

The 'Sarling' Technique Fibromyalgia and Fatigue Clinic

Helping one another to a better quality of life



The aim of this course

To Help you understand your condition and provide you with the tools for managing your condition and increase your quality of life. To enable you to work out a diet that suits you as an individual, and identify what foods can work well with supplements helping you to keep the cost to a minimum. Finding exercises regimes which are beneficial to you as everyone is different but some standard mobilisation and continuous passive movement can help you to manage the pain and stiffness and relieve fatigue. Release pain in the trigger point areas using self-massage techniques and giving you the chance to explore what treatment regimens including equipment would best suit you.

Course duration 1 hour for 6 x weeks

Week 1

What is Chronic Fatigue/Fibromyalgia, what causes these conditions? What are the symptoms and why mapping pain, journal writing and weekly review is important and how we will use them to maximise the benefits of this course.

Week 2

Diet awareness and beneficial foods to combat fatigue and pain which will minimise supplements and learning what suits one individual will not always suit someone else. Key common food triggers.

Week 3

Why posture has a major impact on Fatigue and Fibromyalgia and why energy points within the body become blocked affecting the nervous system causing chemical

imbalance within the body. What exercises can help and why continuous passive movement is important.

Week 4

Identification of the trigger points affecting fibromyalgia and fatigue. How to work on the energy release points to help manage fatigue and pain. Self-massage and trigger point release demonstration.

Week 5

Magnet, ultrasound, infrasound, hot and cold therapy, back life machine demonstration and discussion of what can help and equipment which can be used at home to keep treatment costs to a minimum. Also using what you have indoors already and how this can help!

Week 6

Review of individual records, looking for trends and correlations of common triggers and a discussion on what has helped you. Overall summary and feedback session. What happens next?

