

Where would I be without alternative medicine?

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Never underestimate the difference that you can make with your chosen therapy, the therapy that cares for the individual is so priceless to the quality of the person receiving the treatment!

Five years ago I prolapsed two discs in my lumbar region which crushed my sciatic nerve causing excruciating leg pain, trusting in conventional medicine I underwent a surgical procedure. Although the leg pain was relieved, after the surgery I experienced increased lower back pain. After undergoing NHS Physiotherapy treatment and traction the pain increased. Following this procedure I was starting to feel generally unwell and experienced physical pain and tiredness all over my body. As a busy mother of two and working full time I tried to work through it. On numerous occasions I went to the doctors to seek help and the offer of pills along with the diagnosis of 'stress and depression' was all the support they offered. The feeling of systemic pain and general tiredness led to exhaustion and this cycle continued. I then started to feel a pressure in my head and this went on for six months until I finally collapsed in work. I can remember this episode vividly; I was sitting in a symposium at work and suddenly felt very hot and nauseous. I felt as though my whole body went into spasm accompanied by a searing pain in my head and it felt as though my body was being squashed by an imaginary wall, I lost consciousness briefly and was taken to hospital.

When I came round it felt as though the right side of my body had lost its strength and after waiting in hospital for over 8 hours I was sent home.

Following this episode the general illness and pain increased and I felt as though I was living in a bubble, exhaustion and pain was affecting my ability to work. After repeated visits to the doctors, I was finally referred for a CT scan which showed fluid on the brain and was placed on a course of diuretics. I was then referred for an MRI scan and the fluid had dissipated. During this time I continued to work. I was still experiencing the pain, fatigue and pressure in my head and kept going back to the doctors only to be told I was suffering from depression and stress.

The problem that the doctors did not seem or want to understand was that it was the ill health and pain causing the depression.

The countless visits to the doctors to be told that the "pain and fatigue was in my head" and "pull yourself together" made me feel more depressed and finally I could not take it anymore which led to a nervous breakdown where the treatment provided

was in the form of pills. I had to make changes to my lifestyle and left my job, this in itself was a shock as a lot of my identity was tied up with my work.

This was a turning point in my life and I knew that I had to do something but was not sure what to do I maintained my persistency with the doctors but realised that I was not getting the support and felt as though my condition was deteriorating, it was then that I found alternative medicine where I was treated as an individual and listened too. When I visited consultants and doctors and there was no empathy for the fact that I was dealing with a condition that was so debilitating. When I discovered the benefits of alternative medicines and therapy it changed my life and I decided that this was an area of work that I was interested in working in, the fact that people who use this approach are passionate and truly care for their fellow man. I had always been passionate about my work but this added a new depth and meaning to my life.

I started rebuilding my life becoming both mentally and physically stronger which gave me the strength to persist with the doctors and I was finally diagnosed with Fibromyalgia and fatigue in addition to my back condition. The use of alternative medicine is helping me to manage my condition and I truly believe that it has helped save me from miserable existence. I have a job I truly love as a Sarling Technique Body Mechanic and my experience and condition helps me to provide support and treatment for people who are suffering and this is the greatest gift I could have hoped for.

Whatever your chosen therapy, you have the power to change lives, make a difference and restore the faith in humanity, I believe we all have a part to play in encouraging and raising awareness of importance of our therapies.