</p> <p>We were unable to make eye-contact with him. We noticed when we picked him up from daycare he seemed not to recognize us and we later discovered that it was because his eyesight was really bad. John Patrick was unable to see us, because he had only 20% visibility. His hearing was impaired and he had fluid in his ears. He lacked muscle tone, had problems with his balance and his feet were crooked. John Patrick had asthma and a lot of intestinal problems, amongst other problems.</p> <p>I did everything that I possibly could to "train" him. I was inspired by reading different books about learning and play techniques and massage for children. The main problem was that the majority of those books were designed for "normal" children, but I persevered and massaged and trained John Patrick as well as I possibly could. I even got some positive results too.</p> <p>Amongst other things, he learned to walk, keep his balance, eat by himself and play structurally. There were still a lot of other things that I didn't have the knowledge to help him with. A couple of those areas that I didn't know very much about were how to teach him social skills and fantasy play.</p> <p>My main obstacle in training and helping John Patrick was the apparent lack of availability of qualified help or advice, so I was forced to search for the necessary tools and methods myself and try to apply them as best I could. Imagine my disappointment and frustration when it didn't work.</p> <p>When John Patrick was five years old I met Lone Sorensen. I had been encouraged to take part in one of the courses she was running for parents of handicapped children. It was the first time that I had ever met a person who, not only understood what I was going through, but also knew and understood a lot about disabilities. I must admit that I was skeptical at first; I remember wondering "can so little stimulation really have such a big effect? "</p> <p>I had, after all, struggled with massage, physical training, games and many other types of physically demanding activities. I was well aware of how much effort was needed just to achieve a little result. Here was a person who was telling me that by using only one and a half hours of stimulation a day, I would see obvious results after a very short time. At the same time I just couldn't help but trust in Lone - she gave me new hope, she made me feel that I was no longer alone in my efforts to stimulate and improve the life of my son.</p>	
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		<p>Following the parent course I began to stimulate John Patrick with a type of pressure stimulation called Temprana Therapy. John Patrick really enjoyed it and we both found that it was very pleasant for me to stimulate his face, hands and feet - we very quickly built up a closer relationship.</p> <p>After only a week of Temprana stimulation I began to see results. The process started with a cleansing of the body and as a result his asthma and intestinal problems became worse, he had an outbreak of asthma eczema in many places on his body - but it didn't itch. This is apparently a normal reaction to the treatment.</p> <p>During this period, I was constantly in touch with Lone who kept encouraging me to continue with the therapy.</p> <p>I already began to see positive results within the first month - John Patrick stopped drooling and spitting up, it was such a great relief for me. John Patrick's balance became visibly better and he began to run around for the first time. I was able to hold prolonged eye contact with him; John Patrick started having eye contact with me throughout the entire stimulation session. The first time that happened tears ran down my cheeks, it was a wonderful feeling to suddenly have this connection with my son.</p> <p>After four months of stimulation Temprana therapy we went to see an orthopedic surgeon who remarked that his feet were less crooked - that for me was a major victory! John Patrick's asthma improved significantly and his intestinal problems were much better.</p> <p>More and more positive and better results became apparent as the years went by. Some improvements happened quickly while others took longer.</p> <p>Sometimes when one problem disappeared or showed improvement another previously present, but unknown one would appear and demand attention. This meant that Lone needed to constantly modify the treatment program to keep up with developments - this illustrates the high level of support and encouragement that I have received from Lone.</p> <p>I have now been using Temprana Therapy stimulation on John Patrick for five years and the many positive results that we have achieved have vastly improved my son's quality of life.</p> <p>Here is a list of the most remarkable ones: His hearing has improved so much that he no longer needs a hearing aid. He no longer suffers from asthma. His intestinal problems are greatly improved. His vision is now within normal parameters and he has good visual memory. (it was only 20% before!) He plays computer games and has a high level of concentration. His social abilities have improved from being virtually non-existent. Now he seeks play and contact with adults and other children. He has a well developed sense of humor and likes to tease others (especially adults). He has a strong self will and is able to express it. His general physical health has improved enormously. He has shown great improvement in his personal abilities with everyday tasks such as; eating/drinking, dressing/undressing and helping with everyday tasks such as clearing up after himself.</p> <p>I have no illusions about John Patrick's abilities. I am acutely aware that he will never be what is regarded as a 100% normally functioning</p>	
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		<p>boy, but the improvement in his quality of life and his ability to function has definitely improved.</p> <p>When I look at him today I see a boy who is living and exploring his life. Generally he has a happy and harmonic nature, but sometimes does have a temper when he doesn't get his own way.</p> <p>Lone Sorensen has given me an invaluable tool. Using Temprana Therapy has made and will continue to make it possible to improve my son's ability to function well in a wide range of areas. Using Temprana Therapy on John Patrick has also greatly improved my son's quality of life on a daily basis - a prospect that I never could have imagined when I first set out on this journey.</p>	
Disturbing changes in behavior	4 yrs boy	<p>Phillip's story</p> <p>I divorced Phillip's father 2 years ago. The years up to the separation were trying times for us all. My younger son, Phillip, who was 4 years old at the time, had difficulty adjusting to the resulting changes in his daily life. In addition to that, my elder son John Patrick is disabled and because of his big brother's condition Phillip felt that he had to make an extra effort to be especially considerate towards him.</p> <p>After the separation I realized that my son was not thriving: He had difficulty sleeping. He was nervous and had a hard time settling down. He began to be insolent and rude at home and at the nursery school. He began to tease and bully children that were smaller than him. He had a hard time concentrating. His behavior generally deteriorated.</p> <p>I consulted Phillip's nursery school teachers about the disturbing changes in his behavior; I hoped that they could advise me how to help him. They confirmed my own observations and they recommend that I consulted our family pediatrician. After a consultation with our pediatrician, it was recommended that I contact a child psychologist. But after 3 months of unsuccessful attempts to make an appointment, I gave up.</p> <p>I felt that I needed to do something rather sooner than later so I decided to find an alternative to psychology. I already use Temprana Reflex Therapy on my elder son John Patrick; it had already made a very significant and positive difference in his life, so I thought why not try it out on his little brother. So I began stimulating Phillip with Temprana Reflex Therapy 2-3 times a week with the basic program.(Besides providing a basic stimulation technique Temprana Reflex Therapy also provides additional techniques that are specifically tailored to the needs of disabled children).</p> <p>The results became quite obvious almost immediately after I started Phillip on regular treatments, after only a few times I began to see improvements: Phillip's sleeping problems disappeared after only a few weeks and he was much calmer. After a couple of months of stimulation his behavior pattern changed, he began to be more pleasant and affectionate towards me. Since I began Temprana Reflex Therapy with him I can feel and see that we have formed a much stronger bond with each other. Although some may think that the changes in Phillip could have been a result of the undivided attention Phillip got from me during the course of regular treatments I believe that it was the treatment that helped him.</p> <p>After 2 years, I still treat him - I have now been able to reduce the treatments to once a week. I now have an incredibly charming and loving son; Phillip is so full of life and ready to discover the world. At a</p>	<p>Elisa Martinez Way, Denmark</p> <p>(Mother of Philip)</p>

			<p>recent routine check-up by Phillip's pediatrician he commented on the fact that my son had not been ill during the last 1½ years. Before I started Temprana Reflex Therapy with Phillip, I had to make regular trips to the pediatrician with him for infections and other childhood illnesses.</p> <p>Phillip has now developed fantastic social and communication skills and his ability to learn has also developed noticeably – he is more inquisitive and seems to have a remarkable memory.</p> <p>I could go on endlessly about Phillip's positive developments, but I want to stress the importance of how Temprana Reflex Therapy has helped us. We used to be stuck in a vicious circle of bad behavior and poor health, which left untreated, could only have gotten worse.</p> <p>Temprana Reflex Therapy is not an instant recipe to show you how to bring up and treat your children. Temprana Reflex Therapy is a stimulation program that shows you how you can, with the aid of simple and specific stimulation techniques, improve, redress and maintain your child's good health through mental and physical balance. The aim of Temprana Reflex Therapy is to promote optimal mental and physical health.</p> <p>I am now a very proud and happy mother, my son and I have not only bonded with each other, we have also developed a mutual respect for each other. Many people notice this and often comment on it.</p> <p>I am saddened when I read about the increasing number of children who have to receive psychiatric treatment. I often talk to parents who have children with concentration and behavioral problems, reoccurring infections and generally poor health. These are a daily frustration for many parents and their children. The application of Temprana Reflex Therapy in these situations can help to improve the quality of life for children and their parents.</p> <p>Temprana Reflex Therapy is a natural stimulation technique which is quick and easy to do. It requires a daily routine which only takes 20 minutes.</p> <p>Temprana Reflex Therapy is non invasive and has no negative side effects.</p> <p>Temprana Reflex Therapy is easy to learn to do and is extremely effective when applied on a regular basis.</p>	
<p>Irregular and painful periods</p> <p>Low back pain</p> <p>Hip pain</p> <p>Depression</p>		<p>30 yrs Female</p>	<p>Symptoms: Irregular and painful periods, low back pain, hip pain, depression</p> <p>Client is about 100 pounds overweight and is losing weight on MediSlim. She works full time, is married, and has a 6 year old daughter.</p> <p>Txt #1 10-13-09 I She relaxed and dozed during the session. Also reports back pain.</p> <p>TXT # 2. 10-20-09 Client reports that she is feeling better. She lost 4 pounds last week and excited about that. She reports that she sleeps very good and had no cramps or PMS.</p> <p>TXT 3 10-27-09 Her hip pain has decreased and doesn't hurt her until she is near the end of the stairs. Her back hurts only after lifting heavy items. She lost 2 pounds last week.</p> <p>11-3-09 Client cancelled in the last minute.</p>	<p>Elisabeth, USA</p>

			<p>TXT #4 Client is amazed how "good" she is feeling. She has had no irregular periods, no back or hip pain.</p> <p>11-10-09 Client reports that she went off her birth control pill that she has been on since she was in her early teens. She had no bleeding while off the pill and this is very rare. She denies having any cramps, hip or back pain. She would like to get off pill completely. I suggested that she talk with her Dr. about that issue.</p> <p>11-17-09 TXT #6 Client is feeling very well. Wonders where to go from here. Suggestion: 4 more 1 time a week as before), then decreasing to every other week. Client said she has not taken any OTC meds for her periods.</p>	
Headaches (hormonel)		47 Female	<p>For a long time the client had suffered from headaches and she is very surprised that after just 1 treatment with facial reflexology she almost never has headaches anymore. It is quite incredible.</p> <p>-----</p> <p><u>Danish:</u></p> <p>Klienten led i lang tid meget af hovedpine, og hun er meget forbavset over, at hun efter bare 1 behandling med ansigtszoneterapi nærmest aldrig har hovedpine mere. Det er helt utroligt.</p>	Eva Duckert, Denmark
Headaches Sore neck, shoulder and arm		57 Female	<p>Headaches and sore neck, shoulder and arm For several years the client had headaches and sore neck, shoulder and arm, presumably from a fall. With 3 treatments with Tibetan Neck Treatment she has been free of her pain and she seldom needs painkillers, although they were a regular part of her morning ritual. (The client had been treated with physiotherapy for a year without any result and had also been treated by a chiropractor. Treatment helped only a short time).</p> <p>-----</p> <p><u>Danish:</u></p> <p>Hovedpine og ondt i nakke, skulder og arm Klienten har i flere år haft hovedpine samt ondt i nakke, skulder og arm, som formentlig stammer fra et fald. Med 3 behandlinger med Tibetansk Nakkebehandling er hun blevet fri for sine smerter og hun har sjældent brug for smertestillende medicin, som ellers var en fast del af hendes morgenritual. (Klienten havde gået til fysioterapi et år uden bedring og havde også været hos kiropraktor, hvilket kun hjalp en kort tid).</p>	Eva Duckert, Denmark
Headaches Neck and Shoulder pain		57 Female	<p>The last week the client has had severe headache, neck and shoulder pain after she bumped her head into a door. When she left, there was still a little soreness in the neck and head but no pain. When she got home she called and told me that she had no soreness left and full motion of head / neck.</p> <p>-----</p> <p><u>Danish:</u></p>	Eva Duckert, Denmark

			<p>Klient har den sidste uge haft voldsom hovedpine, nakke- og skuldersmerter efter at hun stødte hovedet ind i en dør.</p> <p>Da hun gik, var der stadig en anelse ømhed i nakke/hoved, men ingen smerter. Da hun kom hjem, ringede hun og fortalte, at der overhovedet ikke var nogen ømhed tilbage og at der var fuld bevægelighed i hoved/nakke.</p>	
Night blindness		56 Female	<p>After just 4 treatments with eye zone therapy the client felt a perceptible shift in her eyes and she can now walk with her dogs when it is dark without feeling helpless.</p> <p><u>Danish:</u></p> <p>Efter bare 4 behandlinger med øjenzoneterapi skete der en mærkbar ændring i klientens øjne, og hun kan nu gå tur med sine hunde, når det er mørkt uden at føle sig hjælpeløs.</p>	Eva Duckert, Denmark
Severe stomach ache (from chemo therapy)		52 Female	<p>Surgery 2 times and now on 3rd chemotherapy because of ovarian cancer.</p> <p>When she arrived, she did not mention (on purpose) that she had severe stomach pains. The chemo tablets, she gets, may cause volvulus, and is hard for mucosa. Maximum deposit was abdomen (+ spleen) which I treated on her face and feet. I gave the client some points to treat at home to strengthen the immune system. And next morning I got the sweetest email ... "Juhu - First morning without a stomach ache .!"</p> <p>-----</p> <p><u>Danish:</u></p> <p>Klienten er opereret 2 gange og nu på 3. gang kemo på grund af kræft i æggestokkene. Da hun kom, sagde hun (med vilje) intet om, at hun havde voldsomme mavesmerter. Den kemo, hun får i tabletter, kan give tarmslyng og er skrap for slimhinderne. Største depot var maveregionen (+milt), som jeg behandlede i ansigt og på fødder. Hun fik punkter med hjem til at styrke immunforsvaret. Og næste morgen fik jeg den sødeste mail ... "Juhu - første morgen uden ondt i maven...!"</p>	Eva Duckert, Denmark
Sinusitis		24 Female	<p>Sinusitis</p> <p>After a nasty sinus cold client got problems with her sinuses. A treatment with facial reflexology caused that the infection could come out the next day. The client was happy, when she again could breathe through her nose.</p> <p>-----</p> <p><u>Danish:</u></p> <p>Bihulebetændelse</p> <p>Efter en grim forkølelse fik klienten problemer med sine bihuler. En behandling med ansigtszoneterapi resulterede i, at betændelsen kunne komme ud næste dag, og glad var hun, da hun igen trække vejret gennem næsen.</p>	Eva Duckert, Denmark
Cerebral Palsy + Microcephalia	3 yrs girl		<p>First results of research, systematic investigation to establish facts about Temprna Reflex Therapy done by Physiotherapist and student of Temprana Reflex Therapy Gemza Senbursa in Turkey</p> <p>4 treatment groups:</p> <ol style="list-style-type: none"> 1- Core stabilization exercises at home 2- Core stabilization ex + Manuel therapy include mobilization and manipulation 3- Core stabilization ex + Kinesis-tape which is special tape using in treatment very popular all over the world 4- Core stabilization ex + Facial reflex therapy. 	Gamze Senbursa, Turkey Hacettepe University

			<p>I have assessment 3 times; before treatment, after 8 session and 1 month later. For Every group 20 patients accepted. I haven't finished statistics but all groups going parallel to other.</p> <p>PATIENT REPORT; registrated change as following:</p> <p>1. Cerebral Palsy + Microcephalia, 3 year old girl, After 17 session treatment; a) She open her eyes beter b) Movements increase c) Stopped crying d) Eye contact is good and her gaze is more meaningful e) More peaceful f) Constipation finish g) Nutrition better she got weight.</p>		
Mental Motor Reterdation	9 yrs girl		<p>First results of research, systematic investigation to establish facts about Temprna Reflex Therapy done by Physiotherapist and student of Temprana Reflex Therapy Gemza Senbursa in Turkey</p> <p>4 treatment groups: 1- Core stabilization exercises at home 2- Core stabilization ex + Manuel therapy include mobilization and manipulation 3- Core stabilization ex + Kinesis-tape which is special tape using in treatment very popular all over the world 4- Core stabilization ex + Facial reflex therapy.</p> <p>I have assessment 3 times; before treatment, after 8 session and 1 month later. For Every group 20 patients accepted. I haven't finished statistics but all groups going parallel to other.</p> <p>PATIENT REPORT; registrated change as following:</p> <p>4. Mental Motor Reterdation, 9 y old girl After 15 session treatment; a) She start to say 2 word together like 'father come' b) She use her mimics c) More social d) She stay alone and watch TV e) Memory is beter</p>	Gamze Senbursa, Turkey Hacettepe University	
Mental Motor Reterdation + Otizm	7 yrs boy		<p>First results of research, systematic investigation to establish facts about Temprna Reflex Therapy done by Physiotherapist and student of Temprana Reflex Therapy Gemza Senbursa in Turkey</p> <p>4 treatment groups: 1- Core stabilization exercises at home 2- Core stabilization ex + Manuel therapy include mobilization and manipulation 3- Core stabilization ex + Kinesis-tape which is special tape using in treatment very popular all over the world 4- Core stabilization ex + Facial reflex therapy.</p> <p>I have assessment 3 times; before treatment, after 8 session and 1 month later. For Every group 20 patients accepted. I haven't finished statistics but all groups going parallel to other.</p>	Gamze Senbursa, Turkey Hacettepe University	

			<p>PATIENT REPORT; registrated change as following:</p> <p>2. Mental Motor Reterdation + Otizm, 7 year old boy After 10 session treatment; a) He makes more sound like 'dede, baba, bambam' b) He is more interesting in the environment c) Started to keep in touch with people, before he didn't d) More happy</p>		
Mental Motor Reterdation + Otizm	9 yrs boy		<p>First results of research, systematic investigation to establish facts about Temprna Reflex Therapy done by Physiotherapist and student of Temprana Reflex Therapy Gemza Senbursa in Turkey</p> <p>4 treatment groups: 1- Core stabilization exercises at home 2- Core stabilization ex + Manuel therapy include mobilization and manipulation 3- Core stabilization ex + Kinesis-tape which is special tape using in treatment very popular all over the world 4- Core stabilization ex + Facial reflex therapy.</p> <p>I have assessment 3 times; before treatment, after 8 session and 1 month later. For Every group 20 patients accepted. I haven't finished statistics but all groups going parallel to other.</p> <p>PATIENT REPORT; registrated change as following:</p> <p>3. Mental Motor Reterdation + Otizm, 9 year old boy After 10 session treatment; a) His gaze is more meaningful and investigate the environment b) Stopped the smilling which is meaning less c) Peevishness increased , d) He got order better than before</p>	Gamze Senbursa, Turkey	Hacettepe University
Mental Motor Reterdation, Cerebral Palsy and Epilepsy	6 yrs girl		<p>First results of research, systematic investigation to establish facts about Temprna Reflex Therapy done by Physiotherapist and student of Temprana Reflex Therapy Gemza Senbursa in Turkey</p> <p>4 treatment groups: 1- Core stabilization exercises at home 2- Core stabilization ex + Manuel therapy include mobilization and manipulation 3- Core stabilization ex + Kinesis-tape which is special tape using in treatment very popular all over the world 4- Core stabilization ex + Facial reflex therapy.</p> <p>I have assessment 3 times; before treatment, after 8 session and 1 month later. For Every group 20 patients accepted. I haven't finished statistics but all groups going parallel to other.</p> <p>PATIENT REPORT; registrated change as following:</p> <p>5. Mental Motor Reterdation, Cerebral Palsy and Epilepsy, 6y old girl After 23 session treatment; a) Spasticity is less b) She can sit all day without support c) Sleep good d) Try to grapping with hands e) Extend her armsf) Touch her hair g) Making sounds h) Concern with the environment</p>	Gamze Senbursa, Turkey	Hacettepe University

			<p>i) Know her name j) Look the sounds k) Watch TV l) She give reaction like southing when talk with her m) She had deviation in her eyes now it looks more normal</p>	
SMA (Muscle problem)	12 yrs boy		<p>First results of research, systematic investigation to establish facts about Temprna Reflex Therapy done by Physiotherapist and student of Temprana Reflex Therapy Gemza Senbursa in Turkey</p> <p>4 treatment groups: 1- Core stabilization exercises at home 2- Core stabilization ex + Manuel therapy include mobilization and manipulation 3- Core stabilization ex + Kinesis-tape which is special tape using in treatment very popular all over the world 4- Core stabilization ex + Facial reflex therapy.</p> <p>I have assessment 3 times; before treatment, after 8 session and 1 month later. For Every group 20 patients accepted. I haven't finished statistics but all groups going parallel to other.</p> <p>PATIENT REPORT; registrated change as following:</p> <p>6. SMA(Muscle problem), 12 year old boy After 15 session treatment; a) He stop to giving break between his exercise in treatment school b) Start to do exercise good and fast c) Shoulder and arm more strong d) Hold his head 1 min in the crawling position e) Start to practice take step for both leg with support</p>	<p>Gamze Senbursa, Turkey</p> <p>Hacettepe University</p>
Paralyze temporary		21 yrs Male	<p>A 21 years young boy, suffering a motor bicycle accident. The boy is in rehab and has been there approximately a month. He is getting his memory back in stages, has been walking, talking, writing, etc. However, he was in an accident back in November 2009 in which he was temporarily paralyzed on right side, esp. leg and foot. He is stuck in that period since mid-to end of week. He has lost use of his right leg and foot and says he is unable to feel anything. However, he did say when I began working with him that he could feel down to his knee. During the Facial Reflexology treatment, the boy began to move his foot and toes on the right foot when I was working reflex area for right leg and foot. His father was so excited about because the this son could move his foot and toes that he went and got the head nurse to come in and watch him work that right foot after I finished with the session. She was impressed and we briefly discussed your work. Also, his father stated it is the first time since the accident that he has been still for 1 3/4 hours. He was very relaxed during session and very excited about me coming back tomorrow afternoon.</p>	<p>Geri USA</p>
MS Multi Sclerosis			<p>MS patients wrote to Graham, Facial rexlexologist in Cornwall, England:</p> <p>I just wanted to thank you so much for the six facial reflexology treatments. As you know I find it almost impossible to relax, and felt a little better after each treatment and by the fourth, felt an immense improvement.</p>	<p>Graham, Cornwall, UK</p>
Torticollis Acute		45 yrs Male	<p>After one treatment with facial reflexology the pain disappeared and he could move the head again.</p> <p>----- <u>Danish:</u> Efter en behandling med ansigtszoneterapi forsvandt smerten og han</p>	<p>Hanne Bundgaard, Denmark</p>

			kunne bevæge hovedet igen.	
Headaches		30 yrs Female	<p>She suffered from headaches, which she has had daily through 8-9 months. After 8 treatments with facial reflexology the headaches have disappeared and she has not had any pain the last 5-6 weeks.</p> <p>----- <u>Danish:</u> Hun led dagligt af hovedpine i 8-9 måneder. Efter 8 behandlinger med ansigtszoneterapi er hovedpinen forsvundet og hun har ikke haft smerter de sidste 5-6 uger.</p>	Hanne Bundgaard, Denmark
Breast cancer (stage 5)		Female	<p>A woman has been coming to the office since June 2009.</p> <p>She has advanced breast cancer (stage 5) on the left side (proximal area of the breast). Her face was red after chemo the day before. Her BP is 136/84. Sometimes her BP is high after chemo.</p> <p><u>Treatment</u></p> <p>1st day.The woman was very relaxed after the treatment.</p> <p>2nd day.The client had a backache after lifting something heavy. She said she felt so much better after the treatment. The pain had let up.</p> <p>3rd day.Started stronger chemo treatment. Hasn't had as much energy. Didn't have an appetite. While working on her, it took a few minutes for her to relax. Followed up later, and she was able to eat something.</p> <p>4th day. She had a headache (occipital area) from the chemo. . When finished with the treatment, the headache was gone. She felt much more relaxed.</p> <p>5th day. Her blood count is down, and she is unable to receive chemo. The pain has subsided after the treatment.</p> <p>6th day. Client asked me to go with her to her chemo treatment. She informed me that on her previous visit for chemo her count had gone from 76 to 200 with the help of Facial Reflexology.</p> <p>Said the treatment helped her get through the chemo, and she seemed to have more energy.</p> <p>7th day. An occipital headache has to do with the bladder which was tender on her feet when I worked on her when she had her last chemo session. She said the headache comes on when she has the chemo (had chemo the day before). Slept the whole time I worked on her. When through with the session, the headache was gone. She felt a whole lot better.</p> <p>8th day. Will give her homework the next time I see her for upset stomach and headache (when she has them again) to show what points she can use on herself.</p> <p>9th day.Worked on Reiki to balance out her chakras. She felt like she needed Reiki.</p>	Helen Wood, Bingley, West Yorkshire, UK
Postnatal depression		47 yrs Female	<p>This client is 47 years old female who has suffered from postnatal depression on and off since the birth of her 1st child 18 years ago. She explained how this usually happens around a time of change, and on this occasion she became aware of the familiar feeling of depression returning as her son received his Alevel results, and had finalised his plans to go away to university.</p> <p>She had always taken a mild anti-depressant until earlier this year when her G.P. advised her to consider stopping the very low dosage she was taking. The G.P. wondered if she might be using her medication as a prop. She gradually stopped taking them, however on noticing her symptoms returning and the emotional well being</p>	Helen Wood, Bingley, West Yorkshire, UK

		<p>spiralling rapidly downwards, she started to take them again. When her symptoms were at their worst, she found concentration difficult, and making plans was also a problem. Her appetite was reduced and as a result she started to worry about weight loss. She couldn't tolerate alcohol when feeling this way as this made her symptoms much worse. She could fall to sleep at night in bed but would wake feeling her heart beating in her chest, and experience a feeling of great anxiety any time after 2am. It would then be very difficult for her to fall back to sleep. The mornings were the worst time of day, and she was always very tearful until mid-morning.</p> <p>In addition to her depression she had uncomfortable indigestion with gastric reflux.</p> <p>She was very relaxed during the treatment.</p> <p>Feedback After 1st Treatment - 26-09-09 She felt much better straight after the treatment, and explained how relaxed and emotionally strong she'd felt for the rest of that day. She found she could deal with the situations she'd been dreading going back to that afternoon without suffering any ill effects. However these improvements only lasted for about 4 days and then she felt ill again. She's been tearful, and her appetite was still reduced. She was still experiencing uncomfortable indigestion and gastric reflux, and the pain of indigestion hadn't altered and still extended from her front to her back. This was always on her right side around the diaphragm region. Sleep was still very troublesome for her; she falls to sleep without a problem, however she would wake suddenly and felt very anxious. She described this as that of 'adrenalin pumping' through her body. Her heart would be pounding in her chest and then falling back to sleep was very difficult. Overall she said she's been feeling up and down throughout the week since her treatment. On a scale of 1-10 with 1 being the worse, she graded the improvement after her 1st treatment as a 4/10.</p> <p>2nd Treatment – 26-09-09</p> <p>Feedback after 2nd Treatment Again my client explained how she felt very relaxed for the rest of the day after her 2nd treatment. However she felt dreadful the day after her treatment. She felt very anxious in the morning and tearful. This lasted for a further 2 days and then lifted almost completely. She was still waking in the night but without the palpitations in her chest. The indigestion pain had gone, except for a slight burning sensation in the upper part of her oesophagus. She recognised a numb sensation on the left side of her face come and go, and then her fingers had also felt slightly numb. After the initial numbness had cleared in her face, it quickly cleared quickly from her fingers. I reminded her that old symptoms might return and then go. I reminded her of the positive the process of experiencing a healing crisis, and explained how Herrings Law of Cure acts on the body when the healing process is taking place. On a scale of 1-10 my client she gave her improvements a 7/10 a week after her 2nd treatment.</p> <p>3rd Treatment – 4-10-09</p> <p>Feedback After 3rd Treatment After the last treatment my client slept through the night. Despite sleeping well, she felt worse for about 2 days. She was anxious in the mornings on waking, and this improved throughout the day. The indigestion pain had gone completely now, and her appetite had improved. However she was now experiencing flatulence from her colon. The tingling numbness had completely gone from her face and</p>	
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Trigeminal neuralgia Post viral fatigue		45 yrs Male	<p>My client is a 45 years old male who was suffering from trigeminal neuralgia and post viral fatigue. These symptoms occurred shortly after contracting a cold virus in March 2009 and have not eased since. Until contracting this virus he had always been a very physically active man. He would cycle a 30 mile round trip to work and back home every day, attend a martial arts group 3 evenings a week, and was always motivated to turn his hand to any activity he was interested in. Since his illness he had been barely able to attend his martial arts group at all. Initially he was off work for a month, as his energy levels were reduced to zero. He described the pains in the right side of his face and throat as excruciating, and his G.P. arranged various scans and blood tests for him, however they were all inconclusive. The only diagnosis that could be made was that of a virus, and it was told it was just a matter of rest and time until the symptoms pass. He was prescribed painkillers and asked to be patient by his specialist.</p> <p>1st Treatment, 10-09-09</p> <p>Feedback after 1st treatment My client reported that initially he felt much better and had a lot more energy. His sleep was more restful and of a much better quality. On day 3 after his treatment he cycled to and from work, however on day 4 he felt ill again and was off work once more. He suggested that he might have done too much physical exercise and had not rested enough. He had recovered slightly for resting and was able to work</p>	Helen Wood, Bingley, West Yorkshire, UK

		<p>despite his relapse. The neuralgia pain had eased only slightly and he found it very tender to touch the NP appendix points. He explained that he hadn't been able to continue to apply these points daily as the pain was far to intense after his relapse.</p> <p>2nd Treatment, 18-09-09</p> <p>Feed back for 2nd Treatment He felt very relaxed for the rest of the day immediately after his treatment, however the following day he felt dreadful. The neuralgia was much worse and he had to increase his painkillers in order to be able to go to work. He was exhausted and this lasted for 2 and a half days. On the 3rd day after his treatment he described his symptoms "as if a switch had been flicked " and he suddenly felt much better. The pain had lifted, not completely but had significantly reduced and he had much more energy to do sport. By day 6 he had cold symptoms for the first time since his virus in March and with out any discomfort. He was still taking the maximum pain relief for the neuralgia. He stressed that he didn't want to feel this way again! I was concerned that this healing crisis might put him off the treatment, as he is very anxious about this neuralgia flaring up. He explained how the pain was unbearable and he stressed that he could not afford to have any more time off work.</p> <p>3rd Treatment, 25-09-09</p> <p>Feedback after 3rd Treatment The cold symptoms cleared immediately after his treatment and he felt much better again. Through out the week he was able to attend all his sports clubs. He dropped his painkillers and was taking half the original dose. The neuralgia in his jaw had reduced now and he would like to reduce his painkillers again if he can. He was very anxious about experiencing a return of the neuralgia though.</p> <p>4th Treatment, 02-10-09 On completion I stressed the importance of a healing crisis and reminded him this is a positive experience. He considered his improvement so far and recognised how much better he felt. I asked him to try and score his improvement in order to realise the extent of his recovery so far. He gave his improvement an 8/10 with 1 being the lower and 10 being the higher score.</p> <p>Feed Back after 4th Treatment He reported that the pains in his face had reduced significantly. He had now reduced his painkillers further and reported his energy levels had returned to normal, with no abnormal tiredness experienced during the day.</p> <p>5th Treatment, 09-10-09</p> <p>Feedback after 5th Treatment He hasn't had any flare ups of his physical symptoms, and feels so much better. His fatigue has completely gone, and he can exercise daily without any unpleasant symptoms of fatigue. He still has a slight tenderness on his jaw and his doctor has reduced his medication further. His doctor has expressed his interest in rapid recovery, and the facial reflexology sorensensistem™ treatment! He has never before seen symptoms of trigeminal neuralgia reduced so rapidly in one of his patients.</p> <p>I will aim to gradually increase to time between appointments from weekly to fortnightly, and eventually from three weekly to monthly providing there is an absence symptoms, until a full recovery has</p>	
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			been made.	
Cerebral Palsy	9 yrs boys		<p>A mother's story I'll just have to write to you Lone, because I am so filled with joy today. My greatest sorrow in connection with the boys' disability was that I could not be alone with them and always have a helper in the house when Jørgen is not at home.</p> <p>Today I had the boys alone. Jesper came home at 1 p.m. and I did Temprana Therapy with him. Then we picked up Johan at his school, came home and the boys were playing together (yes you read right) and then Jesper was playing with water at the sink while I did Temprana with Johan. I cooked dinner together with Jesper, while John played the television game. We had dinner together and had a lovely time. Jesper had a shower, while Johan again played the TV game and I was ready to put both children to bed when Jørgen came home. It has been a most pleasant and enjoyable day.</p> <p>The best thing is that the boys have started playing together and now Jesper also want to play with Johan. So much progress has happened with both boys but perhaps most visibly with Jesper, who must know everything that happens around him. Jesper goes so well when I support him under his arms. Now he runs away with his own weight bearing. So even though he has been to the toilet 3 times and in / out of car seat in Johan's school, then I have no back pain today.</p> <p>Both the physiotherapist, as we have to help us with options of Jespers aids and the consultant who creates the new indoor electric wheelchair to Jesper, can see the changes :-)</p> <p>Physiotherapist has said that if Jesper is going to walk, then we have his full attention so Marion and I agreed that it is our next goal for Jesper. The physiotherapist is also working at Hvidovre Hospital and collaborates with the boys' pediatrician Søren Anker, a highly regarded pediatrician in Denmark and MR. BOTOX himself. So it will definitely be interesting to get that way around ...</p> <p>Johan still has many "outages" and "attacked" again Jesper last Sunday by scratching him very much in the face when we were at our farmhouse and just had to struggle with something in the bus while the boys were inside the house. But his play has evolved a lot and he may be free of my attention, sometimes - like today.</p> <p>So I would basically just tell you I am so grateful that you have spent so much time of your life developing Temprana I can not describe it with words - for they are not enough ... but I feel we have a GREAT chance given away to improve boys' and our lives</p> <p>Many greetings</p> <p>Helle</p> <p>-----</p> <p><u>Danish:</u> En mors historie Jeg bliver lige nødt til at skrive til dig Lone, for jeg er så fyldt med glæde idag. Min største sorg i forbindelse med drengenes handicap var, at jeg ikke kunne være alene med mine drenge, men altid skulle have en hjælper i huset, når Jørgen ikke var hjemme.</p> <p>Idag har jeg haft drengene selv. Jesper kom hjem kl. 13 og jeg lavede temprana på ham. Derefter hentede vi begge Johan i hans skole, kom</p>	<p>Helle, Denmark</p> <p>(Mother of Johan & Jesper)</p>
Cerebral parese				

			<p>hjem og drengene legede sammen (ja du læste rigtigt), hvorefter Jesper legede med vand ved håndvasken, mens jeg lavede temprana på Johan. Lavede aftensmad sammen med Jesper, mens Johan spillede fjernsynsspil. Spiste aftensmaden sammen og råhyggede os. Fik Jesper i bad mens Johan igen spillede fjernsynsspil og var klar til at putte begge børnene, da Jørgen kom hjem. Det har været en suveræn hyggelig og dejlig dag.</p> <p>Det bedste er, at drengene er begyndt at lege sammen og nu vil Jesper også gerne Johan. Det er sket så meget kognitivt med begge drenge men nok mest synligt ved Jesper, som skal vide alt, hvad der sker omkring ham. Jesper går nu bare så godt, når jeg støtter ham under armene. Nu løber han af sted med egen vægtbæring. Så selv om han har været på toilettet 3 gange og ind/ud af autosæde i Johans skole, så er jeg slet ikke slidt i ryggen idag. Både den fysioterapeut, som vi selv har til at hjælpe os med indstillinger af Jespers hjælpemidler og den konsulent, som laver den nye indendørs el-kørestol til Jesper, kan se forandringen :-). Fysioterapeuten har sagt, at hvis Jesper kommer til at gå, så har vi hans fulde opmærksomhed så Marion og jeg er enige om, at det skal Jesper. For den fysioterapeut arbejder på ganglaboratoriet på Hvidovre Hospital og samarbejder med drengenes børnelæge Søren Anker, som er en meget anerkendt børnelæge herhjemme og MR. BOTOX himself. Så det vil absolut være interessant at komme den vej rundt ...</p> <p>Johan har stadigvæk mange "udfald" og "overfald" igen Jesper i søndags ved at kradse han rigtig meget i ansigtet, da vi var på ødegården og lige skulle bakse med noget ude i bussen, mens drengene var inde i huset. Men hans leg har udviklet sig rigtig meget og han kan godt slippe opmærksomheden nogle gange - som f.eks. idag.</p> <p>Så jeg ville egentlig bare fortælle dig, at jeg er så taknemlig for, at du har brugt så stor en del af dit liv på at udvikle tempranaen jeg kan slet ikke beskrive det med ord - for de rækker ikke ... men jeg føler, at vi har fået en STOR chance foræret til at kunne forbedre drengenes og vores liv.</p> <p>Mange hilsner Helle</p>	
<p>Thyroid gland</p> <p>Headaches</p> <p>Heart problems</p> <p>Sleeping-Problems</p>		<p>23 yrs Female</p>	<p>Symptoms: thyroid gland condition headaches heart problems problems with sleeping bad hair and nail condition back pain becoming overly anxious and stressed</p> <p>10 treatments, every day</p> <p>1st TREATMENT Patient a bit nervous (since it is her first time), but after the treatment calms down. Does not fall asleep though. No significant symptoms afterwards.</p> <p>2nd TREATMENT Patient looking forward to the massage. Feeling good after it. Drifting away during the treatment, getting cold feet. No other symptoms.</p> <p>3rd TREATMENT</p>	<p>Ilona Sobelevska, Poland</p>

			<p>Patient finally falls asleep during the treatment!! Moves rapidly when nerve points are being pressed. Feeling relaxed and very cold afterwards.</p> <p>4th TREATMENT Same results. Additional effect – everybody in her house gets flu symptoms. However, patient feels good!!!</p> <p>5th TREATMENT Patient very stressed and over active – stressful day at work. Falls asleep during the treatment and wakes up calm and relaxed. Increased appetite.</p> <p>6th , 7th , 8th TREATMENT Patient much calmer and happier, more energetic, s till eating a lot!! Falls asleep during the treatments much quicker now. Some of the nerve points found particularly painful.</p> <p>Another two treatments are to be carried out tomorrow and the day after tomorrow, followed by nerve point stimulation three times a week for another month. This, however, will be done by patient's partner as they both live in Liverpool and I am staying here only till Sunday...</p> <p><u>Summary</u></p> <p>Patient feels much calmer and relaxed during the treatment period. Good night sleep. Not a single headache!!! Nor a back pain. Much more energetic and less anxious. As for the improvement of the thyroid gland activity, the patient will be doing some blood tests next month to check any changes.</p>	
<p>Joint pains in hands, knees, hips (from Lyme disease)</p>	Female	<p>Client has been suffering from joint pains in her hands, knees and hips. She has had that after being ill with Lyme disease (lyme borreliosis) 2 years ago. She also has sinusis problem- often stuffed nose. The last year she often gets migraine, perhaps because of menopause. The treatment went well. She was very relaxed, and said she liked the treatment.</p> <p>2010-01-31 Client had a reaction after last treatment: she woke up in the middle of the night, and coughed a lot.</p> <p>2010-02-08 The treatment went very well- she was very relaxed and fell asleep.</p> <p>2010-02-21 Client thinks she has less pain in her joints now. If it is the treatment or the warm weather, that is a question. Client said, after the treatment that she could feel that I am more confident and have more "power" in my fingers! She really feels the different from the 1:st treatment she got.</p> <p>2010-03-10</p>	Inger Dahlström, Sweden	

			<p>Today client did not have any pain in her joints.</p> <p>2010-04-08 Today client had headache. After the treatment, her headache was gone.</p> <p>2010-04-15 Today client felt fine.</p> <p>2010-04-27 Nothing new today. Client told me, that between treatment no. 5 and 6 she got more pain in her joints again, maybe we had 4 weeks of no treatment. So, she thinks the facial Reflexology works!</p>	
Parkinson's disease		58 yrs Male	<p>Former parachute jumping soldier who broke every bone in his body it seems. Major complaint: Parkinson's disease for nine years Medications: lots Symptoms: Stiff muscles all over his body. Tremors are under control due to medications. Sharp stabbing pain in feet upon rising. This is short and then goes away. He gave pain color = green Arms and first three fingers of each arm go numb 10-12 x's a day. Very bad and unrelenting. He gives the pain color = red I feel the arm numbness and finger pain is due to cervical 7 being out of line. Client does not go to chiropractor but has been encouraged to do so.</p> <p>Third Session: Client reports that after about one hour he experienced more pain and discomfort following our last session. Then he had a period of 8 hours of pain relief so he could actually fall asleep in his reclining chair and slept all night till 6:00 am, The first real night's sleep in a long time.</p> <p>Forth Session: Client is pleased with pain relief he is experiencing although pain does return.</p> <p>Fifth Session: Client happy with results and says he feels better after his sessions.</p>	Jo Ann NC USA
Verbal ability Lack of	28 Month boy		<p>Twenty-eight month old boy is not talking yet. Although he has a speech therapist his mother feels she would like to try facial reflexology in addition to his other therapy. He seems to understand well and can nonverbally communicate his wishes quite well with grunts and pointing.</p> <p>Because he was getting tired of the treatment I tried to stimulate his head as best I could.</p> <p>Third Session: Treatment was the same as second session as much as he would cooperate that is.</p> <p>Forth Session: Mother is very pleased with her son's progress. He spoke his first three word sentence following our last session. Mother feels her son is getting more from the facial reflexology than he has from the speech therapy that has been going on for the last eight months. Treatment was the same as the second session as much as he would allow.</p> <p>Fifth Session:</p>	Jo Ann NC USA

			<p>Our little boy is now saying three word sentences on a regular basis. Mother is very pleased.</p> <p>Treatment was the same as the second session but only to the extent he would tolerate. He doesn't mind cranial lines and points while his mother reads or plays with him. He is more comfortable with me and doesn't seem to mind our sessions as much.</p> <p>I recommended we continue once a week if it is possible.</p>	
<p>Dyspraxia Oral and verbal</p> <p>Temprana Therapy</p>	6,5 yrs boy		<p>Lucas was my first Temprana Reflex Therapy child. He was also my examinations case.</p> <p>Lucas is a bright, happy and co-operative boy. His biggest wish was to be understood. It has been difficult for him because Lucas had oral and verbal dyspraxia.</p> <p>At 6 ½ years, Lucas verbal language ability was graded to only 50% in fluency. This means his verbal communication only consisted of monosyllable words like house, mom, dad, car etc.</p> <p>After 2-3 months of Temprana Reflex Therapy treatment there was a considerable change in Lucas. This was seen physically, psychologically and verbally. He began to pronounce more sounds and more words.</p> <p>After 4-6 months of Temprana Reflex Therapy he could pronounce polysyllable words and construct simple sentences. His pronunciation improved and his verbal language results were graded to 25% in fluency.</p> <p>The following months he progressed profusely. Lucas was now able to complete sentences and his articulation improved.</p> <p>After about 1 year of Temprana Reflex Therapy Lucas's verbal communication skills are graded to 100% in fluency. This of course has had a positive effect on Lucas's social life, as now he is understood. Most of all it has boosted his self-esteem and he no longer is afraid to interact with others and no longer feels socially isolated. Temprana Reflex Therapy is the most unique and effective treatment I have ever known. I am so grateful that I have had the opportunity to study this therapy form.</p>	<p>Joan Vendelboe Nielsen Denmark</p>
<p>Anorexia</p> <p>Lack of menstruation</p>		18 yrs girl	<p>In November last year I had a young 18 yrs old skinny little client who had symptoms of anorexia.</p> <p>She came to me because she had abdominal pain, and because she had not had menstruation for a year.</p> <p>After 2 treatments she was menstruating again, and I've heard it continues on a regular basis yet.</p> <p>She was so fond of my treatment, quite apart from the deep relaxing effect. She felt it was a miracle with her menstruation and after 4 treatments I could feel she was more happy, open and positive.</p> <p>Actually, I experienced a day when she came in with a decision problem and the very messy around in her head on her, but after treatment, she was fully aware of head and had found the answer to her problem.</p> <p>She would like to discuss her somewhat fanatical eating habits with me. (She did not use not the word anorexia) .</p> <p>She told me, she had emotionally baggage that might be the cause of her situation.</p> <p>I think that she came to an understanding of herself and found a context of her situation.</p> <p>She knew the abdominal pain most likely was emotional tensions and hunger! - To put it bluntly.</p> <p>What I want to say at last is that the treatment seemed very positive for the mental part of this case.</p> <p>She ordered 4 x 90 min. treatments again, so I'm excited to hear how</p>	<p>Joanna Wilder, Denmark</p>

			<p>she is.</p> <p>-----</p> <p><u>Danish:</u> I november sidste år havde jeg en ung tynd lille klient på 18 år, der havde symptomer på anorexi. Hun kom til mig, fordi hun havde mavesmerter, og fordi hun ikke havde haft menstruation i et helt år.</p> <p>Efter 2 behandlinger fik hun menstruation igen, og jeg har hørt, at det fortsætter regelmæssigt endnu.</p> <p>Pigen blev så glad for behandlingen, helt udover den dybe afslappende virkning. Hun følte, at det var en mirakel med menstruationen, og jeg kunne mærke på hende efter 4 behandlinger, at hun blev mere glad, åben og positiv.</p> <p>Faktisk oplevede jeg en dag, hvor hun kom ind med et beslutningsproblem og det rodede meget rundt i hovedet på hende, men efter behandlingen, blev hun helt klar i hovedet og havde fundet svaret til sit problem.</p> <p>Hun ville gerne drøfte sine lidt fanatiske spisevaner med mig (hun brugte ikke ordet anorexi) og var inde på, at hun havde noget emotionelt baggage, der kunne ligge til grunde for det.</p> <p>I alt, tror jeg at hun kom til en selvforståelse og fandt en sammenhæng i hendes situation.</p> <p>Hun var også med på, at mavesmerten højst sandsynligt var følelsesmæssige spændinger og sult! - For at sige det lige ud.</p> <p>Det jeg vil sige med det sidste er, at behandlingen virkede meget positiv i forbindelse med det den psykiske del af denne sag.</p> <p>Hun har bestilt et 4x 90 min.forløb igen, så jeg er spændt på at høre, hvordan det går med hende.</p>	
<p>Arrhythmia</p> <p>Acid reflux Nausea Heartburn</p> <p>Arytmi</p> <p>Sure opstød Kvalme Halsbrand</p>		Male	<p>I have often treated my friend acute, if he had palpitations (he has arrhythmia) or if he had indigestion/nausea/heartburn.</p> <p>And in 90% of the cases he comes to rest within a few minutes treatment with facial reflexology. In the remaining 10% of the cases I had to spend some more time on it. Though never more than an hour at a time. If my boyfriend is stressed out face reflexology is a huge help for him to get into his body again and get relaxed. He's always much better after treatment and often falls into deep sleep after just a few minutes treatment.</p> <p>-----</p> <p><u>Danish:</u> Jeg har tit behandlet min kæreste akut, hvis han fik hjertebanken (han har arytmia) eller hvis han fik sure opstød/kvalme/halsbrand. Og det er i 90% af tilfældene faldet til ro indenfor få minutters behandling med ansigtszoneterapi. I de resterende 10% af tilfældene måtte jeg bruge lidt længere tid på det. Dog aldrig mere end en time ad gangen. Hvis min kæreste er stresset, er ansigtszoneterapi en kæmpe hjælp for ham til at komme ind i sin krop igen og få slappet af. Han har det altid meget bedre efterfølgende og falder ofte i dyb søvn efter blot få minutters behandling.</p>	<p>Josefine Lebeck Hentze, Denmark</p>
<p>Arthritis pain, stiff / sore lower back, insomnia</p> <p>(Gigtsmerter, stiv/ømlænd, søvnløshed)</p>		Female	<p>The problem: arthritis pain, stiff / sore lower back, insomnia</p> <p>Treatment with facial reflexology and fourth treatment is also treatment of endocrine system of praxis vertebralis.</p> <p>3 treatments at 1 week intervals, 1 treatment 6 weeks after third treatment.</p> <p>Conclusion: Low back stiffness and soreness kept getting better and better with each treatment. The good effect had stuck to the fourth treatment, however, she felt a slight deterioration, the more time that went from the third treatment. After the fourth treatment was lower</p>	<p>Josefine Lebeck Hentze, Denmark</p>

			<p>back still further improved and she commented that she could better stoop under gardening than she had been for many years. Furthermore, reading a favorable effect on her edema which had diminished since the start of treatment. She had less arthritic pain in wrist and ankle, she could go longer walks without pain. She experienced that she was more clear in her head after the treatments. After 3-4 treatments, she had also less hip pain. We treated her insomnia under 4th treatment and it helped immediately. I gave her even some facial reflexology points to treat at home every night or if she woke up at night and could not fall asleep again. And it did really well. She had been given sleeping pills for many years but had stopped taking them not so long ago. Facial reflexology is a good alternative to sleeping pills – and without side effects. The client had previously tried many other therapies including acupuncture, but it was only with facial reflexology, she experienced that an alternative form of treatment really worked on her.</p> <hr/> <p><u>Danish:</u></p> <p>Behandling med ansigtszoneterapi og i 4. behandling tillige behandling af hormonsystem med praxis vertebralis.</p> <p>3 behandlinger med 1 uges mellemrum + 1 behandling 6 uger efter den 3. behandling.</p> <p>Konklusion: Lændestivheden og ømheden blev bedre og bedre for hver behandling. Den gode virkning havde holdt sig til den 4. behandling, dog kunne hun mærke en anelse forringelse, jo længere tid, der gik fra den 3. behandling. Efter den 4. behandling blev lænden fortsat endnu bedre, og hun bemærkede, at hun kunne meget bedre bukke sig ned under havearbejde, end hun havde kunnet i mange år.</p> <p>Desuden havde behandlingen en gunstig effekt på hendes ødemer, som var formindsket siden behandlingens start. Hun havde færre gigt-smerter i håndled og ankel; hun kunne gå længere ture uden smerter. Hun oplevede, at hun var mere klar i hovedet efter behandlingerne. Efter 3-4 behandlinger havde hun tillige færre hoftesmerter. Vi behandlede først hendes søvnløshed direkte under 4. behandling, men det hjalp omgående på den. Hun fik også selv nogle ansigtszoneterapipunkter med hjem, som hun kunne lave hver aften eller hvis hun vågnede om natten, og ikke kunne falde i søvn igen. Og det hjalp rigtig godt. Hun havde ellers fået sovemedicin i mange år, men havde stoppet med dem ikke så længe forinden. Ansigtszoneterapien var en god og bivirkningsfri erstatning for sovemedicinen. Klienten havde tidligere prøvet mange andre behandlingsformer inklusiv akupunktur, men det var først med ansigtszoneterapien, at hun oplevede, at en alternativ behandlingsform virkelig virkede på hende.</p>	
Back problems and arthritis		Female	<p>Last summer I had a client which I treated once a week about 4 times in total and each time she came, her back was better and she could go better and be active without arthritic pain.</p> <hr/> <p><u>Danish:</u></p> <p>Jeg havde en klient sidste sensommer, som jeg behandlede ca. 1 gang om ugen omkring 4 gange i alt, og for hver gang hun kom, fik</p>	Josefine Lebeck Hentze, Denmark
Rygproblemer og gigt				

			hun det bedre i ryggen og kunne også bedre gå og være aktiv uden gigtsmerter.	
Colon Severe pain in lower colon area		Male	<p>Problem: Severe pain in the lower colon area. The person had felt pain there for 4-5 days when therapy was initiated.</p> <p>Treatment with facial reflexology, neuro foot and hand Reflexology. 15 minutes acute and next day 1 hour treatment</p> <p>Conclusion: The treatment worked! The person was subsequently quite relieved to have got rid of the pain.</p> <p>It is worth noting that when I initially treated him acute and had not many minutes available, I thought the only problem was his stomach when he said he had violent stomach pains. I considered the various abdominal points and zones on the face and hands and feet but nothing helped. He got worse, he said, and was afraid.</p> <p>Then when I found out that it was colon, which was treated and went ahead with zones and points to it, he was instantly much better. He fell completely to rest within a few minutes and could later go to sleep. Next day there was still pain in the same area, though not as violent as the night before. And after 60 minutes with a full face reflexology treatment and additional treatments on the hands and feet, the pain was completely gone and he felt really good.</p> <p>-----</p> <p><u>Danish:</u></p> <p>Problemet: Stærke smerter i nedre tyktarmsområde. Personen havde mærket smerter dér i 4-5 dage, da behandlingen påbegyndtes.</p> <p>Behandling med ansigtszoneterapi, neuro fodzoneterapi og neuro håndzoneterapi</p> <p>15 minutter akut samt næste dag 1 times behandling</p> <p>Konklusion: Behandlingen virkede! Personen var efterfølgende helt lettet over at være sluppet af med smerterne.</p> <p>Det er værd at bemærke, at da jeg i første omgang behandlede ham akut og ikke havde mange minutter til rådighed, troede jeg først problemet var hans mave, da han sagde, han havde voldsomt ondt i maven. Jeg behandlede forskellige mavepunkter og zoner i ansigt og på hænder og fødder, men intet hjalp. Han fik det kun værre, sagde han, og var bange.</p> <p>Da jeg så fandt ud af, at det var tyktarmen, der skulle behandles, og gik i gang med zoner og punkter til det, fik han det straks meget bedre. Han faldt helt til ro i løbet af få minutter, og kunne efterfølgende lægge sig til at sove.</p> <p>Næste dag var der stadig smerter i samme område, omend ikke så voldsomme, som aftenen før. Og efter 60 minutter med en fuld ansigtszoneterapi behandling samt tillægsbehandlinger på hænder og fødder, var smerterne fuldstændig væk og han havde det rigtig godt.</p>	Josefine Lebeck Hentze, Denmark
Stærke smerter i nedre tyktarmsområde				
Confusion/ low Energy/ Forvirring/ manglende energi		x	<p>After just one facial reflexology treatment I have received feedback that the client got more energy and could think better, was not so confused and more as 'in the old days'.</p> <p>-----</p> <p><u>Danish:</u></p> <p>Efter blot en enkelt ansigtszoneterapibehandling har jeg har modtaget en tilbagemelding om, at klienten fik mere energi og kunne tænke sig bedre, var ikke så forvirret i sit hoved, men mere samlet og mere sig</p>	Josefine Lebeck Hentze, Denmark

			<p>in the evening and the following 4 days the headache was heavily deteriorated. But then the headache disappeared completely. The client was quite relieved.</p> <hr/> <p><u>Danish:</u></p> <p>1. Problemet: Daglig hovedpine har stået på 1-2 mdr. Blodtrykket var også steget, og lægen havde justeret klientens medicin, men hovedpinen vedblev stadig og var så belastende, at klienten til tider havde måttet tage smertestillende medicin.</p> <p>2. Behandling: Tibetansk nakke&skalp reflexologi og ansigtszoneterapi.</p> <p>3. Antal behandlinger: 1 behandling af 1½ times varighed. Samt 1 opfølgingsbehandling en uge efter.</p> <p>4. Konklusion: Under den første behandling bedres hovedpinen en smule, men om aftenen og de følgende 4 dage blev den stærkt forværret. Men bagefter forsvandt hovedpinen fuldstændig, hvor klienten jo havde haft symptomer <u>dagligt</u> i en længere periode i større eller mindre grad. Så han var helt lettet, og da han kom til en på forhånd aftalt behandling ugen efter, lavede vi en opfølgning for at sikre os, at resultatet holdte. Nu hvor hovedpinen ikke længere stressede kroppen, mærkede klienten, hvor meget og hvor godt kroppen responderede på terapien allerede under behandlingen.</p>	
Stress		x	<p>Last summer I treated a colleague with stress and saw that just after 2 treatments with facial reflexology at weekly intervals, the client had rediscovered the peace and felt on top again.</p> <hr/> <p><u>Danish:</u></p> <p>Sidste sommer behandlede jeg en kollega med stress og oplevede, at blot efter 2 behandlinger med ansigtszoneterapi med en uges mellemrum havde klienten genfundet roen og følte sig ovenpå igen.</p>	Josefine Lebeck Hentze, Denmark
Stress		Female	<p>Treatment with facial reflexology 2 treatments of 60 min. at weekly intervals. Conclusion: The client got rid of his stress problem. Was very excited about the turnaround she has experienced.</p> <hr/> <p><u>Danish:</u></p> <p>Behandling med ansigtszoneterapi 2 behandlinger af 60 min. med en uges mellemrum. Konklusion: Klienten slap af med sit stress-problem. Var meget begejstret for den vending, hun havde oplevet.</p>	Josefine Lebeck Hentze, Denmark
Trigeminal neuralgia (Trigeminius neuralgi)		Female	<p>I treated trigeminal neuralgia on my client yesterday with the points you sent me and it worked really well! She had only one treatment. Already during the treatment, she felt her symptoms improved and after treatment the burning and stinging, she used to feel in the cheek and around the eye, were completely gone. Only a mild pain at the jaw was left. She was very relieved. After treatment, she was so well that she felt no need to book time for a new treatment and she would return, if she relapsed. She also got a few points for self-stimulation / maintenance at home.</p> <hr/> <p><u>Danish:</u></p> <p>Jeg behandlede trigeminius neuralgien på min klient igår med de punkter osv., du sendte mig, og det virkede rigtig godt! Hun fik kun én behandling. Allerede under behandlingen kunne hun mærke sine</p>	Josefine Lebeck Hentze, Denmark

			<p>symptomer bedres og efter behandlingen var den brænden og svien hun plejede at mærke i kinden og omkring øjet helt væk. Kun en anelse ved kæben var tilbage. Hun var meget lettet. Efter behandlingen havde hun det så godt, at hun ikke følte behov for at bestille en ny tid, men ville vende tilbage, hvis hun fik tilbagefald. Hun fik også nogle få punkter med hjem til selvstimulering/vedligeholdelse.</p>	
<p>Bloated and swelling abdomen</p> <p>Menopause symptoms</p>		<p>54 Female</p>	<p>Client 54 years old, has suffered lately some unbalance in stomach (after Christmas!) bloated and swelling abdomen. She has menopause symptoms sometimes with spontaneous sweating. Cold hands and feet.</p> <p>04.01.2010 1st treatment After the treatment the hands and feet feel warm.</p> <p>11.01.2010 2nd treatment After second treatment some sleeping disharmony but hands and feet are still warm</p> <p>18.01.2010 3rd treatment After the 3rd treatment sleeping rhythm is quite normal and hands and feet still warm, circulation is better now in hands and digestive system is more balanced as before</p> <p>25.01.2010 4th treatment During the treatments she can feel some tingling sensations in stomach and breast area.</p> <p>Client is now suffering from emotional stress (family reason) she is little fatigue with lack of energy. Her skin is smooth and good condition</p> <p>30.03.2010 5th treatment After the 5th treatment client seems to be more balanced and the hands and feet have remained warm.</p> <p>08.04.2010 6th treatment After the 7th treatment feet and hands still remaining warm and Madame seems to be in good condition as no stomach disharmony and sweating occurs lately.</p> <p>14.04.2010 7th treatment Client seems to be very happy with all these treatments and she is satisfied as her hands and feet are warmer nowadays. She promised to press appendix points for stomach and hormones by herself as a homework.</p>	<p>Kaisa Eloranta, AbuDhabi U.A.E.</p>
<p>Lower back Pain</p> <p>Cold hands and feet</p>		<p>43 Female</p>	<p>Client is 43 years old, hands and feet cold, pain in the lower back (she has two small children to be lifted up) and tendency to have constipation (stomach works once a week!) some impurities visible in the face complexion in hormonal and</p>	<p>Kaisa Eloranta, AbuDhabi U.A.E.</p>

Constipation			<p>intestinal area.</p> <p>19.01.2010 1.treatment</p> <p>25.01.2010 2.treatment After second treatment digestive works better than earlier, still some misbalance in stomach, but hands and feet little bit warmer now.</p> <p>01.02.2010 3.treatment After the 3rd treatment the hands and feet now warmer in common, stomach is working now every day! And this change is visible in the skin as well as she is glowing!</p> <p>Client tells that stomach has been working now more regularly and the hands and feet feel warmer than before. Lower back pain still exists.</p> <p>15.03.2010 5.treatment After the 5th treatment no special disharmony Mentioned.</p> <p>29.03.2010 6.treatment After 6th treatment there exists lower back pain every now and then.</p> <p>05.04.2010 7.treatment After the 7th treatment feet and hands still remaining warm the lower back seems to be better now, no special comments about it.</p> <p>12.04.2010 8.treatment Client has been surprised with these treatments as she has found out that the stomach is now working every day instead of only once a week! She feels so much better in general; the feet and hands are warmer than before. She definitely wants to continue these facial treatments in future as well.</p>	
<p>Bad heart Condition</p> <p>Painful periods</p> <p>Skin problems</p> <p>Back pain</p> <p>Excessive urinations</p>		27 yrs Female	<p><u>SYMPTOMS:</u></p> <ul style="list-style-type: none"> • bad heart condition • painful periods • skin problems (spots) • back pain • excessive urination <p>5 TREATMENTS EVERY OTHER DAY</p> <p>1st TREATMENT 2nd day of menstruation. Patient in pain. Hyperactive and nervous.</p> <p>After Patient calmed and relaxed (although did not fall asleep).</p>	Karolina Kwatkowska, Poland

			<p>Good night sleep afterwards. Rash on arm skin. Menstrual pain lessened.</p> <p>2nd TREATMENT 4th day of menstruation. Menstrual pain returned. Back pain gone! Patient calmer than before. Rush disappeared.</p> <p>After Patient fell asleep!!! Woke up a while after the treatment was over, very relaxed. No pain till the end of menstrual period!!!</p> <p>3rd, 4th, 5th TREATMENT Maintaining the state. Patient calmer, sleeping better and without further menstrual or back pains.</p> <p>Further 3 treatments given only to prolong good results as all the symptoms are gone for the time being anyway.</p>	
Infertility		Female	<p>My patient who I started to treat at the end of October with Facial and Neurofoot reflexology - infertility program, is now 10 weeks pregnant. She has had 8 treatments in all so far, but was pregnant after 6 or 7.</p>	Kirsten, London, UK
Old age		85 yrs Male	<p>My 85 year old client walked in this am and said: "I feel wonderful! No pain yesterday. I haven't felt this good in years." Then takes off his glasses and leans back :-). He really is doing wonderful. Thanks Lone for bring this to us!</p>	Kymerly Keniston- Pond
Chronic fatigue Syndrome		72 yrs Female	<p>A 72 year old woman presents herself with the following concerns: Diagnosis as Chronic fatigue Syndrome; breast cancer survivor by 12 years.</p> <p>Primary Complaint: Can not get through daily life activities; aches all over all day long particularly in shoulders, face & jaw; naps in am and late afternoon; in bed by 8 PM and in and out of sleep for 10-12 hours/night; no physical activity (2 years ago was a 5 mile/day walker)</p> <p>Treatment Synopsis: Treatments x 1 time/week</p> <p>Treatment #1: Client very relaxed; sleeping through most of treatment</p> <p>Treatment #2: Client claimed she was able to stay up by 2 extra hours before going to bed; woke up refreshed; walked ½ mile.....did better for 3-4 days post treatment then very tired again Client asked many questions during treatment; slept from plexus balancing till end</p> <p>Treatment #3: Client claims no need for am nap; still very tired at end of day; trying to walk daily finding it difficult but getting through chores with greater ease.</p> <p>Treatment #4: Client still needs rest in afternoon but not napping and finds that she</p>	Laura P. Clark North Carolina, USA

			<p>needs to go to bed earlier doing this but is more refreshed for dinner by not napping and just resting. Daily walks doing well with greater ease on breathing but tired legs.</p> <p>Treatment #5: Client concerned treatments may be ending due to case studies ending ;-) reports doing 'really well'</p>	
Multi Sclerosis (MS)		49 yrs Female	<p>A 49 year old woman presents herself with the following concerns: Diagnosis of MS for past three years; has episodes of extreme muscular fatigue mostly in legs; temporary vision challenges and facial paralysis.</p> <p>TreatmentSynopsis:</p> <p>Treatment #1: Client tense at beginning of treatment; many questions</p> <p>Treatment #2: Client very thirsty for a few days and lethargic day 2 and 3 after treatment; client much more relaxed during treatment</p> <p>Treatment #3: Client much better post tx #2; possesses sense of peace and relaxation; very relaxed during treatment.</p> <p>Treatment #4: Client very encouraged with work; feels like she has better muscular endurance to do daily life activities. Client slept most of treatment Deposit not as hard; seems to be more pliable</p> <p>Treatment #5: Client cancelled tx: was feeling so good that she accompanied her husband to business dinner x 2 nights ago and stayed out late and last night went to dinner theatre with friends. Could not get out of bed today: too exhausted and muscles uncooperative. Rescheduled appt. x 1 day.</p> <p>Treatment #5: Client feels drained today; stated she was feeling so good that she thought she would try some socializing as she had not in the past 6 months. She agreed that some moderation might be necessary. She also thinks that she is recovering from 'episode' with much greater speed then in the past where she would need to stay in bed by 3-4 days.</p>	Laura P. Clark North Carolina, USA
Dry eye		66 yrs Female	<p>Facial reflexology, Special eye treatment:</p> <p>Facial Reflexology with Ocular Reflex Therapy was performed. As this client is out of state, she returned three weeks later and reported that she has not used eye drops since her first session and her dry eye was extremely improved.</p>	Lila M. Mueller, USA
Dry eye extreme		59 yrs Male	<p>Facial reflexology, Special eye treatment:</p> <p>Facial Reflexology with Ocular Reflex Therapy was performed. This client has had major improvements with extreme dry eyes. (Only one treatment).</p> <p>The fact that he has produced tears during this session is a positive indicator that Ocular Reflex Therapy has corrected his extreme dry eye condition. He continues to have ample tears.</p>	Lila M. Mueller, USA

Macular degeneration		87 yrs Female	<p>Reason for Ocular Reflex Therapy: Macular Degeneration. She has indicated that a set of doctors told her it was the “wet” type years ago and now they tell her it is the “dry” type.</p> <p>The client is 87 years old and has weak legs in the morning, Macular Degeneration, lower back, cataracts, and depression. She has had a hysterectomy, and cyst removed.</p> <p>This client has had improvement after 10 treatments with her Macular Degeneration and cataracts over these ten sessions. Unfortunately, her transportation is not readily available thus she does not come as often as I would like her to. The fact that her vision is improving and she can see shadows is a positive indicator that Eye Reflex Therapy has been assisting in possibly correcting, to some degree, her Macular Degeneration. Praxis Vertebralis-Neuro Foot Reflexology, foot and hand Reflexology has help the balance of the body to come to homeostasis.</p>	Lila M. Mueller, USA
Spasticity		44 yrs Female	<p>Temprana Reflex Therapy:</p> <p>Woman, age 44, whose entire body is spastic. Her great toes are rigid and are affixed at a 90 degree angle. After performing Facial Reflexology, Praxis Vertebralis and additional Temprana Therapy applications for one session, her great toes became flexible and for a period of time reverted to the normal toe plane location.</p>	Lila M. Mueller, USA
Arthritis Crammed fingers		35 Female	<p>I'll describe shortly my small success. I've got a patient; she is young person – 35 years old. She had problems with:</p> <p>Irregular monthlies, lasting sometimes 2 weeks, Crammed fingers (after strong arthritis), Persistent arms pains, Hot impacts, Diarrheas, and general Nervousness.</p> <p>During last facial Reflexology we set that the period takes equally 7 days, there are no hot impacts, and she is more calm and joyful. Arms pains actually disappeared and what are more surprising for me – fingers are straight! I'm very happy about it. I think my patient too.</p>	Lila M. Mueller, USA
Tendonitis		61 yrs Male	<p>Client reports to me saying he has been having pain in his right foot when he walks. The pain is between the 1st and 2nd zone on the plantar surface of the foot. The pain radiates down to the metatarsal head. He went to the podiatrist, and an x-ray was taken. The x-ray showed that he has inflammation of the Bursa (Tendonitis).</p> <p>He is also having problems with floaters in his right eye. He went to an eye doctor who told him that if the problem persisted, he would need to go to a Retina Specialist. He went to the Retina Specialist who stated that his retina is okay. The doctor told him that the floaters would not go away, and that he would have to live with them.</p> <p>1st day The man was very relaxed after the treatment.</p> <p>2nd day</p>	Lila M. Mueller, USA

			<p>The client had a headache on the right temporal side of the head.</p> <p>3rd day</p> <p>The man says his foot is not bothering him as much since he has started wearing his orthotics prescribed by his podiatrist. He said the treatment seems to be helping him. He is not in as much pain when he walks.</p> <p>4th day</p> <p>Right foot is feeling better.</p> <p>5th day</p> <p>Right foot is about the same.</p> <p>6th day</p> <p>Walked a lot today, and the foot was sore on the bottom. Said he felt relaxed, and the pain seemed to let up.</p> <p>7th day</p> <p>No changes.</p> <p>8th day</p> <p>Not as much pain in right foot. Did a lot of walking during the day. Have been wearing his orthotics.</p> <p>9th day</p> <p>The client had a temporal headache on his left side of head. Reflexology was done on his feet. After session, headache seemed to let up. He felt very relaxed.</p> <p>10th day</p> <p>Pain is letting up in right foot, and is not hurting as much.</p>	
Catarats with distance focus problem		69 yrs Male	<p>Facial reflexology, Special eye treatment:</p> <p>Facial Reflexology with Ocular Reflex Therapy was performed. Following the treatment, he indicated that he could focus better and items seemed closer to him.</p>	Lila M. Mueller, USA
Toxoplasmosis + Trigeminal Neuralgia		Female	<p>Many people come to me with severe conditions. I have a client who has Toxoplasmosis and Trigeminal Neuralgia. I've been performing Facial Reflexology and she has indicated that this is the best she has felt from the variety of practitioners she has seen but has a long road ahead.</p>	Lila M. Mueller, USA
Back pain for 20 years - severe		Male	<p>I have a client who serves as a Police Officer. He is very tall 6'5" to 6'6" with severe back pain for 20 years and spasm around his mid-section that tightens his core muscles up. He has a Laminectomy on L2 that reduced his leg pain.</p> <p>The first treatment I applied regular Reflexology, Korean Hand Therapy, Facial Reflexology. He noted that he had a nose bleed on the way home last session.</p> <p>Today I used the muscles as applied to the foot as you taught us in the last Temprana Class. During the session this was the only technique I used on the feet. In addition, I added Hand Reflexology and Facial Reflexology as well as applied some warm packs on his shoulders and lower back. He fell into a deep sleep and indicated that this the best he as felt in a long time. His muscles were no longer tight and his pain level dramatically reduced.</p>	Lila M. Mueller, USA
Asthma Chronic bronchitis		60+ yrs Female	<p>The client has asthma, chronic bronchitis and Bechterews disease (immunological disease). She has the most problems with the ankles.</p> <p>Has August 2008 visited me for treatments once per month</p>	Lisa Jeppesen, Sweden

Bechterews disease			<p>throughout the year.</p> <p>Client is just now visiting and hiking in Italy, very grateful that her ankles are ok! She is living in Stockholm, taking the train to Gävle once a month just to get treatment. My absolute most grateful client.</p> <p>Kunden har Astma, kronisk bronkit, samt Bechterews (immunolog sjukdom). Har mest problem med fotlederna.</p> <p>Har från augusti 2008 besökt mig för behandlingar 1gång per månad under hela året.</p> <p>Denna kund är just nu och vandrar i Italien, mycket tacksam att hennes fotleder håller! Hon är dessutom bosatt i Stockholm åker tåg till Gävle 1 gång per månad bara för att få behandling Min absolut mest tacksamma kund.</p>	
<p>Pain in lower back / groin</p> <p>Sharp pain when Coughing/ sneezing</p>		<p>50 yrs Male</p>	<p>28/10-2009 Treatment No. 1 Client has the pain in lower back / groin, on and off. Very sharp pain when coughing / sneezing, aching pain at rest. Has also needs to go up to the bathroom at night 0300-0400. Much better in motion / walks almost without pain. Mycket tired. The customer is 'never' ill. About 25 years ago client had testicular inflammation, no other symptoms.</p> <p>29/10 feels lighter in the hip and groin 30/10 again, tired and stiff</p> <p>31/10 Treatment No. 2 Tired, also says that there is a radiating pain from testicular</p> <p>5 / 11 Treatment No. 3 Again, the same treatment Client has felt bad (probably also concerns, feels really sick) was probably a bit discouraged by the PGR reactions, increased fatigue, pain, particularly in the back, but says he is even sore to the hair.</p> <p>7 / 11 Treatment No. 4 Feels better, up and down from the bench is easier for him. The client got loose stomach during treatment - a cleansing is underway.</p> <p>10/11 Treatment No. 5 Tired.</p> <p>11/11 Client feels quite ok.</p> <p>12/11 Treatment No. 6 The client looks brighter, "says now after having thought the worst that it might not be so serious. Doctor's appointment next week with proper investigation.</p> <p>14/11 Treatment No. 7 Adding extra punch on the lumbar spine.</p> <p>17/11 Treatment No. 8 The client is happy, feels even better. (Radiating pain from testicular</p>	<p>Lisa Jeppesen, Sweden</p>

		<p>arrives during treatment). The client looks better, both facial color and movement patterns, but still he has huge problems with the lumbar spine. Physician visits Thursday 18/11.för investigation.</p> <p>18/11 Medical report: They find nothing either in blood tests, prostate, kidney. They say it is not unusual with this type of pain from the back, radiating into the groin, scrotum. Sent to chiropractor.Erbjuds no X-ray in this step.</p> <p>28/10-2009 Behandling nr 1 Kommer för smärta i ländryggen/ljumskar, av och till. Mycket kraftig smärta vid hostning/ nysning ,molande värk vid vila. Har också behov att gå upp på toa nattetid 0300-0400. Tillståndet mycket bättre vid rörelse / promenad nästintill utan smärta då.Mycket trött. Kunden är 'aldrig' sjuk. Har endast för ca 25 år sedan haft testikel inflammation, ingen annan sjukdoms bild.</p> <p>29/10 känner sig lättare i höft och ljumskar 30/10 återigen trött och stel</p> <p>31/10 Behandling nr 2 Trött, säger också att det finns en strålände smärta från testikel</p> <p>5 /11 Behandling Nr 3 Återigen samma behandling Kunden har mått dåligt (troligen också oro, känner sig riktigt sjuk) blev nog lite avskräckt pgr av reaktionerna, ökad trötthet-smärta i framför allt ryggen, men säger att han tom är öm i håret. I dag läkarbesök fått remiss samt tid för provtagning.</p> <p>7/11 Behandling nr 4 Känns bättre, jag kan se, att det går lättare upp och ner från bänken. Kunden får lös avföring direkt efter behandling - en utrensning är på väg.</p> <p>10/11 Behandling Nr 5 Trött. 11/11 känner sig rätt ok</p> <p>12/11 Behandling Nr 6 Kunden ser piggare ut, säger själv nu, att det kanske inte är så allvarligt , från att ha trott det allra värsta . Läkarbesök nästa vecka med riktig undersökning.</p> <p>14/11 Behandling Nr 7 Lägger extra krut på lumbal ryggen.</p> <p>17/11 Behandling nr 8 Kunden är nöjd känner sig ändå bättre.(Strålände smärta från testikel kommer fram under behandlingen). Kunden ser bättre ut, både ansikts färgen och rörelsemönstret, men har fortfarande väldiga problem med lumbal ryggen.</p>	
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			<p>Läkar besök torsdag 18/11.för utredning.</p> <p>18/11 (rapport efter läkar besök): De hittar ingenting varken på blodprover, prostata, njurar. De säger att det inte är helt ovanligt med den typen av smärta från rygg , som strålar ner i ljumske, pung. Vidare till Naprapat. Erbjuds ingen röntgen I detta steg.</p>	
Almost blind		92 yrs Female	<p>I have a 92 year old woman as patient; she has osteoporosis, indigestion and is almost blind. After 6 treatments she now has a better visual function. Her stomach is also much better. It is life affirming for me to experience.</p> <p>-----</p> <p><u>Danish:</u> Jeg har en 92 årig kvinde, hun har knogleskørhed, mavebesvær og er næsten blind. Hun har fået mod på livet, og mener hun er kommet til at se bedre efter 6 behandlinger." A ka si "siger hun...og er begyndt at tage på besøg igen efter flere år. Hendes mave har det også meget bedre. Det er livsbekræftende for mig også at opleve.</p>	Lizzy Poulsen, Denmark
Bedridden with many diseases		55 yrs Female	<p>One of my patients, a 55 year old woman. She will not do without her face reflexology treatments. She really enjoys the sessions and calls me every week. She has so many diseases, but she always sleeps very well after I've been there.</p> <p><u>Danish:</u></p> <p>Jeg kommer til en 55 årig sengeliggende kvinde. Hun kan ikke undvære ansigtszoneterapien. Hun nyder virkelig behandlingen, og kalder på mig hver uge. Hun har rigtig mange sygdomme, men sover altid utroligt godt efter jeg har været der.</p>	Lizzy Poulsen, Denmark
Blood sugar Edema Headache		Female Nursing home	<p>Already after the first treatment the patient tells that she is in seventh sky. She is particularly fond of reading. Blood glucose fell to 7 from 25, edema in the face, hands and feet disappear, she always sleep well after treatment and the headache disappears immediately, or during treatment. She has decided to have treatments by me once a week, because it makes her so good. The nursing staff at the home said she did not call nearly as often on them as before, when she did not have face reflexology.</p> <p>-----</p> <p><u>Danish:</u> Allerede efter 1. behandling fortæller patienten, at hun nu er i 7. himmel. Hun er særdeles glad for behandlingen. Blodsukker faldt til 7 fra 25, ødeme i ansigt, hænder og fødder forsvinder, hun sover altid godt efter behandling, og hovedpinen forsvinder straks, eller under behandlingen. Hun har bestemt, at hun vil have behandling af mig 1 gang om ugen, fordi det gør hende så godt. Plejepersonalet på hjemmet fortæller, at hun ikke kalder nær så ofte på dem som før, hvor hun ikke fik ansigtszoneterapi</p>	Lizzy Poulsen, Denmark
Brain Hemorrhage Paralysis left side		54 yrs Female	<p>Client is paralyzed in the left side after brain hemorrhage. Face corrected after about 8 treatments. She always has pain in leg and arm and gives up treatment with facial reflexology, then she gets facial massage over the years and face is corrected every time.</p> <p>-----</p> <p><u>Danish:</u></p>	Lizzy Poulsen, Denmark

			Klient er lammet i venstre side efter hjerneblødning. Ansigtet rettes efter ca.8 behandlinger. Hun har altid smerter i ben og arm og opgiver af den grund ansigtszoneterapien, derefter får hun ansigtsmassage over år og hver gang rettes ansigtet til det, som zoneterapien har startet.	
Headaches chronnic		x	I am very happy that I have learned facial reflexology, as clients with chronic headaches often approach me about the massage. I give them back massage and facial reflexology. The response is: It is the first time I have no headache in my life. ----- <u>Danish:</u> Jeg er meget glad for, at jeg har lært ansigtszoneterapien, da klienter med kronisk hovedpine ofte henvender sig til mig om massage. Jeg giver dem rygmassage og ansigtszoneterapi. Tilbagemeldingen lyder: Det er første gang jeg er uden hovedpine i mit liv.	Lizzy Poulsen, Denmark
Improved verbal ability	x		My grandchildren have been better to speak after treatment. Helped at stuttering and gave larger vocabulary, and I think they are more calm. <u>Danish:</u> Mine børnebørn er blevet bedre til at tale efter behandling. Hjælp på stammen og gav større ordforråd, og jeg synes de er blevet mere rolige.	Lizzy Poulsen, Denmark
Lower back pain		Male	I have had a fantastic result with a client. He had excruciating pain in his lower back, walked with crutches, when I came. Now he just contacted me. He has been pain free since the first treatment. <u>Danish:</u> Har igen haft et fantastisk resultat med en klient lige før nytår. Han havde ulidelige smerter i lænden, gik med krykker da jeg kom. Nu har han lige kontaktet mig. Han har været smertefri siden. Hurra.....	Lizzy Poulsen, Denmark
Stroke Loss of verbal ability		Female	The woman who lost her verbal ability after a stroke, spoke on the phone 3 hours after treatment ... and the recipient understood every word ... Hooray! ----- <u>Danish:</u> Kvinden der mistede talen efter slagtilfælde, talte i telefon 3 timer efter behandling... og modtageren forstod hvert et ord...Hurra!	Lizzy Poulsen, Denmark
Stroke		Male	THE MOST IMPORTANT. My husband woke up yesterday morning with nerve failure in the right arm Like a totally dead arm. I treated him with facial reflexology, before the ambulance arrived. After 3 hours he could feel his arm again and some hours more he could feel his fingers too. I treated him also at the hospital and I gave him an illustration with the points so he could treat the points himself. He had a blood clot in the brain no doubt. It was obviously a huge fright, but I have some toolsno time to lose. ----- Danish: DET ALLERVIGTIGSTE. Min mand vågnede i går morges med nervesvigt i højre arm.... fuldstændig død arm. Jeg behandlede ham inden ambulance og akutbil ankom med ansigtszoneterapi. Han havde nerveforbindelse med armen efter 3 timer, i løbet af dagen kom hånden også med og fingrene den følgende nat. Jeg behandlede ham også på hospitalet og han fik punkterne oplyst, så han kunne ligge og aktivere. Han har haft en blodprop i hjernen ingen tvivl om det. Det var selvfølgelig en slem forskrækkelse, men det at jeg har nogle redskaber, er en beroligelse	Lizzy Poulsen, Denmark

			selvom det ikke er nogen sikkerhed....ingen tid at spille.	
Trembling of hands		85 yrs Female Nursing home	Trembling of hands stops after treatment and the woman may again crocheting and pouring coffee. ----- <u>Danish:</u> Kvinde holder op med at ryste på hænderne, og kan igen hækle og skænke kaffe.	Lizzy Poulsen, Denmark
Facial Paralysis	11 yrs Boy		My last case of Facial Paralysis was a 11 years old boy in Denmark. He was borned with Facial Paralyse. Nobody knows why. His little face was making many troubles in his emotional and functional life. Doctors gave up, when he was about 7 years old. In 12 months he was totally cured. His parents learned to treat him at home. He is now a happy teenager boy. ----- <u>Danish:</u> Mit seneste tilfælde af ansigtslammelse var en 11 år gammel dreng i Danmark. Han blev født med ansigtslammelse, ingen ved hvorfor. Hans lille ansigt gav ham mange problemer både følelsesmæssigt og funktionelt. Lægerne opgav at behandle ham, da han var omkring 7 år gammel. På 12 måneder blev han totalt helbredt. Hans forældre lærte at behandle ham hjemme. Han er nu en glad teenager.	Lone Sorensen, International Institute of Reflexology
Facial Paralysis		49 yrs Female	Facial Paralyse after an operation of a tumor neurinoma on the acoustic nerve in the left ear, treated with Facial Reflexology. Dora is a 49 years old women living in Denmark. She had suffered from Facial paralysis during 11 years. The paralysis affects the left side of the Face/Facial Nerve. It develops after an operation of a tumor neurinoma on the acoustic nerve in the left ear for 11 years ago. The immediate clinic repercussion is a condition of the facial mimic in the left side of the face as a facial muscles paralysis. The patient is not able to open her left eye, to open the mouth in the left side. She had difficult to eat. The patient arrived to my clinic with Facial Paralysis. The paralysis started 11 years ago, after an operation of a tumor neurinoma on the acoustic nerve. She got the usual treatment of Facial Reflexology and from the very first session, the patient notices unspecific changes in her facial musculature, movements of the eye and mouth, feeling of paraesthesia in different areas of the face, and light pains. In every session, the seven basic steps of Facial Reflexology were performed. These steps consist in specific stimulations of these nerve points and zones, meridian zones and acupoints that have three characteristics: they are a nerve point, vascular point, and meridian point. A muscular stimulation belonging to the methodology of Facial Reflexology is also performed. After 8 sessions, the patient showed a correction quite advanced of the facial movements and a slow but continuous progress in the functionality of the Facial Nerve. Treatment 12 At this point (12 sessions) the progress is noticeable and the function of the facial Nerve and muscles totally perfect. -----	Lone Sorensen, International Institute of Reflexology

			<p><u>Danish:</u> Facial Paralyse efter en operation af en tumor neurinom på hørenerve i venstre øre, der er behandlet med ansigtszoneterapi.</p> <p>Dora er 49 år gammel kvinde, der bor i Danmark. Hun havde døjet med ansigtslammelse i 11 år.</p> <p>Den umiddelbare kliniske eftervirkning er en lammelse i venstre side af ansigtet / Facialnerven.</p> <p>Da patienten ankom til min klinik var hun ikke i stand til at åbne venstre øje og hun kunne heller ikke åbne munden i venstre side. Hun havde svært ved at spise.</p> <p>Hun fik den sædvanlige behandling med ansigtszoneterapi og fra den allerførste behandling, mærker patienten uspecifikke forandringer i ansigtsmuskulaturen, bevægelser af øjet og munden, følelse af paræstesier i forskellige områder af ansigtet og lette smerter.</p> <p>Ved hver behandling blev de syv faser i Ansigtszoneterapien udført. Disse faser består i bestemte stimulationer af disse nervepunkter og zoner, meridian zoner og akupunkter, der har tre egenskaber: de er et nervepunkt, vaskulært punkt, og meridianpunkt. En muskelstimulation, der hører til metoden i ansigtszoneterapi, er også udført.</p> <p>Efter 8 behandlinger havde patienten opnået en stor forbedring af ansigtsbevægelser og et langsomt men vedvarende fremskridt i funktionaliteten af Facialnerven.</p> <p>Behandling 12</p> <p>På dette tidspunkt (12 behandlinger) er der sket bemærkelsesværdigt fremskridt og funktionen af ansigtetsnerve og -muskler helt perfekt.</p>	
Panic Disorder		45 yrs Male	<p>Facial Reflexology as anti-stress treatment</p> <p>Facial Reflexology combined with a Japanese muscle stimulation program has proven to be extremely relaxing. I've had the opportunity to try this treatment on several clients with fantastic results. Most feel very relieved and relaxed after treatment. After several treatments most of the clients find tranquility in their daily lives and a lot of small flaws disappear. They get more energy and can do many more things.</p> <p>This is the story about a male client in the middle 40s who came to me, because he was suffering tremendously from bloated stomach. I started treating him with facial reflexology. After a couple of times the stomach problems had disappeared, but now he told me, he had a severe mental problem. He suffered to panic - he had great difficulty talking about it since he was very embarrassed to have a problem that he could not rule and he didn't know, what it was.</p> <p>7 years earlier he had lost his wife, who died of cancer. When he was informed that his wife was dying, he got his first seizure - he was sweating very heavily and could not breathe. He was shocked and he was suddenly alone with 2 children.</p> <p>In the following years he has had seizures every time something happened with the kids, every time he went out for travel or if his new girlfriend was sick. So every time he stood in for him a stressful situation reminiscent of his wife's death, he had a seizure.</p> <p>He was a little nervous when he told me everything, because he had to travel a few days after.</p>	Lone Sorensen, International Institute of Reflexology

		<p>I assembled a face reflexology program combined with Japanese muscle stimulation. During treatment he had a seizure - sweating and he did not like that I touched him on the nose - he felt, he couldn't breathe. I carried out slowly and steadily throughout the treatment and eventually he dropped all the way to peace. After treatment, he felt a relief and was very relaxed, it was as if something had left him. He was also confused about what had happened.</p> <p>When I saw him again 2 weeks later, I asked, how the trip had gone. He lit up, because he hadn't had his usual attack, so it all had gone well. He still comes and gets treatment, and he has not had an attack since.</p> <p><u>Danish:</u></p> <p>Ansigtssoneterapi som antistressbehandling</p> <p>Ansigtssoneterapi kombineret med et japansk muskelstimuleringsprogram virker utrolig afslappende. Jeg har haft mulighed for at prøve denne behandling af på en del klienter med fantastiske resultater. De fleste føler sig meget lettet og afslappet efter behandlingen. Ved flere behandlinger oplever de fleste, at roen finder ind i deres hverdag samt at en masse små skavanker forsvinder. De får mere energi og kan klare mange flere ting.</p> <p>Jeg vil fortælle om en mandlig klient midt i 40'erne som kom til mig fordi han led voldsomt af oppustet mave. Jeg startede med at behandle ham med ansigtssoneterapi. Efter et par gange var maveproblemerne forsvundet, men nu fortalte han mig, at han havde et voldsomt psykisk problem. Han led at panikangst – han havde meget svært ved at tale om det, da han var meget flov over at have et problem, som han slet ikke kunne styre, og han vidste heller ikke, hvad det var.</p> <p>Historien var, at han 7 år tidligere havde mistet sin kone, som døde af cancer. Da han fik meddelelse om, at hans kone skulle dø, fik han sit første anfald, hvor han svedte meget kraftigt og ikke kunne trække vejret. Han fik et chok, og han stod pludselig alene med 2 børn. Han har i de efterfølgende år haft anfald hver gang, der skete noget med børnene, han skulle ud og rejse eller hvis hans nye kæreste blev syg. Altså hver gang han stod i en for ham stressende situation, som på en eller anden måde kunne minde om situationen omkring hans kones død.</p> <p>Han var lidt nervøs, da han fortalte mig det hele, for han skulle ud og rejse et par dage efter.</p> <p>Jeg sammensatte et ansigtssoneterapiprogram kombineret med japansk muskelstimulering. Under behandlingen fik han et anfald, hvor han svedte, og han kunne ikke lide, at jeg rørte ham på næseryggen – han følte, at hun ikke kunne få luft. Jeg gennemførte langsomt og roligt hele behandlingen og til sidst var han faldet helt til ro. Efter behandlingen følte han en lettelse og var meget afslappet, det var som om noget havde forladt ham. Han var samtidig forvirret over, hvad der var sket.</p> <p>Da jeg så ham igen 2 uger efter, spurgte jeg, hvordan rejsen var gået. Han lyste op, for han havde ikke fået sit sædvanlige anfald, så det hele var gået godt. Han kommer stadig og får behandling, og han har ikke haft et anfald siden.</p>	
Autism	7 yrs boy	A story about a autism boy, treated with one session at months during 2 years.	Mai Ebina, Japan

			<p><i>Written by Facial Reflexologist Mai Ebina, Japan. Summer 2006</i></p> <p>I have a very special friend called Y. He is a Japanese 7 years-old boy. He has autism, cannot speak neither have eye contact at all. Sometimes he speaks some words but he is not capable of composing any sentence.</p> <p>His doctor says his IQ (intelligence quotient) is quite low and his mental age is about 3 years old. He goes to local school but he is in a special class. He is hyper-active in class, he never stops moving. Sometimes he hits other students or his little sister when he gets irritated.</p> <p>He does not understand very well what people say to him.</p> <p>He likes drawing. When I started treating him he only knows, to draws clocks and vacuum cleaners, it seems he is only interested in those objects. His paintings are very special, and he paints a lot in colour blue or brown, sometimes he may use red, but he always uses only ONE colour at a time, especially black or brown.</p> <p>He also likes the sound of the piano. Since his grandmother gave him a clock which has an alarm with piano sounds, he made his routine to stand in front of the clock at 12 o'clock to listen to the melody. He adores a Japanese animated movie called "Spirited Away", and he wants to watch it everyday.</p> <p>He lives with his parents, with his little 4 years-old sister and his grand-parents at northern Japan. His mother often falls into deep depressions. Because of his mother's condition, usually the whole family gets nervous. This is one of the reasons why Y's grandmother takes care of him and his sister. She needed some help and decided to start a treatment for the whole family at their place once a month, even though they live 300 km far from Tokyo where I live.</p> <p>The first time I met him I didn't expect Y to let me do facial reflexology to him. So, I explained everyone what the therapy was about and started to treat the adults. I wanted Y to see what I was going to do. When I tried to treat him, he didn't want to lie down. Lying down is "hospitalization" in his personal dictionary. When I asked him to lie down, he kept repeating "hospitalization, hospitalization..." I tried to explain with no success as he couldn't understand me by that time. So while I was treating his mother, I asked him to come. He did so and I asked if he wanted to lie down next to his mother. Again, he did so and let me touch his face. I could practice facial reflexology for 30 minutes, which was amazing for an autistic boy who wasn't able to remain quiet for 5 minutes.</p>	
Multiple Sclerosis		Female	<p>One of my MS patients can now walk. She could not walk when I began working with her for 3 months ago. (Multiple Sclerosis) For a month ago she did study and control with neurologist and he found progress, so now my patient can go to a rehabilitation institute and</p>	Maria, Argentina

			starts to move even more.	
Kidney stones		Male	I'm treating a patient for kidney stones, and he eliminated almost all, after the study he did last week the Dr. said he has only one now. He is very well in every way, even emotionally. Now he can do gymnastics and swimming.	Maria, Argentina
Stroke		Male	In 2004, 2 weeks after my first lesson in face-reflexology my husband went ill. He had a big stroke, and the doctors thought he would die! Immediately I started the treatments with face-reflexology, and he came home from the hospital one week after the brain-surgery, only nine days after the terrible accident- and he have no problems after the stroke!	Mari-louise Strandberg, Sweden
Asthma Bronchiale		45 yrs Female	<p>Her symptoms began a year ago when she stopped smoking. She always needed asthma inhalator. She had pain in the right knee and sciatica nerve pain too.</p> <p>After three treatments she had no problems with sciatica nerve. After 7 treatments she had no knee problems and she did almost not use of asthma spray. After 10 treatments the patient feels very healthy and has thrown her spray out. The patient has subsequently received treatment once a month for half a year. The patient two years after treatments were completed, is still without symptoms.</p> <p>-----</p> <p><u>Danish:</u> Symptomerne begyndte for et år siden, da patienten holdt op med at ryge, går altid med astma inhalator. Ondt i højre knæ. Går til kiopraktor en gang om mdr. p.g.a. iskiasnerve. Efter 3 behandlinger ingen problemer med iskiasnerven 7 behandlinger ingen knæproblemer, næsten ingen brug af astma spray. Efter 10 behandlinger føler patienten sig ok og har smidt sin spray ud. Har efterfølgende fået behandling 1 gang om mdr. i et halvt år Har mødt patienten 2 år efter behandlingerne var afsluttede, hun har det stadig fint.</p>	Marion Enevoldsen Denmark
Colon Inflamed No ovulation		32 yrs Female	<p>Diagnosis: inflamed colon, no ovulation. Treatment with facial reflexology and combined with neuro- foot reflexology. After five treatments she had improvement of colon function and after 12 treatments no problems with ovulation.</p> <p>-----</p> <p><u>Danish:</u> Diagnose: betændt tyktarm, ingen ægløsning Behandling ansigtszoneterapi og neurologisk fodzoneterapi Efter 5 behandlinger bedring af tarm 7 behandlinger ægløsning 12 behandlinger symptomfri</p>	Marion Enevoldsen Denmark
Horton headache		45 yrs Female	<p>Diagnosis: Horton headache with seizures during the last six yrs every 14th day with duration of 48 hours. After 5 reflexology treatments the woman had no seizures during a month. After 10 treatments no symptoms.</p> <p>-----</p> <p><u>Danish:</u> Diagnose: Horton hovedpine med anfald i løbet af de sidste seks år hver 14. dag med en varighed på 48 timer. Efter 5 behandlinger havde kvinden ingen anfald i løbet af en måned. Efter 10 behandlinger ingen symptomer.</p>	Marion Enevoldsen Denmark
Learning/ memory	8 yrs girl		Normally talented girl 8 years with specific learning - memory difficulties and social adjustment problems	Marion Enevoldsen

difficulties and social adjustment problems		<p>Psychological Investigation: School Reading Problems: difficult to hear the difference between g-k, æ-e, s-c. misreads si-is and ud-du, mix uppercase and lowercase letters. Reading the books makes no sense to her because she has difficulty reading the various words and guesses at those she can not read. Mathematics: Can not read the numbers over 50, does not know what time it is. Difficulty concentrating, sits uneasily on the chair can find to get up and walk around the room or leave it. Sensitive to sounds, believes there is noise in the classroom. Her cooperation is very volatile .- prefers to set the agenda herself Doctor: Balance problems, difficulties with upper limb coordination, crooked spine. Social adaptation within and outside the home: Experienced as a petulant child in both home and school. Inability to read and engage in social situations with other children.</p> <p>Dominant, provocative in her behavior, acting before she thinks. Has a short fuse, it is hard to predict why she suddenly gets angry. When she gets angry it can last for hours, in which she berates devastate her room and shouts and screams. Difficulty in maintaining positive contact with both adults and children, she quickly becomes boisterous, threathning in her behavior and verbally abusive. Pays no attention to adult recommendations, can take over and believes she must decide. Requires great attention. Can be a positive and sweet and loving girl usually if things are on her own terms. She rarely has playmates at home, it ends with the sitting and playing individually in separate rooms. Is adjusted to special school, this does not change things, she is in conflict with the teachers daily, and the other kids are afraid of her. At the time her mother comes to me the school has started talking about moving her to another school because it can not do the job. The girl gets intensive temprana therapy with me 3 hours 1 day per week, as the parents can not even manage to treat her at home. After 6 months: she can write and read slowly without errors, but she has an understanding of what she reads. - She has also started to read without getting called for it. No trouble hearing differences between the letters. Noise problems are minor, she is not so easily distracted and is able to sit for longer time with a task and concentrate on the task. Can read numbers up to 100. She can tell what time it is. Her cooperation can still be a somewhat volatile, but she is not as aggressive as before, and her anger now lasts only 5 to 10 min. Plays still not so much with other children, has been better to associate with them, they would also be allowed to determine sometimes and if it does not suit her, she has been good to retire instead of threatening and beating as previously. After 3 months of treatment, she proudly came to me and said, "You know what I did not beat X today, he did not push, he just came to touch me, when he passed." Physical: she has got a better coordination and spine is aligned, cycling, rollerblading without problems. The girl started in a normal school in a class below her school age with learning support for 6 months, but is now doing on her own. Has more self esteem and the mother said today that they see more and more sides of the sweet and loving girl. There is more peace at home – previously they had fights and quarrels every day.</p> <hr style="border-top: 1px dashed blue;"/> <p><u>Danish:</u> Normaltbevaget pige 8 år med specifikke indlærings – hukommelsesvanskeligheder samt sociale tilpasningsproblemer</p>	Denmark
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			<p>Psykologiskudredning: Skole Læseproblemer: svært ved at høre forskel på g-k,æ-e,s-c. fejllæser si-is og ud-du, blander store og små bogstaver. At læse bøger giver ingen mening for hende, da hun har svært ved at læse de enkelte ord og gætter sig til dem hun ikke kan læse. Matematik: Kan ikke læse tal over 50, kan ikke klokken Svært ved at koncentrere sig, sidder uroligt på stolen, kan finde på at rejse sig og gå rundt i lokalet eller forlade det. Følsom over for lyde, mener der er larm i klassen. Hendes samarbejdsvilje er meget svingende - vil helst selv sætte dagsordningen Læge: Balanceproblemer, vanskeligheder med overekstremitets koordination, skæv rygsøjle. Social tilpasning i og uden for hjemmet: Opleves som et trodsigt barn både i hjem og skole. Svært ved at aflæse og indgå i sociale situationer med andre børn. Dominerende, provokerende i sin adfærd, handler før hun tænker. Har en kort lunte, det er svært at forudsige hvorfor hun pludselig bliver vred. Når hun bliver vred kan det vare i timevis, hvor hun skælder ud raserer sit værelse og råber og skriger. Svært ved at opretholde den positive kontakt til både voksne og børn, bliver hurtig højtråbende, truende i adfærd og verbalt krænkende. Retter sig ikke efter voksenhenstillinger, kan tage over og mener hun skal bestemme. Kræver stor opmærksomhed. Kan være en positiv og sød og kærlig pige oftest hvis tingene er på hendes præmisser. Har sjældent legekammerater, har hun nogen med hjem at lege, ender det med de sidder og leger hver for sig i hver sit rum. Bliver indstillet til specialskole, dette ændrer dog ikke på tingene, hun er i konflikt med lærerne daglig, og de andre børn er bange for hende. På det tidspunkt moderen henvender sig til mig er man i skolen begyndt at tale om at flytte hende til en anden skole da man ikke magter opgaven. Pigen får intensiv tempranaterapi hos mig 3 timer 1 gang om ugen da forældrene ikke selv magter at gøre noget derhjemme. Efter ½ år : kan hun skive og læse uden fejl, det går langsomt men har en forståelse af det hun læser. - hun er også begyndt at læse uden at blive opfordret til det. Ingen problemer med at høre forskel på bogstaverne. Støjproblemerne er mindre, bliver ikke så let distraheret, og er i stand til at sidde i længere tid med en opgave og koncentrere sig om opgaven. Kan læse tal op til 100. Kender klokken. Hendes samarbejdsvilje kan stadig være lidt svingende, men hun er ikke så aggressiv som tidligere, og hendes vrede varer nu kun fra 5 til 10 min. Leger stadig ikke så meget med andre børn, er blevet bedre til at omgås dem, de får også lov at bestemme ind imellem og passer det hende ikke er hun blevet god til at trække sig tilbage, i stedet for at true og slå som tidligere. Efter 3 mdr. behandling, kom hun stolt hen til mig og sagde:” Ved du hvad jeg slog ikke X i dag han skubbede jo ikke han kom bare til at røre ved mig da han gik forbi” Fysisk: har hun fået en bedre koordination og ryggen rettet op, kan cykle, løbe på rulleskøjter uden problemer. Pigen startede i normal skole en klasse under hendes skolealder med støttepædagog i ½ år, men klarer sig nu på egenhånd. Har fået mere selvværd og som moderen siger i dag ser de flere og flere sider af den søde og kærlige pige, Der er mere fred i det lille hjem, hvor det tidligere var slåskampe og skænderier hver dag.</p>	
Lung infection - - cronic	2,5 yrs		<p>Diagnosis; Chronic lung infection- pneumonia. After 5 treatments of Facial Reflexology, parents got treatment plan</p>	Marion Enevoldsen

Pneumonia			<p>for home stimulation of points for the immune system. The child has not had pneumonia since.</p> <hr/> <p><u>Danish:</u> Pige 2½ år kronisk lungebetændelse. 5 behandlinger med ansigtstoneterapi, forældre fået punkter med hjem til immunforsvaret. Har ikke haft lungebetændelse siden der er nu gået 1 år.</p>	Denmark
Multi Sclerosis (MS)		30 yrs Female	<p>It is now one year I have been treating MS patient.</p> <p>The first symptoms was in 2001, diagnosis 2003. The patient had following symptoms before treatment; She lost sensation in the left side of the body. Sometimes missing feeling in the forearm and fingers and losing things out of hand. Decreased force and sensitivity in the left leg, bone cold, but cannot feel it is cold. Drop foot (use shine) pin a bit rigid. Had almost no movement of the toes. Cramps in the leg in the evening when she is tired. Legs worst in the morning, difficulty in controlling the leg in the first half hour. Cannot keep her balance. Cannot stand on one leg, jump or walk on toes or heels. Slow reaction. Visual function: unstable eyes follow movement, night blind. Memory hard to remember (short memory) General condition: frequently constipation, frequent urination and recurrent cystitis, low back pain. She had bladder dysfunction.</p> <p>After 13 treatments with facial reflexology and neuro-foot reflexology; Legs: normal temperature. Can now feel difference between cold and warm. No spasm or cramps. Can hold the balance even with the eyes closed. Stand on one leg and jump. Walk up and down stairs without support. Move up and down the toes and feet and touch the heel and toe on the floor. – Rarely use the support for the leg. Visual function; Improved and night blindness resolved. Is now playing ball with her children (may take a ball) observing if an object coming toward. Her bladder function is normal, rarely cystitis. No constipation. Became more self-helped in her daily life.</p> <hr/> <p><u>Danish:</u> Første symptomer 2001, diagnose 2003 Symptomer før behandling. Nedsat følelse i venstre side. Mister sommetider følelse i underarm og fingre, taber tingene ud af hånden Nedsat kraft og følsomhed i venstre ben, benet iskoldt , men kan ikke mærke det er koldt Dropfod (bruger skinne) benet en smule stift . Næsten ingen bevægelse i tæerne. Spasmer i benet om aftenen når hun er træt. Dog værst om morgenen, svært ved at styre benet den første halve time Kan ikke holde balancen med samlede ben, ikke: stå på et ben hoppe gå på tæer eller hæle. Refleksioner: reagerer langsomt, når ikke at flytte sig hvis noget kommer imod hende, eller flytte sig hvis nogen løber ind foran hende.</p>	Marion Enevoldsen Denmark

			<p>Syn: Ustabile øjenfølgebevægelser, natteblind Hukommelse svært ved at huske (korttidshukommelse) Almentilstand: ofte forstoppelse, hyppig vandladning og gentagne blærebetændelse, lændesmerter</p> <p>Efter 13 behandlinger med ansigtszoneterapi og neurofodzoneterapi Ben normal temperatur, kan mærke forskel på kulde og varme. Ingen spasmer, kan holde balancen med samlede ben og lukkede øjne. Stå på et ben hoppe, gå op og ned ad trapper uden gelænder. Vippe med tæer og fod, sætte hæl og tå i gulvet. – bruger sjældent sin skinne Syn forbedret og natteblindhed forsvundet. Kan nu spille bold med sine børn (kan gribe en bold) observerer hvis en genstand kommer imodhende Vandladning normal, sjældent blærebetændelse. Ingen forstoppelse. Kun få lændesmerter. Er blevet mere selvhjulpne i sin hverdag.</p>	
Sinusitis for 7 yrs		32 yrs Male	<p>Suffering 7 years from sinusitis. Had green smelly slime from nose, when he began the treatment. The treatment was with facial reflexology and neuro-foot reflexology and after five treatments no symptoms.</p> <p>----- <u>Danish:</u> Kronisk bihulebetændelse gennem 7 år, grønt ildelugtende slim i næsehulerne. Behandlet med ansigtszoneterapi og neurologisk fodzoneterapi. Efter 5 behandlinger symptomfri.</p>	Marion Enevoldsen Denmark
Bells Palsy		Female	I have been using Facial Reflexology on a Bells Palsy client and after 2 visits she was happy to have her smile back.	Mary Ehle, USA
Aching joints Pain in right foot and IBS High blood pressure		Female	<p>The client presented with aching joints, pain in her right foot and IBS. She also suffered from high blood pressure - she was asked to take her blood pressure before we started the course of treatments, and then again after the last one – which showed that her blood pressure had gone down.</p> <p>After only two treatments the pain in her foot had disappeared and did not return, and by the end of the 5 week course, the client had experienced only one episode of IBS rather than at least one, once a week.</p> <p>Four weeks after her last Facial Reflexology treatment, the symptoms had not returned. She commented on the level of relaxation the treatment induced – far more than that of either the foot reflexology or beauty facials – and also how much calmer she is overall.</p>	Megan Lockington, Birstall, Leicester, UK
Diplopia Migraines		50+ Female	<p>Client comes to me in mid-June because of double vision. It turns out that she tends to suffer from severe migraine attacks that result in headaches, dizziness, tinnitus, feeling of congestion of the sinuses and suffering from double vision. She is 50 years old and has entered the menopause with hot flushes as a result.</p> <p>Results</p> <p>1st treatment Already by the end of the treatment client begins to feel results. She throws off the blankets when she gets too hot and her feet start to burn. The arms are heavy. When she sits up, she clearly can read the text on the posters we have in the room. She has problems with walking when her feet have become very hot and swollen.</p> <p>2nd treatment</p>	Mia Mortensson, Sweden

		<p>I treat her again after about 4 days. Double vision has not come back but she has instead had dizziness and felt that an attack was coming. Feet are still hot but less swollen. After treatment, the feet swelled up again and she has difficulty lifting his arms from the bench.</p> <p>3rd treatment Occurs after only two days. She has had a full-blown migraine attack after the last time and her feet are not better.</p> <p>4th treatment We tried to wait five days this time. The feet are swollen but not hot. The worst headache had gone down a few days after the last treatment but blossomed again. She had also had trouble eating. She felt almost ill at the thought of food.</p> <p>5th treatment Did she have after 2 days again. She had felt reasonably clear in her head and feet were more normal. Appetite had returned.</p> <p>6th treatment Client is happy. She has had a fantastic weekend. She had even been able to ride a bike! She had begun feeling stuffy again towards the end but had no migraines or pain in her feet.</p> <p>7th treatment We had to wait for about 1.5 weeks. She has managed very well. Migraine stays away more days than before. It still returns, but not with the same force.</p> <p>8th treatment We tried to wait the 1.5 weeks again and it worked very well. She can feel stuffy of migraine but it does not break out. Flushes have subsided somewhat.</p> <p>9th treatment Waited 2 weeks. She says it feels like a long-acting tablet. The day before treatment, she felt that the race began to get stuffy but otherwise she felt good. I treat as usual, and feel I can deal deeper than before. She feels "warm". She says that she received regular massage earlier in the day. Do not know if it may have helped that I am going deeper.</p> <p>10th treatment We continue with two weeks and she still think it feels good.</p> <p>Conclusion I have continued to meet regularly. She is feeling better and better. She still says that it feels like a long-acting tablet. We have met about once a month. She feels, she practically does not need to take any medication at all.</p> <p>-----</p> <p><u>Swedish:</u> Kunde kommer till mig i mitten av juni på grund av dubbelseende. Det visar sig att hon brukar lida av kraftiga migränanfall som resulterar i huvudvärk, yrsel, tinnitus, känsla av täpphet i bihålorna och lider av dubbelseende. Hon är i 50 årsåldern och har kommit in i klimakteriet med vallningar som följd.</p> <p><u>Resultat</u></p> <p><u>1:a behandlingen</u> Redan i slutet av behandlingen börjar kunde känna resultat. Hon slänger av sig filtarna då hon tycker det blir för varmt och fötterna börjar bränna. Armarna är tunga. När hon sätter sig upp kan hon läsa texten, på de affischer vi har i lokalen, klart och tydligt. Hon har dock</p>	
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			<p>besvär med att gå då fötterna har blivit jättevarma och uppsvällda.</p> <p><u>2:a behandlingen</u> Jag behandlar henne igen efter ca 4 dagar. Dubbelseendet har inte kommit tillbaka men hon har istället haft yrsel och känt att ett anfall har varit på väg. Fötterna är fortfarande heta men mindre svällda. Efter behandlingen har fötterna svällt upp ännu en gång och hon har svårt att lyfta armarna från bänken.</p> <p><u>3:e behandlingen</u> Sker redan efter två dagar. Hon har fått en fullskalig migränattack efter senaste gången och fötterna är inte bättre.</p> <p><u>4:e behandlingen</u> Vi provade att vänta 5 dagar den här gången. Fötterna är svällda men inte varma. Den värsta huvudvärken hade gått ner några dagar efter förra behandlingen men blommade upp igen. Hon hade även haft problem med att äta. Hon mädde nästan dåligt av tanken på mat.</p> <p><u>5:e behandlingen</u> Ville hon ha efter 2 dagar igen. Hon hade känt sig någorlunda klar i huvudet och fötterna var mer normala. Matlusten hade kommit tillbaka. Behandlingen utförde jag som vanligt.</p> <p><u>6:e behandlingen</u> Kunde komma och är jätteglad. Hon har haft en helt fantastisk helg. Hon hade till och med kunnat cykla! Hon hade börjat känna av täppheten igen mot slutet men hade varken migrän eller ont i fötterna.</p> <p><u>7:e behandlingen</u> Vi var tvungna att avvakta i ca 1,5 vecka. Hun har klarat sig mycket bra. Migränen håller sig borta fler dagar än förut. Men kommer fortfarande tillbaka men inte med samma kraft.</p> <p><u>8:e behandlingen</u> Vi provade att avvakta i 1,5 vecka igen och det fungerade mycket bra. Hon kan känna av täppheten men migränen bryter inte ut. Vallningarna har avtagit något.</p> <p><u>9:e behandlingen</u> Väntade 2 veckor. Hon säger att det känns som en långtidsverkande tablett. Dagen innan behandlingen kände hon att täppheten började komma men annars hade hon mått bra. Jag behandlar som vanligt och känner att jag kan behandla djupare än förut. Hon känns "uppvärmd". Hon berättar att hon fått vanlig massage tidigare på dagen. Vet inte om det kan ha bidragit till att jag kommer djupare.</p> <p><u>10:e behandlingen</u> Vi fortsätter med 2 veckors mellanrum och hon tycker fortfarande att det känns bra.</p> <p><u>Slutsats</u> Jag har fortsatt att träffa hende regelbundet och hon mår bättre och bättre. Hon säger fortfarande att det känns som en långtidsverkande tablett. Vi har träffats ungefär en gång i månaden. Hon känner att hon behöver nästan inte ta någon medicin alls.</p>	
Headache constant for 4 days		40 yrs Female	<p>Woman of 40 years with constant headache for 4 days was freed from her sufferings after one Facial Reflex Therapy treatment.</p> <p>-----</p> <p><u>Danish:</u> Kvinde på 40 år med konstant hovedpine i 4 dage, blev smertefri efter 1 behandling med ansigtszoneterapi.</p>	Mianne Andersen Danmark

Osteoarthritis (In left jaw)		55 yrs Female	<p>55 year old woman with osteoarthritis in her left jaw had daily pain and difficulty in chewing, etc. After about 8 facial reflexology treatments the client has no pain and she can chew normally again.</p> <p>-----</p> <p><u>Danish:</u> 55 årig kvinde med slidgigt i sin venstre kæbe havde daglige smerter og problemer med at tygge m.m. Efter at have fået ansigtszoneterapi ca.8 gange er smerterne væk, og klienten kan tygge normalt igen.</p>	Mianne Andersen, Denmark
Reading difficulties	10 yrs girl		<p>The girl had difficulty in reading. After 5 Temprana Therapy treatments her reading ability has improved significantly and her spelling too.</p> <p>-----</p> <p>Danish: Pige på 10 år med læsevanskeligheder. Efter at have fået Temprana Terapi for indlæring 5 gange er læse-funktionen blevet betydeligt bedre .Også stavningen er forbedret.</p>	Mianne Andersen, Denmark
Strokes		Female	<p>The below detailed stroke client, contacted me shortly after Christmas after reading an article about how beneficial foot reflexology can be in the case of stroke patients. After having completed the full Facial Reflexology Diploma with Lone Sorenson last year, and becoming aware, from her experiences of how beneficial it can be to treat the face in cases of brain related cases, I thought this might be an excellent opportunity to try it out.</p> <p>My stroke client (lets call her D for confidentiality purposes), had a Stroke in her right fronto-parietal region in 2004. 2 weeks later she had another stroke. 2 weeks after that she had an insertion of right parieto-occipital V-P Shunt. (as her brain cannot drain fluid back into the body. This Shunt assists the body in draining adequate fluid away from her brain when she is in a vertical state, and this flows down and into her abdomen).</p> <p>D's entire left side has severe numbness and floppyness. Toes are also tightened and clawed. Very little sensation in limbs and extremities. Severe cramping in left hand and foot happens from time to time.</p> <p>Since onset of these strokes, she has had visual problems – she has restricted outer vision.</p> <p>Her jawline has changed considerably (her bite is out), thereby changing shape of her whole face. There is a slight droopiness still apparent on right side of her face.</p> <p>Incontinence is also an ongoing symptom since Stroke</p> <p>Poor quality sleep is a nightly occurrence, as D must wake and get up often to go to toilet.</p> <p>Anxiety attacks when out in public are the norm, as she fears for something to hold onto and of falling down. She cannot get up if she falls.</p> <p>Prior to first stroke in 2004, D had been doing regular yoga since 20 years and had a private teacher. She also walked 1 hour per day to and from work.</p> <p>D is a non-smoker and drinks alcohol x 1 per week.</p> <p>AIM OF TREATMENT</p> <p>To relax and nourish the sympathetic nervous system, along with attempting to bring more sensation and restore freer movement to her entire left side of the body (esp upper/lower limbs)</p> <p>D was happy to try out the facial therapy.</p> <p>Client felt slight tingling on her left side during first treatment and was able to stretch out left hand better (only with help) following treatment. Feelings of calm and lowered anxiety were immediately noted and remained for 1-2 days following treatment.</p>	Natasha Acott, Australia

			<p>D felt extremely comfortable with the Facial Reflexology, hence committing to a more intensive treatment plan of x 2 treatments per week for 5 weeks.</p> <p><u>CONCLUSION of stage 1 client undertook 2 sessions p/wk</u></p> <ul style="list-style-type: none"> - Reduction of anxiety – progressively improving throughout duration of treatments - More recurrent muscle aches in right and esp left sides - Eyes clear/brightening - No ear-ache as previous - A deeper quality sleep described by client- only waking x 1 per night - More confidence with walking/general balance – steady improvement - Taken up a Meditation group – regularly - Bladder control improved through night from 3-4 times to 1-2 - Walking around block – 1-2 times on a weekend, plus during the week with carer. - Comment received of face looking bright - Comment received by daughter of notable voice improvement/strength/clarity over telephone - General improvement in mental state, sleep pattern, balance and bladder control. - Left hand is opening up (only with help from D) - Foot no longer ‘freezes’ at all – no cramping in hand or foot as previous <p>Due to the 6 year gap since onset of stroke, to present, the healing is expected to take a considerably longer time. The Yamamoto method, taught by Lone in the second part of Facial Reflexology, explains how crucial it is that this work be carried out as soon as possible following such a stroke onset. Therefore, considering the odds are stacked up, I am satisfied that the subtle changes already experienced by D are a small success.</p> <p>After 8 treatments, it appeared that a real healing crisis was beginning to take effect with the initial ‘euphoria’ as described by client, now sinking and more achiness in limbs (esp left side) and fatigue, settling in.</p> <p>However, I have presented this case study to display ‘<u>patience</u>’ and how much of it we, as therapists, need to provide consistency and ongoing support to our clients in cases such as this. Months and months of accurate and unswerving work with this client are in store, but I am sure with a therapy such as Facial Reflexology, that subtle results are already a super start.</p>	
Bedwetting	8 yrs boy		<p>He wet his bed every night and was very ashamed of this. He never slept over at his friends house. The parents tried several options , but nothing worked.</p>	Paula Heggen Netherlands

			After 11 treatments with facial reflexology he was dry every night. His mother learned how to treat him every day by stimulating some specific points in the face. He is now a happy boy.	
Belly pains severe		20 yrs Male	Suffered from Mexican flu. Since then for 5 months severe belly pains. Doctor's diagnose: irritable bowl. After 6 treatments of facial reflexology he totally recovered.	Paula Heggen Netherlands
Bobius Syndrome	9 yrs boy		Born with Mobius syndrome. He could move no muscle in his face. He lost sliver out of his mouth the whole day. Very hard to understand what he was saying. Normal intelligence. He is being treated with facial reflexology for a whole year and the father was trained to stimulate specific points every day at home. Results so far: he moves his lower jaw to all sides, his tongue is more flexible so that he can start up speachtraining again. He doesn't need glasses anymore (he was farsighted). His eyes can move inward, before he could only move them up and down. Still working with him.	Paula Heggen Netherlands
Coma Bike race accident		22 yrs Male	Fanatic bike racer. During a race his steering wheel broke off and he fell flat on his face. He was in a coma for 2 weeks and recovered from the accident. Two years later his short term memory was still disturbed. He was not able to study and working was difficult for him. After 8 treatments with facial reflexology he fully recovered. He went back to school.	Paula Heggen Netherlands
Cystitis chronic	17 yrs girl		Chronic cystitis, antibiotics every month. Severe sweating from hands and feet. After 10 treatments with facial reflexology she had a normal bladder function and her hands and feet were dry.	Paula Heggen Netherlands
Cystitis every 3 months Nausea, Irritable bowl very tired		19 yrs Female	Lost her father 2 years before. He died of cancer. Since then very tired, cystitis every 3 months, nausea, irritable bowl, very painful period. She had to skip school many times. She was depressed and had no clue what to study after her exams. After 18 treatments over a longer period of time she fully recovered from all of her complaints. She blossomed, was more outgoing and found herself happy in an education doing what she loved to do: painting.	Paula Heggen Netherlands
Glioma in the pons Hjernestamme-gliomer (Tumor i hjernestammen)	School age boy		The treatment worked wonderfully! (glioma in the pons). The boys motorsystem is back to normal and he is going to school for a few hours. He has only a slight double vision now for which he uses glasses. Radiation is completed. He gets 1 week of chemotablets now (high dosage) and 3 weeks with no medication for an uncertain period of time. All depends on wether or not the tumor comes back. I want to make his immunesytem as strong as possible. The parents want to help. My proposition would be: - after instruction of the parents, they treat him 2 times a week. After each week of chemo I give him a detox treatment - I supervise and change the treatment if something acute comes up. Maybe stimulate the bloodforming organs at one point.	Paula Heggen Netherlands
Menstrual bleeding Severe and stomach pains	14 yrs girl		Had a very heavy period with severe bleedings of a whole week long, every 2 weeks. At the same time stomach pains for which she had to skip school many times. During facial reflexology her period became extended to the normal 4 weeks and the bleeding was reduced to 3 days. Her stomach pain was gone. 8 treatments.	Paula Heggen Netherlands

Pilonidal sinus		38 yrs Male	<p>Male 38 suffers from recurring Pilonidal sinus,. In June he had surgery to remove a very large abscess, the wound has been slow & painful to heal, and lying down is difficult.</p> <p>SB is very anxious that the wound will heal well and nervous about any future episodes. He is a very hursuit man and whilst surgery drained the abcess they could not remove the sinus at that time due to the infection, he has no desire to return to hospital to remove the sinus as that would mean several weeks recuperation, which would mean not being able to drive or work. The chances of a repeat incidence are reduced significantly after the age of 40.</p> <p>He has also been under undue stress as his partner has been very ill for a long time, the consequence of which is that he is feeling emotionally very drained, sleeping badly, anxious and finding it difficult to focus, all of which affect his general health. SB is a very tall man and suffers occasionally from lower back pain otherwise he is fit and active. He has broken the upper part of his nose twice when a child.</p> <p>SB has been a regular smoker but gave up 6 weeks ago. He does not drink alcohol.</p> <p>Treatment 1 – 2nd September 2009 Client feedback: I felt apprehensive as SB is a friend and a successful therapist in his own right, treating a professional was a little daunting. SB was looking forward to receiving a facial reflexology session as he had heard so much about it. SB has complained of muscle stiffness in his legs. It is 8 weeks since his operation and SB is able to lie with support under his back and knees. He is experiencing lower back pain.</p> <p>Client feedback: "I initially felt agitated and claustrophobic & my breathing was funny, I then relaxed more, then became deeply relaxed and was aware of things happening in my body, at the end I felt calm and good. Later, I felt physically heavy & had some very dark feelings. I feel generally positive about the treatment and feel its the right thing for me to do".</p> <p>Treatment 2 – 9th September 2009 Client feedback: I have had some positive feedback but am keen to understand the "dark feelings" that SB experienced after session 1 - SB described it as depressed/angry - which I explained was not an unusual response to FR. SB legs are feeling better but not 100%. Im feeling slightly more confident having treated SB once already.</p> <p>Client feedback: Whilst relaxed I was also concious, I had had feelings of depression since my first treatment, but I could feel a heaviness lifting. I felt relaxed & clear but by the evening I was feeling more angry than depressed.</p> <p>Treatment 3 – 16th September 2009 SB is experiencing anger and or depression after the treatment, however he is v positive, he admits to having these feelings before embarking on the treatment programme, however he now says that he can recognise that the feelings are coming, therefore deals with them better as he knows theyre going to shift, he uses the weather as a similie.</p> <p>Client feedback: I was able to relax much more quickly and deeply. Apparently I was 'out' for most of the session, although I feel as if I can remember pretty much every part of the session. It was quite trance-like. Once again I had initial over-awareness of my breath although that relaxed</p>	Penny, UK
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		<p>quickly. Afterwards, I felt quite clear. Having had a very challenging week, I was distracted before the session. This shifted positively about 2 hours after the session. Later in the day, I was able to regain my direction which I had lost somewhat because of the recent challenges. The wound has begun to itch, which is very worrying for me, my partner had a look and said that it was weeping a little, she cleaned and dressed it for me</p> <p>Treatment 4 – 24th September 2009 SB looked very tired when he arrived and much quieter than normal, it was after the session that he admitted to feeling quite ill. He explained that the wound had begun to itch and had been weeping, he is very worried that the healing is not progressing, I have explained that it would not be unusual for things to get slightly worse before they get better, I have discussed showing him an auto-stimulation point for him to work 4 times a day - point 38 for the release of natural antibiotic</p> <p>Client feedback: Before the session I was feeling absolutely exhausted which is very unlike me at any time, let alone morning time. I also had an undefined but quite strong sense of being unwell, although without any specific symptoms. I fully expected to fall asleep immediately the session started. This time however, I hardly relaxed at all and quickly began to have some abdominal discomfort which was fairly uncomfortable, and persisted throughout the session. Within 5 minutes of the session finishing, the discomfort was nearly gone as was the fatigue and sense of feeling ill. Within a couple of hours after the session the symptoms were completely gone. Penny showed me 2 points on my face that I can stimulate 3 times today and 4 tomorrow etc until my next session - Penny has drawn me a face map to show me where and has explained that it is direction specific, this will stimulate natural anti-biotics. It feels good to have something I can do myself to help the healing.</p> <p>Treatment 5 – 23rd September 2009 SB has had a good week his sleep is less fitfull and is generally more calm. He has had no more itching or weeping of the wound, so is feeling much happier. He is not experiencing anger or depression to any great degree after the treatment.</p> <p>Client feedback: During the first part of the session I was very aware of my breathing. After a about ten minutes, I felt my upper back, shoulders and neck relax and forgot about my breathing. I felt able to receive the treatment in a different way from previous times. I felt much more grounded during the session and although I didn't zone out in the same way as on previous occasions, I felt extremely present and comfortable. I also noticed that I felt less spacey after the session although still with the same level of deep calm that I associate with the treatment. Physically, I could feel a lot of muscle relaxation down both legs and on rising from the table, my spine felt straighter. I used the points that Penny gave me and have had no symptoms to cause concern in the area of the wound, it was so helpful to be able to help myself between treatments.</p> <p>Conclusion: SB has had no further episodes to concern him regarding the wound. The deposit on the RH side has reduced to level 2. He was left with a significant hole after surgery which is now almost closed. We are continuing with treatment once a week until such time as he would like to reduce the time frame. He has moved on significantly from an emotional perspective & is coping much better with home life and work, he describes himself as a new man. He is sleeping better than</p>	
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			<p>he can remember and is much more confident that there will be no further episodes of Pilonidal sinus. His lower back is much improved. He is now a devotee of Facial Reflexology, has introduced me to new clients and could well take the course himself!</p>																																																																																											
Diabetes Mellitus Type 2		49 yrs Male	<p>Male aged 49 - diagnosed with Diabetes Mellitus type 2 in 2005, he has managed his condition to date with diet and supplements, however his sugar levels are still too high and can be erratic. His cholesterol levels are low and healthy but he has been asked by his GP to take medication in order to lower his sugar levels.</p> <p>Client is keen to try anything rather than become dependent on medication due to the long term damage it could cause to his liver. As his pancreas is producing some insulin he is keen to try facial reflexology in order to further stimulate the pancreas into producing more insulin.</p> <div data-bbox="646 617 1312 949" data-label="Figure"> <table border="1"> <caption>Stephen Blood Sugar - Basic Treatment 7 Steps</caption> <thead> <tr> <th>Date</th> <th>Blood Sugar (mmol/l)</th> </tr> </thead> <tbody> <tr><td>16/04/2009</td><td>13.5</td></tr> <tr><td>17/04/2009</td><td>13.5</td></tr> <tr><td>18/04/2009</td><td>13.5</td></tr> <tr><td>19/04/2009</td><td>13.5</td></tr> <tr><td>20/04/2009</td><td>13.5</td></tr> <tr><td>21/04/2009</td><td>13.5</td></tr> <tr><td>22/04/2009</td><td>11.2</td></tr> <tr><td>23/04/2009</td><td>11.8</td></tr> <tr><td>24/04/2009</td><td>11.8</td></tr> <tr><td>25/04/2009</td><td>11.8</td></tr> <tr><td>26/04/2009</td><td>11.8</td></tr> <tr><td>27/04/2009</td><td>10.8</td></tr> <tr><td>28/04/2009</td><td>10.8</td></tr> <tr><td>29/04/2009</td><td>10.8</td></tr> <tr><td>30/04/2009</td><td>10.8</td></tr> <tr><td>01/05/2009</td><td>10.8</td></tr> <tr><td>02/05/2009</td><td>10.8</td></tr> <tr><td>03/05/2009</td><td>12.4</td></tr> <tr><td>04/05/2009</td><td>12.4</td></tr> <tr><td>05/05/2009</td><td>12.4</td></tr> </tbody> </table> </div> <div data-bbox="633 1026 1328 1375" data-label="Figure"> <table border="1"> <caption>Stephen Blood Sugar - 7 Steps + Neurological Points</caption> <thead> <tr> <th>Date</th> <th>Blood Sugar (mmol/l)</th> </tr> </thead> <tbody> <tr><td>3/07/2009</td><td>13.5</td></tr> <tr><td>07/09/2009</td><td>13.5</td></tr> <tr><td>14/09/2009</td><td>13.5</td></tr> <tr><td>21/09/2009</td><td>13.5</td></tr> <tr><td>28/09/2009</td><td>13.5</td></tr> <tr><td>04/10/2009</td><td>13.5</td></tr> <tr><td>11/10/2009</td><td>13.5</td></tr> <tr><td>18/10/2009</td><td>13.5</td></tr> <tr><td>25/10/2009</td><td>13.5</td></tr> <tr><td>01/11/2009</td><td>13.5</td></tr> <tr><td>08/11/2009</td><td>13.5</td></tr> <tr><td>15/11/2009</td><td>13.5</td></tr> <tr><td>22/11/2009</td><td>13.5</td></tr> <tr><td>29/11/2009</td><td>13.5</td></tr> <tr><td>06/12/2009</td><td>13.5</td></tr> <tr><td>13/12/2009</td><td>13.5</td></tr> <tr><td>20/12/2009</td><td>13.5</td></tr> <tr><td>27/12/2009</td><td>13.5</td></tr> <tr><td>03/01/2010</td><td>13.5</td></tr> <tr><td>10/01/2010</td><td>13.5</td></tr> <tr><td>17/01/2010</td><td>13.5</td></tr> <tr><td>24/01/2010</td><td>13.5</td></tr> <tr><td>31/01/2010</td><td>13.5</td></tr> </tbody> </table> </div>	Date	Blood Sugar (mmol/l)	16/04/2009	13.5	17/04/2009	13.5	18/04/2009	13.5	19/04/2009	13.5	20/04/2009	13.5	21/04/2009	13.5	22/04/2009	11.2	23/04/2009	11.8	24/04/2009	11.8	25/04/2009	11.8	26/04/2009	11.8	27/04/2009	10.8	28/04/2009	10.8	29/04/2009	10.8	30/04/2009	10.8	01/05/2009	10.8	02/05/2009	10.8	03/05/2009	12.4	04/05/2009	12.4	05/05/2009	12.4	Date	Blood Sugar (mmol/l)	3/07/2009	13.5	07/09/2009	13.5	14/09/2009	13.5	21/09/2009	13.5	28/09/2009	13.5	04/10/2009	13.5	11/10/2009	13.5	18/10/2009	13.5	25/10/2009	13.5	01/11/2009	13.5	08/11/2009	13.5	15/11/2009	13.5	22/11/2009	13.5	29/11/2009	13.5	06/12/2009	13.5	13/12/2009	13.5	20/12/2009	13.5	27/12/2009	13.5	03/01/2010	13.5	10/01/2010	13.5	17/01/2010	13.5	24/01/2010	13.5	31/01/2010	13.5	Penny, UK
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Anemia		40 yrs Female	<p>40 years old woman. She came to me in August because of apparent case of anemia. She did not digest well and used to suffer from coughing too.</p> <p>At the beginning even coming once a week to my cabinet was not easy for her. She was a very sensitive person and had many</p>	Robert Przybys, Poland																																																																																										

			<p>reactions after the treatments. She felt much better just after a few meetings.</p> <p>After two months she called me very early in the morning saying: „I am pregnant. I am sure it was possible only because of your treatments.” She was really shocked. With the husband they tried to have a baby but as I understood both lost the hope. She got known that she has a quite big fibroma. Now the therapy concentrates on this problem. The digestive problems and coughing almost disappeared.</p>	
Infertility problems		Female	<p>One of my patients with infertility problems because she had too many masculine hormones, she became pregnant in the autumn. The baby who was born in July develops very well.</p>	Robert Przybys, Poland
Ischaemic brain stroke	5 Month boy		<p>I'm working with a little 5 months old baby boy. It is really good. The parents worked very well with Temprana Reflex Therapy. I've got great results with the baby suffering from the stroke in the first days of life. Since October I've had been working twice a week. The parents worked also at home with the therapy. At the beginning the head was all the time directed left, eyes too, right hand almost did not move. Now with the head and eyes it is almost OK, with hand small difference. There was a moment that the boy had the brain tomography with contrast. Afterwards almost did not move the right hand. The mother and grandmother visited me with the child and during the treatment the boy started weaving the right hand.</p> <p>The women were hilarious and very enthusiastic. After a Few days there was a great improvement. I have also good results with my adult patients.</p>	Robert Przybys, Poland
Louis-Bar Syndrome	8 yrs boy		<p>8 years old boy. He is suffering from Louis-Bar syndrome. This degenerative brain disease causes progressive cerebella ataxia and speech dysfunctions. Death usually occurs in adolescence or early adulthood of a pulmonary infection or a lymph reticular malignant tumor.</p> <p>The medical examinations show changes in cerebellum and immune system. Two groups of IgG do not exist in his organism. IgA are lower than normally. The parents have been working intensely after Temprana course in July 2009. For a few months there were no visible changes.</p> <p>When the family came a few days ago it turned out that the boy speaks more fluently. The boy had no serious infection last autumn and winter. His appetite is much better and it is important because the boy was very slim. The biggest deposit was at the beginning both sides, symmetrically at the orange area. Now at the left side it is much smaller.</p> <p>The boy still suffers from wrong motional coordination and gravitational insecurity. Despite it parents seem to be much more optimistic than before and all the time they work hard.</p>	Robert Przybys, Poland
Pains in the face (Constantly for 12 years)		Female	<p>I worked for a few months with the lady who suffered for 12 years constant pains in the face. No-one could help her. She traveled to me 250 km every week and we managed :-). Her life has changed totally. She started to smile, going abroad for holidays.</p>	Robert Przybys, Poland
Weakening hearing		Female	<p>Little "miracles" happen almost everyday. One of my students (hand reflexology course in Poland) without any experience in therapies just 2 weeks after the course went for Christmas to the mother who had serious problem with weakening hearing. Just after a few treatments it improved so much that she resigned from buying hearing aid.</p>	Robert Przybys, Poland

School problems	13 yrs girl		A 13 years old girl who was brought to me with school problems in September. She is very calm and shy. The worst for her are foreign languages and mathematics. After 3-4 months of the therapy the school grades improved significantly.	Robert Przybys, Poland
Chronic Fatigue		Female	I have just finished working with a woman with chronic fatigue. I did 8 treatments during a 4 week period. She is now fine having just moved house.	Rubert, UK
Floater (in eyes)		Male	I have had great success with a patient for his floaters in his eyes with facial reflexology.	Shirley, USA
Sense of Smell completely gone		57 yrs Male	<p>Symptoms: The sense of smell is completely gone after a big pneumonia 2 years ago. Very tense throughout the shoulder / neck / jaw.</p> <p>Results:</p> <p>1: When I knew about his specific problems even before the first reading, so I have put up a treatment plan before. However, I know obviously not the main depot is only during the treatment. Client find it easier to breathe when I press the NP extra points. Otherwise no changes.</p> <p>2: No changes in the olfactory front, but he thinks it is easier to breathe in general and also that it feels like after a short drink of the nose.</p> <p>3: He has smelled sewage and a strong smelling perfume lady.</p> <p>4; He has smelled the strong cat pee. It is positive that he is aware of odors, although still only smelly odors.</p> <p>5; He has smelled the fumes, then the fried pancakes. Positive that it is also starting to feel a bit of good smells. Although it is more rare than the disgusting.</p> <p>6: More and more fragrance is perceived, both good and disgusting. We decide to continue with the treatments, so that it becomes 10. There will be a natural break during the Christmas holidays, then we can wait and see if the changes persist.</p> <p>Symptom: Luktsinnet är fullständigt borta efter en stor lunginflammation för 2 år sedan. Väldigt spänd i hela axel/nacke/käkpartiet.</p> <p>Resultat:</p> <p>1; Då jag visste om hans specifika problem redan innan första behandlingen, så har jag lagt upp en behandlingsplan redan innan. Dock vet jag självklart inte vilken största depån är förrän under behandling.</p> <p>Ove tycker att det går lättare att andas då jag trycker på extra NP punkterna. Annars inga förändringar.</p> <p>2; Inga förändringar på luktfronten, men han tycker det går lättare att andas rent generellt och även att det känns som efter en kallsup i näsan.</p> <p>3; Ove har känt av lukten av avlopp och en stark illaluktande tantparfym.</p> <p>4; Ove har känt lukten av starkt kattkiss. Tycker det känns positivt att han känner av lukter, även om de fortfarande enbart är illaluktande dofter.</p> <p>5; Ove har känt lukten av matos, då de stekte pannkakor. Positivt att det även börjar kännas lite goda dofter. Även om det är mer sällsynt än de äckliga.</p> <p>6; Fler och fler dofter uppfattas, både goda och äckliga. Vi bestämmer att fortsätta med behandlingarna, så att det blir 10 st. Sedan blir det ett naturligt avbrott under julhelgerna, då vi kan avvakta och se om förändringarna håller i sig.</p>	Sofia Andersson, Sweden
Tinnitus		49 yrs Male	<p>Symptoms: Tinnitus and hearing loss in left ear after an explosive accident some</p>	Sofia Andersson,

			<p>years ago. Hard to sleep properly unable for reasons constantly annoying howl in your ears.</p> <p>Result; 1: In the treatment of extra NP points and ear area, the highest notes disappear. The return will be back for a while after treatment. The treatment is experienced as very relaxing and the patient goes to sleep deeply. 2: Similar experience. The patient feels a pleasant sensation around the ear area, when I deal with, especially when I press the NP extra points. 3, We plan to continue treatment once a week to come, to see if there are any major results. So far no changes except during the actual treatment.</p> <p>-----</p> <p><u>Swedish:</u></p> <p>Symptom; Tinnitus och nedsatt hörsel på vänster öra, efter en sprängolycka (hög smäll i ett plåtskjul) för några år sedan. Svårt att sova ordentligt p.g.a. ständigt störande tjut i öronen.</p> <p>Resultat; 1; Vid behandling av extra NP punkterna och örats område, så försvinner de högsta tonerna av tinnitusen. De återkommer dock igen ett tag efter behandlingen. Behandlingen upplevs som väldigt avslappnande och patienten somnar djupt. 2; Liknande upplevelse. Patienten känner en behaglig känsla runt öronens område då jag behandlar där, speciellt då jag trycker på extra NP punkterna. 3; Vi planerar att fortsätta behandla en gång i veckan framöver, för att se om det blir några större resultat. Än så länge inga förändringar förutom under själva behandlingen.</p>	Sweden
<p>Thyroid function</p> <p>Energy level</p> <p>BP</p> <p>Lymph oedema</p> <p>legs</p> <p>Hot flushes</p> <p>Stress</p>	51 yrs Female	<p>My client has had hearing aids since she was a child. She has always been totally deaf in her left ear and she has hardly any hearing in her right ear. The hearing in her right ear became gradually worse over time and when she was 12 she was sent away from home to a boarding school for deaf children which she hated. Her hearing aids can cause her headaches as they can pick up too much and then squeak in her ear.</p> <p>My client had asthma as a child but this stopped when she left school and she hasn't had an attack since then.</p> <p>She also had blocked sinuses and aged 18 she had an operation to put splints in to widen them.</p> <p>She went through a period of getting quite a few bladder infections but hasn't had cystitis for many years.</p> <p>She has a son (12) with Aspergers Syndrome. She put on a lot of weight when she was pregnant with him and went from a size 10 to a size 22. She was 8 stone when she got married and then went to 20 stone by the time she had her son. My client is 5ft 1ins.</p> <p>At the time of her 2nd pregnancy she developed an underactive thyroid and has been taking medication for the past 12 years.</p> <p>Also at the time of her pregnancy she developed high blood pressure and has also been on medication since then.</p> <p>She broke her thumb and ankle 7 years ago when Jack ran in front of her and she fell into the road but both have healed and she does not get any pain in either of these areas.</p>	Sophia Tayler, UK	

		<p>My client thinks she is going through the menopause, but she has not had this confirmed with her GP. Her periods stopped 3 months ago, then she had a bleed a week before treatment began which lasted a day. She gets hot flushes all the time and can also get very hot at night.</p> <p>She had a gastric band fitted 2 years ago (June 2007). The band became twisted during the first year and caused a lot of discomfort but this was sorted out at the start of the year. The hospital wants her to get to 10½ stone and when she reaches 11½ stone they will open the band slightly. [after 6 years the band is changed, but it is up to her to say if it is removed or not]. Her weight at present is 12st 13lbs, so she has lost nearly 8 stone.</p> <p>Due to the gastric band her diet is restricted and she finds that she gets constipated if she does not take the multivitamins.</p> <p>She has a small lump (right breast, just below the nipple). Her GP has seen in a thinks it is just a fatty lump but she has an appointment at the end of the month to get it checked out.</p> <p>My client has recently needed glasses for reading as she has noticed her eyesight has gradually deteriorated .</p> <p>Even with the thyroxin medication my client can have days when she has no energy and she just has to go to bed until she feels better.</p> <p>Breakfast: Never eats breakfast Lunch: She has crispbread with cottage cheese, or pate Dinner: fish cakes every other day</p> <p>Food is becoming an issue with my client. She says she doesn't like the feel of food going down the tube in her stomach and sitting there. Sometimes it can make her sick. She is going to see a dietician as she knows she is not eating properly, even with the band. She likes mash potatoe and tinned tomatoes and the crispbread. Sometimes she misses eating normally, longs for a roast dinner and potatoes.</p> <p>Drinks: blackcurrant cordial – doesn't like plain water</p> <p>Never smoked & doesn't drink alcohol</p> <p>Exercise: She used to enjoy swimming but at present she doesn't take much exercise. She is unhappy with her body. She has poor muscle tone, lots of lose skin. Her flat is on the fourth floor and there is no lift and she gets breathless going up these stairs.</p> <p>She gets pain in the back of her knees and in the upper area of her arms (and also between shoulder blades.</p> <p>Home: She is living on her own with her 12 year old son. Her 2nd husband left her nearly 2 years ago but lives close by. He left at the same time her brother was dying. She gets very angry at times and finds it difficult to cope with her sons moods. Her son has been going through a difficult time at school as he has just changed school and is not happy there. Last night she had to get her ex to come over and help as he was being aggressive.</p> <p>She had a 2nd son who was adopted – he would be 31 now. She went to a Catholic convent in Westminster to have him. She had the baby with her for 2 days before the nuns took him away. Can't trace him</p>	
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			<p>now; keeps on trying. She never told her dad about the baby and only told her mum last year just before she died. Wished she hadn't done it as she went and married the father (he was in a rock band and marriage lasted a few months). Client became quite emotional discussing this.</p> <p>Family history: Parents – her dad died from heart disease and her mum died last year – my client felt she just gave up after her son died. Siblings – she had 6 siblings – her brother died nearly 2 years ago.</p> <p>Results after 6 treatments</p> <ul style="list-style-type: none"> • BP – this has gone right down (unfortunately client couldn't give me a reading) • Energy Levels – Apart from this week energy levels have really improved since the start of treatment. Before treatment began she would have periods of needing to stay in bed all day, but she hasn't needed to do this. • Hot flushes/night sweats – again a huge improvement since the start of treatment, as client hasn't experienced either for quite some time • Aches/Pains – the pain in her hips has gone and the pain in her shoulders and knee is not as tight • Lymph Oedema – client has noticed a general improvement in her legs and ankles. The ankles in particular are noticeably better from week one and much more defined. • All her friends have said how well she is looking and she has noticed a huge improvement in her skin tone and texture. • Considering the amount of stress she has been under she feels that she has been able to cope better with everything from having the treatments as it has helped calm her down and given her some time for herself. She has also noticed that she is coping with her son much better now too. 	
Anxiety / Depression		50 Female	<p>After reading an article on Facial Reflexology, X contacted me for a series of Facial Reflexology sessions. X is a 50 year old female who has been suffering from anxiety, panic attacks and depression for 14 years. Since the death of her mother two years ago the anxiety has become more severe as she has been plagued by bad dreams and emerging memories of a difficult childhood.</p> <p>X is unable to work and her panic attacks cause her to feel nauseous, break into a sweat and she feels her 'heart beating in her ears'. She finds it impossible to be in enclosed spaces such as shopping centres and often bursts into tears for no particular reason. The anxiety sits in her stomach like a 'big black thing.'</p> <p>Other health issues:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extremely overweight <input type="checkbox"/> Heavy smoker <input type="checkbox"/> Severe weeping eczema on her forearms for past 5 years <input type="checkbox"/> Some allergies <input type="checkbox"/> Slightly underactive thyroid <p>Medication: Antidepressant Current treatment: Cognitive Behavioural Therapy</p> <p>Treatment: Treatments were weekly and I followed the same procedure for the first 5 sessions.</p> <p>Results: At the second session she reported having been less anxious all week and that she had not had any panic attacks (two per week was usual for her). At the third session she was feeling so much better and had even been able to remain in a shopping centre without feeling nauseous or having an urge to flee. No panic attacks and no tears that week. The skin on her arms was showing improvement.</p>	Sue Ehinger Australia

			<p>At the fourth session her improvement continued. Still no panic attacks, some low level anxiety but she was now so happy with reflexology that she had booked into a reflexology course. She had also decided to attend a weekend Journey Intensive (facilitated by founder of this work Brandon Bays) to address the emotional trauma from her childhood.</p> <p>At the fifth session her skin showed significant improvement – the inflammation was fading, less itching and the open weeping areas were healing; no panic attacks; she was bravely dealing with the painful memories that were emerging from the Journeywork.</p> <p>Six months later: X has continued to come for reflexology treatment, now every second week if she can. Her arms are free of eczema, she no longer has panic attacks and she has given up smoking. She now sees the psychologist monthly instead of weekly and although she has ups and downs with depression and anxiety, these symptoms are much more manageable and there is a clear connection between their presence and the work she is doing on clearing the issues from her past.</p>	
<p>Aches and constant pains throughout the body for 6 years</p> <p>Difficulty sleeping</p> <p>Fatigue</p> <p>Daily headaches</p> <p>Depression</p> <p>Acne</p> <p>Raynauds Disease for 20 years</p>			<p>For the past 6 years, case history has constant aches and pains throughout body. Mainly in joints and spine described as burning sensations.</p> <p>Difficulty sleeping, suffers fatigue, daily headaches, depression and acne.</p> <p>Recently developed extreme sweating.</p> <p>Lumbar pain exacerbated by previous epidural.</p> <p>After five Facial Reflexology treatments: Case history was pain free for longer periods (after 5th treatment – pain free for 3 weeks) Sleeping better therefore has more energy. Mood has continued to be upbeat. No headaches. Improvement in complexion.</p> <p>Case History symptom profile: Diagnosed with Mixed Connective Tissue Disease 30 years ago: inflammation, numb from the knees down. Pain in joints and spine which now disrupts sleeping quality.</p> <p>Suffers from Raynauds disease for past 20 years.</p> <p>Migraines, reflux (under medication) and under-active thyroid (under medication).</p> <p>After six treatments: Case history has restored sensitivity in both legs from knee down and numb finger and toes. No reflux, Raynauds symptoms are only very mild.</p> <p><i>"I thought the treatments were great and they really made me feel so relaxed and having you explain what you were doing and how the treatment worked gave me so much faith and confidence in the treatment.</i></p> <p><i>I am so pleased with the result of being pain free in my legs and arms where I was getting the most dreadful nerve pain, and have now got feeling back in my legs etc which were numb for years and so much more energy and feeling relaxed. Also my migraines have almost stopped with just the occasional one and I have stopped taking my reflux tablets. I would certainly recommend this treatment as it has definitely changed my life."</i></p>	Sue Rogers Yate, South Gloucester, UK

<p>Stroke/ Aphasia</p> <p>Temprana Therapy</p>	<p>44 Female</p>	<p>21 months ago, she had a stroke in her left brain hemisphere. Consequences of the stroke were: facial palsy, right hemi paresis and motor aphasia.</p> <p>After suffering the stroke, the patient has undergone a variety of medical treatments and physiotherapy.</p> <p>Within these 21 months she has recovered from her facial palsy. Her ability to speak has improved (the patient is able to communicate relatively smoothly) and the mobility of her right side of the body also improved, although to a lesser extent.</p> <p>Despite these advances, the patient has not fully recovered yet; she is still having difficulties due to the persistence of right hemi paresis and aphasia which also cause stress and frustration to her.</p> <p>Patient-reported outcomes after eight sessions of treatment:</p> <p>From the first session the patient reported an extraordinary relaxation during the treatments. One measurement of her heart rate via a holter monitor during a session detects a significant decrease of her heart rate, with values even lower than those shown during sleep.</p> <p>This finding is very important since the stroke she suffered was a result of a high level of job stress and it is important for the patient to reach a suitable state of relaxation and to be able to control her stress levels and cardiac parameters.</p> <p>The quality of her sleep has improved very much so she wakes up more rested and with more vitality.</p> <p>Her posture is visibly improved; her psychologist has bespoken that and raised this fact to our attention.</p> <p>21 months ago, she had a stroke in her left brain hemisphere. Consequences of the stroke were: facial palsy, right hemiparesis and motor aphasia.</p> <hr/> <p>Hace 21 meses sufrió un ictus cerebral de hemisferio izquierdo. Consecuencias del ictus: parálisis facial, hemiparesia derecha y afasia motora.</p> <p>Tras sufrir el ictus la paciente se ha sometido a diversos tratamientos médicos y fisioterapéuticos.</p> <p>En estos 21 meses se ha recuperado de la parálisis facial. La capacidad del habla ha mejorado (la paciente se comunica con relativa fluidez) y la movilidad de la zona corporal derecha también ha mejorado aunque en menor medida.</p> <p>Pese a estos avances, la paciente no se ha recuperado totalmente; sigue presentando dificultades debidas a la persistencia de la hemiparesia derecha y de la afasia lo que le causa además estrés y frustración.</p> <p>Resultados referidos por la paciente tras 8 sesiones de tratamiento:</p> <p>Desde la primera sesión la paciente comenta una extraordinaria relajación durante los tratamientos. Una medición de la frecuencia cardíaca con monitor holter durante una de las sesiones detecta un importante descenso de dicha frecuencia cardíaca, con valores inferiores incluso a los que presenta durante el sueño.</p> <p>Este hecho es muy importante ya que el ictus le sobrevino a consecuencia de un alto nivel de estrés laboral y es importante para la paciente alcanzar un estado de relajación adecuado y controlar sus niveles de estrés y sus parámetros cardiológicos.</p> <p>La calidad de sueño ha mejorado mucho por lo que se despierta mucho más descansada y con mayor vitalidad.</p> <p>Su postura ha mejorado visiblemente, su psicóloga ha evidenciado este hecho y nos lo ha hecho notar.</p>	<p>Teresa, Madrid Spain</p>
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Autism	5 yrs Boy		<p>Tristan, February 2005 Germany</p> <p>Medical diagnosis 2004: Autism Prognosis: Extremely slow learning abilities. No prospect for normal learning or schooling. No prospect for an independent life.</p> <p>Observations: Feb. 2005 Low verbal ability- can only compile maximum 2 words. Low verbal understanding (i.e. hot - cold, happy - sad) Inability of self-expression. Good eye contact, but is absent for shorter moments, several times during the day. Very aggressive behaviour - bad temper is shown by throwing himself on the floor and crying. Doesn't have repetitive tendencies. (This behaviour pattern was shown when he was younger). Good contact with others children and adults. Gross motor skills: Good gross motor skills, but has problems keeping his balance. Potty trained. Does not have the ability to bike. Does not have the ability to swim. Fine motor skills: Eats and drinks by him. Scribbles, but uses only one color.</p> <p>Primary diet includes: Milk. Refined white flour. Sugar. Processed food heated in the microwave. Dietary supplements: None</p> <p>Tristan lives alone with his mother Ulla. Tristan's grandmother lives in the same building and he visits her frequently. His parents are divorced and they have dysfunctional relationship. Ulla explains she had many problems with her relationship with the father during and after the pregnancy. Ulla believes that Tristan's condition is a result of this situation. The parents still have a dysfunctional relationship and they are going through a court case. Tristan visits his father every third weekend and during the summer vacation. Tristan goes to a kindergarten for children with special needs.</p> <p>2006-02-14 Tristan, Germany , 6 years old</p> <p>Medical diagnosis 2005: Autistic traits. Prognosis: Slow learning abilities. Prospect for learning in a special needs school. Prospect of no independent life.</p> <p>Observations and changes comparing with last consulting: Feb. 2006</p>	The mother of Tristan Germany

		<p>Normal verbal ability, but does have some pronunciation problems Perfect verbal understanding (i.e. hot - cold, happy - sad). Ability to express himself. Good eye contact. Does not loose his temper as often and is not aggressive anymore. Does not have repetitive tendencies. Good contact with others children and adults. Loves to play with others children and loves to walk to the kindergarten.</p> <p>Gross motor skills: No balance problems. Potty trained. Is able to bike. Is able to swim. Is able to dance.</p> <p>Fine motor skills: Eats and drinks by himself Draws figures, people, houses, trees etc.</p> <p>Diet: Does not drink milk. Eats refined flour. Eats sugar once in a while. Eats a wholesome and well balanced diet.</p> <p>Diet supplement: Omega 3 Tristan would like to learn to play the violin.</p> <p>January 2007 Tristan has started in a normal school.</p> <hr/> <p><u>Danish:</u></p> <p>Tristan, februar 2005 Tyskland</p> <p>Medicinsk diagnose 2004: Autisme Prognose: Ekstremt langsom indlæringsevne. Ingen udsigt til normal læring eller skolegang. Ikke udsigt til et uafhængigt liv.</p> <p>Bemærkninger: Februar 2005 Lav verbal evne, kan kun sammensætte maksimum 2 ord. Lav verbal forståelse (dvs. varm - kold, glad - trist) Manglende evne til selvudfoldelse. God øjenkontakt, men er fraværende i kortere øjeblikke, adskillige gange i løbet af dagen. Meget aggressiv adfærd - arrigskab er vist ved at kaste sig på gulvet og græde. Har ikke repetitive tendenser. (Dette adfærdsmønster sås, da han var yngre). God kontakt med andre børn og voksne.</p> <p>Grovmotoriske færdigheder: Gode grovmotoriske færdigheder, men har problemer med at holde balancen. Pottetrænet. Kan ikke cykle. Kan ikke svømme.</p> <p>Finmotorik: Spiser og drikker selv. Kruseduller, men kun bruger én farve.</p> <p>Primær kost indeholder:</p>	
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Cerebral paralyse	6 yrs girl boys	<p>Status from parents to Freya, Zechariah and Frederick, 6 years, Commenced Temprana therapy in Aug. 2010 - status to Dec. 1, 2010</p> <p>Overall we are very positive about Temprana therapy and we do Temprana almost 5 times a week ... there can be few days when we will not cover everything.</p> <p>We have found that:</p>	The parents of Freya, Zakarias and Frederik, Aarhus Denmark

		<p>Eyesight: Freya's eyes seem more quiet - they do not wander quite so much now, it is as if she can focus .. a short period of time.</p> <p>Language: Freya began approx. 2 weeks after we had started to say more sounds and sometimes even a few more words ... but it is most sounds. She likes to play with different sounds.</p> <p>Generally, we saw shortly after we had started that Freya has become more agile, and is more "with" when we talk to her - ie. she answers(that she can now) faster - pointing perhaps more thing, if we, for example. are sitting at the table and eat.</p> <p>Freya had (and will have again) an electrical wheel chair in kindergarten – with a plot. Using a magnetic strip that you can make one lane of - she drives the chair by using an on / off switch. She has become much better driving the chair after starting Temprana. In general it is just good for her ... she is a very cool girl, as she has poor circulation in her legs ... especially her legs and feet are always warm after Temprana treatment.</p> <p>Status of Zakarias: Cerebral paralysis - We went for eye check in September after about 1 ½ months with Temprana approx. 3 times a week. There was an improvement in vision in left eye from 25 to 40%. Right eye was 100% (from 80% last time). We use folding workout 5 times a week. - Zakarias no longer overpulls left knee when he walks and stands with his foot rail on. Without the splint (ie bare feet / sock feet) he still overpulls a lot. - He is much better on the feet with bare feet. He still has very fallen arches, but do not fall quite as much inward as he used to. It appears, however, when he has gone barefoot for some time. - He is very obs trying to use his left hand. There is not much power in it, but it is used much as the support hand, and he tries, even without using it to hold things. If he eventually could have a great take-and-drop function, it would be good :-) - Concentration was much better. We (our relief women) are practicing a lot, and kindergarten do it too. He correctly grips the pencil now, it's come here during the last month. He can write letters and is very conscious that his drawings should look like something.</p> <p>The negative: Zakarias has already had epilepsy. He has been seizure-and drug free for 2 years now. But hin this autumn, he has had brief "seizures" we do not know what is - but unfortunately, we suspect, the epilepsy is coming back. These "attacks" do not resemble the seizures he had as little - most often they only last for a few seconds, and we discover it by saying "see me - I'm strange." The first times it was related to cough and vomit-trial, so we are only related to the nausea - it has helped to give him something to drink and get him a little off putting. We also thought it might be caused by low blood sugar or too much chocolate and everything else. But in recent times it has been a pale boy who "looks strange" (according to his own admission) and it is gone after a few seconds. We believe it is dizziness and possibly nausea, but it's hard for him to verbalize (also because we can not get him to use words such as nausea about himself, for he is certainly not sick!). He is contactable at all times (and it is not entirely with epilepsy, but he was also contactable during most of the seizures he had as small). From early November, the "attacks" were more often (1-2 times a week.</p>	
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		<p>Status fra forældre til Fraya, Zakarias og Frederik, 6 år, Århus` Påbegyndt Temprana terapi aug 2010- staus til 1 dec 2010</p> <p>Generelt er vi meget positive med hensyn til Temprana terapi og vi laver Temprana så godt som 5 gange om ugen ...der kan være få dage, hvor vi ikke når det hele.</p> <p>Vi har konstateret følgende:</p> <p>Syn: Fraya's øjne virker mere rolige - de flakker ikke helt så meget som tidligere, samtidig er det som om, hun kan fokusere ..kort tid af gangen.</p> <p>Sprog: Fraya begyndte ca. 2 uger efter vi var startet at sige flere lyde og indimellem også nogle flere ord ...men det er mest lyde. Hun kan godt lide at lege med forskellige lyde.</p> <p>Generelt oplevede vi kort tid efter, at vi var startet, at Fraya er blevet mere kvik, og er mere "med", når vi taler med hende - dvs. hun svarer (det hun nu kan) hurtigere - peger måske også mere på ting, hvis vi f.eks. sidder ved bordet og spiser.</p> <p>Fraya havde (og får igen) en "akkaplata" i børnehaven - det er en plade, som hendes hi/low stol (den hun sidder i) kan sættes op på. Ved hjælp af en magnetstribе, som man kan lave en kørebane af - kører hun så ved hjælp af en tænd/sluk kontakt. Dette er hun blevet meget bedre til efter opstart af Temprana - Generelt er det også bare godt for hende...hun er jo en meget kold pige, da hun har dårligt blodomløb i især benene ...hendes ben og fødder bliver altid godt varme af,at lave Temprana.</p> <p>Status på Zakarias: Cerebral paralyse - Vi var til øjentjek i september efter ca 1½ måned med temprana ca. 3 gange om ugen. Der var en forbedring på synet på venstre øje fra 25 til 40%. Højre øje var på 100% (fra 80% sidste gang). Vi bruger klaptræning 5 gange om ugen. - Zakarias overstrækker ikke længere venstre knæ, når han går og står med sin fodskinne på. Uden skinne (dvs bare fødder/strømpefødder) overstrækker han stadig meget. - Han står meget pænere på fødderne med bare fødder. Han er stadig meget platfodet, men falder ikke helt så meget indad, når han står. Det kommer dog, når han har gået med bare fødder i nogen tid. - Han er meget obs på at forsøge at bruge sin venstre hånd. Der er ikke mange kræfter i den, men den bruges meget som støttehånd, og han prøver også uopfordret at bruge den til at holde ting med. Hvis han på sigt kunne få rigtig gribe og slip-funktion, ville det være godt :-) - Koncentrationen er blevet meget bedre. Vi (vores aflastningspiger) øver rigtig meget, og børnehaven gør det også. Han har korrekt greb på blyant nu, det er kommet her i løbet af den sidste måned. Han kan skrive bogstaver og er meget bevidst om at hans tegninger skal ligne noget.</p> <p>Det negative: Zakarias har tidligere haft epilepsi. Han har været anfalds- og medicinfri i 2 år nu. Men her i løbet af efteråret har han haft korte "anfald", som vi ikke ved, hvad er - men som vi desværre har mistanke om, er epilepsien på vej tilbage. Disse "anfald" ligner ikke de anfald, han havde som lille - de varer som oftest kun et par sekunder, og vi opdager det ved, at han siger "se mig lige - jeg ser mærkelig ud". De første gange var det i</p>	
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			<p>forbindelse med host og opkast-forsøg, så vi har først relateret det til kvalme - det har hjulpet at give ham lidt at drikke og få ham lidt ned at lægge. Vi har også troet, det skyldes lavt blodsukker eller for meget chokolade og alt mulig andet. Men de seneste gange har det været en bleg dreng, der "ser mærkelig ud" (ifølge eget udsagn), og det er væk efter et par sekunder. Vi tror, at det er svimmelhed og måske kvalme, men det er svært for ham at sætte ord på (også fordi vi ikke kan få han til at bruge ord, som kvalme om sig selv, for han er i hvert fald ikke syg!!). Han er kontaktbar hele tiden (og det hænger ikke helt sammen med epilepsi, men han var også kontaktbar under hovedparten af den type anfald, han havde som lille). Fra begyndelsen af november har "anfaldene" været oftere (1-2 gange om ugen.)</p> <p>Frederik: Cerebral paralyse</p> <p>Der kan registreres bedring på synet. Der er stadig uro i hans højre side. Jeg har endda oplevet en øget uro i venstre side blandt andet i foden, som ikke plejer at være sådan. Det er dog ved at blive bedre igen, synes jeg. Han er begyndt for nylig at gå og klemme sammen i den ene side, hvor han bøjer sig sammen. Og derudover er han begyndt at sige små mere eller mindre konstante lyde med munden.</p> <p>Hans arm virker ikke så urolig, som den har været, og jeg synes også, at han frivilligt er begyndt at bruge den til nogle ting. Men det er ikke en mærkbar forskel.</p> <p>Rent socialt går det bedre for ham der, end det nogensinde gjorde i børnehaven.</p>	
Trigeminal Neuralgia		Female	<p>Client describes onset of tmj-n as beginning with the extraction of a wisdom tooth. Also suffers with MS, RA, and Osteoporosis. Bites one side of her jaw and tongue due to numbness. Is unable to tolerate touch to right side of face, or air stirring. Client entered the room wearing a scarf covering her face and head.</p> <p>Major Complaint: Trigeminal Neuralgia</p> <p>Initial session began with feet. Trauma line revealed trauma at 18-20 years of age (husband's amorous secretary which lead to relocating to another area) , 35 years of age (death of a close friend), and 58 years of age (death of her mother). All confirmed by different event in life. After integrative chi-balance was applied, client commented on feeling a positive sensation traveling up her legs.</p> <p>After manipulating maps of the feet, client was asked to touch her face in an area she considered previously painful As she was able to do so without discomfort, she decided to continue session with Facial Reflexology.</p> <p>Client enjoyed the session remarking throughout how amazed she was that I was able to touch her face. After the session, client was serene and settled. Upon realizing that she could touch her own face and apply relative pressure to the skin without pain, she began to weep, proclaiming that she had her life back and her grandchildren could now kiss her and touch her without causing pain. She was thrilled.</p> <p>22nd September 2009 Client said this made her feel very relaxed and she could feel it going everywhere in her body</p>	Tonda Coutu Salisbury NC

			<p>29th September 2009 Crows feet and deep lines on bridge of nose improved at end of last treatment but are back again!</p> <p>Treatment 3 – 6th October 2009 The client became calm, her breathing was nice and even and her body relaxed. Crows feet and deep lines on bridge of nose improved at end of last treatment and are not so bad today</p> <p>Treatment 4 – 13th October 2009 Crows feet and deep lines on bridge of nose are slowly improving between treatments stomach zone is becoming noticeably worse in texture since start of treatment – could be due to antibiotics or stress Client mentioned she was seeing “lots of purple” when I began the stimulation of the liver and gallbladder zone Client noticed a clearing on the left side of the head when I began working her right side.</p> <p>Treatment 5 – 20th October 2009 client was upset and anxious when she came in today There was tension held in the chin today – client thinks she has been grinding her teeth at night recently as wakes with jaw ache. Crows feet and deep lines on bridge of nose are improving and there is more tone Client eyes started watering when I was about half way through step 6 – at the end of the treatment she mentioned she was thinking back to her childhood</p> <p>Treatment 6 – 27th October 2009 The client settled down, her breathing was nice and even and her body began to relax.</p> <p>The tension in her jaw is not as bad as last week and it has not been aching. Crows feet and deep lines on bridge of nose are improving</p>	
Hormone issues		Women	<p>Face Reflex-Therapy and Hormone Testing Getting results</p> <p>I have a client that I have been working with for hormone issues four months now.</p> <p>First Client She reported no menstrual cycle for 2 years. This was her reason for coming to me. After two sessions her cycle began. This has been ongoing each month now. Client has lost on average two pounds a week through out the past four months I have been working with her. Client reported how much better she feels and that in her words " I am Fun again and I feel Grown up" Reporting improved clearly about decision and place in life at this time. Quote "I am comfortable in my skin" "I feel girly and want to now watch chick flicks which I would never do before" and "I feel more feminine."</p>	Toni Wyatt, LR, NBCR, USA

			<p><u>Two Additional Clients</u> Two clients I recently did hormone test for and began sessions to rebalance have commented how much better they felt right after the first session and the next day they were still feeling great.</p> <p>One of the ladies that has been experiencing low back pain for a long time reported back pain was much improved right after session and a day later she said "My back is like new" After a week still no back pain and she commuted that when she wakes every morning she is happy and commented "I feel Great"</p> <p>The second lady also experiencing low back pain and after session commuted with a surprised look on her face, "my back does not hurt at all and I was expecting to be hurting when I set up" She reported feeling great and well rested. Client reported she had a rested night sleep and was feeling fantastic the next morning and was eager to set up her next appointment.</p> <p><u>Another client</u> came in for Hormone Test and session. Major complaint was she could not stop crying over everything. She was feeling very down. After session the client reported she was feeling much better and a follow up call with her the next evening she mentioned she was much better and no tears.</p> <p>I have seen some amazing results since I began the Hormone Test and working to rebalance for the exact hormone that is out of balance for that person.</p> <p>The first Client was having sessions prior to finding out which hormone was out of balance. The Face Reflex-Therapy I was doing was for hormones. After testing her I know which hormone is in need of help</p> <p>The Hormone & Infertility Program, Sorensensistem™ I now offer, has been life altering for everyone I have worked on. <u>Thank you Lone for sharing your work with the world.</u></p>	
Ovarian cancer		Female	I'm working with a lady who has stage 4 ovarian cancer. She has had 3 treatments so far and is finding she is able to breathe properly after the sessions, it is really helping her with the pain and has a lot more energy.	Vero, Jersey
Stroke		75 yrs Male	Also I am working with a 75 year old man who had a stroke 3 years ago and his improving very well.	Vero, Jersey