

### Review by Penny Henderson

What a fantastic weekend. The two days I spent recently with Sue learning about meridians, the five elements and various ways of applying TCM within a reflexology practice was like recharging my batteries.

Often weekend courses can be inspiring and exciting, but when back in the clinic, difficult to incorporate with the practice. That certainly wasn't the case with this course.

Sue designed the weekend so there was a huge amount of information about a highly sophisticated system of diagnosis and treatment. It was well balanced with practical work, and how this could be easily incorporated into existing clinical techniques.

Sue is a fantastic teacher. She has admirable technique, skill and down to earth people skills. She managed to make accessible what is a complex system.

TCM can be an overwhelming daunting way of thinking to try and get your head around. Thankfully, I left from Sue's weekend feeling confident about the basic concepts of yin-yang, the meridians, the 24-hour clock and making and assessment of a clients' case history using this system!

I was literally busting to get to work the following week to put some of the techniques into practice. Apart from my own clinic, I also practise in a nursing home, and with an organisation in the Blue Mountains called Cancer Help. I have had truly rewarding results in all of these areas over the past month or so.

#### CASE 1:

A 48-year old female with cancer – she's been having chemotherapy and radiotherapy over the past 10 months. She was depressed stressed, exhausted and physically unwell. After a treatment using the shen-cycle balance technique, she felt immediate relief. She felt calmer, less nauseous, and slept that night in a way that she hadn't for months. As a result, she woke up the next morning with more energy and a more positive outlook on life.

CASE 2:

A 42-year old female – major day and night sweats, low blood sugar levels in the afternoons and general hormonal imbalance. After a treatment balancing meridians using the 5-phases reflex massage and advice about optimum eating times using the 24-hour clock system, the sweats were reduced by at least 60%, blood sugar levels stabilised, and consequently her mood lifted over the following days.

I am continuing to use and experiment with the techniques learnt over this weekend. Unlike some other workshops, the knowledge has stayed with me to become an integral part of my practice.

This is definitely a weekend for anyone looking for inspiration and practical ideas for their clinical practice.