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Health & Wellbeing

DEEP OSCILLATION®



Changes the quality of lives of Lymphoedema Sufferers. Read more on pages 26-28
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Acupuncture

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In this issue:

Gentle exercise - best remedy

36



Fight depression

40



Social anxiety

54



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DEEP OSCILLATION®

changes the quality of lives of Lymphoedema Sufferers



Since 2006, PhysioPod UK Limited has worked hard to get this unknown German therapy into the UK and Ireland, with particular emphasis on making it a therapy easily available to sufferers of Lymphoedema.

Many of Christine Talbot's patients are breast cancer survivors who have subsequently developed Lymphoedema. Lymphoedema, which is also known as lymphatic obstruction, is a localized fluid retention and tissue swelling occurring as the result of a compromised lymphatic system. Lymphoedema can be **Primary**, a congenital or inherent condition or **Secondary**, caused by injury to the lymphatic vessels. It is most frequently seen after lymph node dissection, surgery and/or radiation therapy, in which damage to the lymphatic system is caused during the treatment of cancer, most notably breast cancer. In many people, this condition does not develop until months or even years after treatment has concluded.

Lymphoedema usually affects the arms or legs but in some cases there may be swelling in the chest, breast, head or genitals. It is painful and can lead to a loss of mobility.

Although Lymphoedema is a chronic (lifelong) condition, with the right information, support and treatment there is much that can be done to improve both swelling and other symptoms.

DEEP OSCILLATION® therapy is now featuring as an effective tool in the hands of many private MLD Therapists and Lymphoedema Nurse Specialists in the UK and Ireland.

Following its word of mouth success and recognition in the UK amongst MLD therapists, you can read here how DEEP OSCILLATION® reached Scottish and Irish MLD therapists who are also enjoying its gentle application.

<http://www.prlog.org/10238494-deep-oscillation-reaches-scottish-and-irish-ml-therapists-good-news-for-lymphoedema-sufferers.html>

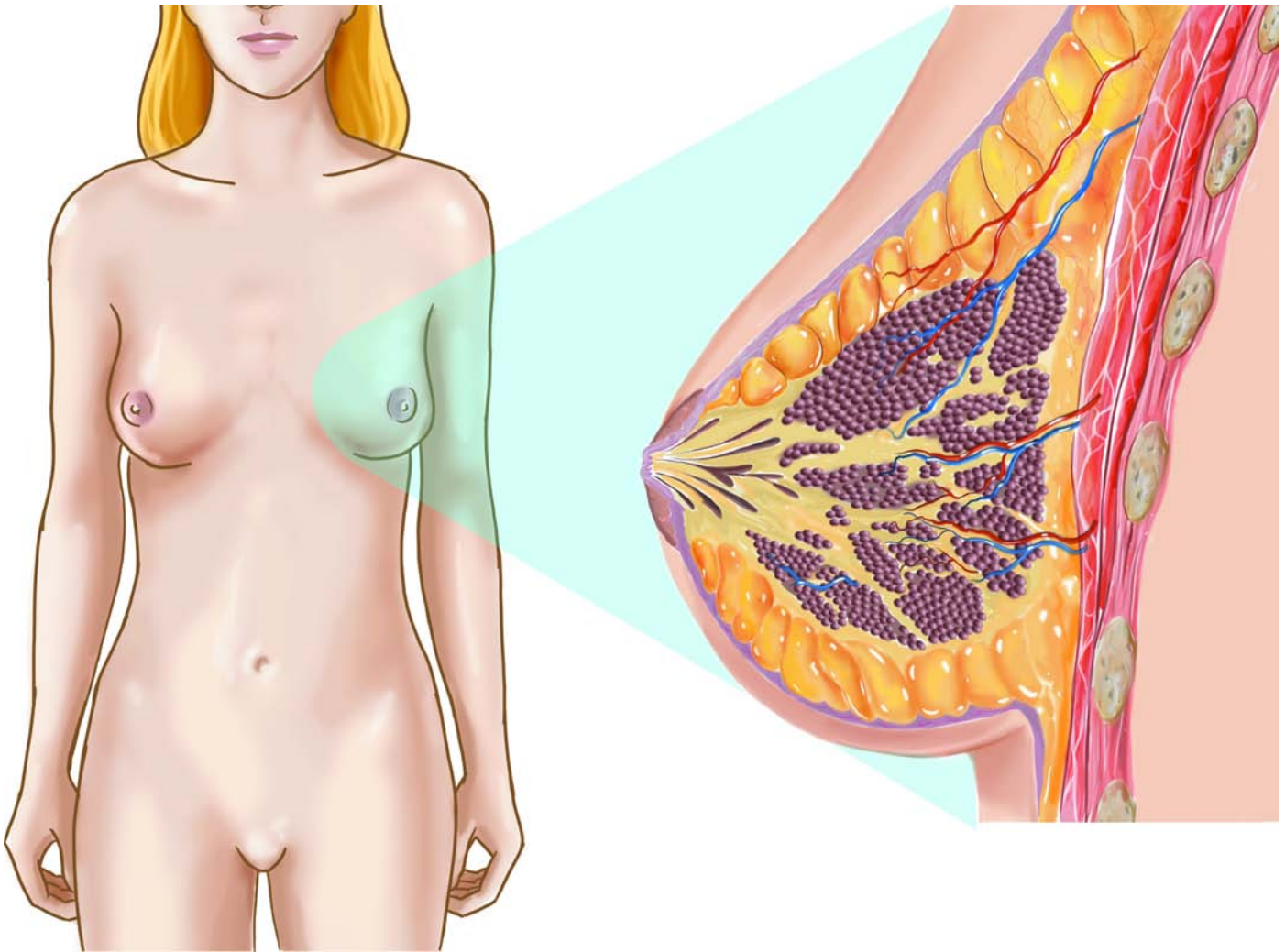
The coffee morning itself was an overwhelming and very satisfying experience for Julie and Mary, as they sat and listened to the testimonials of each lady. The range of Lymphoedema was varied: from breast, arm and trunk and to leg lymphoedema. The sisters realized, that at last, the very people they set out to help, were now receiving the therapy and it was improving the quality of their lives. It was also a very uplifting and positive morning for the patients; it provided a relaxing opportunity to meet others in similar situations and to talk very openly and comfortably of their experiences.

Choice - Health and Wellbeing readers will know we have covered this non-invasive, non-traumatic therapy in several issues over the past few months. In the main, we have focused on the changes it has made to the work of massage therapists (reducing pressure on their bodies yet delivering a deep, impacting massage through all tissue layers). This article provides insight of its effectiveness for Lymphoedema sufferers...

During the Summer, Julie Soroczyn and Mary Fickling, Sisters and Directors of PhysioPod UK Limited accepted the kind invitation of Christine Talbot in Dorset to an informal coffee morning at her house. Christine wanted the Sisters, who are the exclusive distributors of DEEP OSCILLATION® in the UK/Ireland, to see and hear the testimonials of several of her patients, following successful treatment with DEEP OSCILLATION® therapy.

The patients also wanted the chance to meet the ladies responsible for helping to bring about a great change in the quality of their lives.

Christine Talbot is a State Registered Nurse and is qualified in the Vodder/Medical Leduc and Casley Smith techniques of Manual Lymphatic Drainage (MLD) and Combined Decongestive Therapy (CDT). Christine has been using DEEP OSCILLATION® therapy for one year with her Lymphoedema patients.



One lady in attendance was suffering with arm lymphoedema and had just come to find out more about the therapy, as she had never heard of it before. She attended with her son, who is a therapist. Her first impression was that the other ladies there could not possibly have Lymphoedema and were in fact therapists, like her son because they were not wearing compression sleeves. In actual fact, as the patients keep their conditions maintained regularly with the therapy, they personally do not feel the need to wear their sleeves all of the time.

After hearing the testimonials, drinking leisurely cups of coffee and devouring delicious home made cakes the attendees examined the DEEP OSCILLATION® Personal units and looked at the large impressive unit designed especially for hospitals which is called The DEEP OSCILLATION® Evident. The lady attendee who had not had a DEEP OSCILLATION® treatment before with arm lymphoedema received a treatment from Buff Whiteley.

Buff is a State Registered Nurse (UK) and Vodder CDT MLD Practitioner and Lymphoedema therapist who was over from Singapore to discover more about DEEP OSCILLATION®. In the previous two days Buff had been observing Anne Schreiber SRN, MLD UK, BLS, Vodder CDT MLD Practitioner and Lymphoedema Therapist at The London Road Clinic in Dorset as she too applies MLD techniques combined with DEEP OSCILLATION to her Lymphoedema patients. The lady was amazed at how quickly

the fibrosis softened in her arm and her son so impressed he has subsequently ordered a unit. Buff purchased a unit as soon as she returned home to Singapore!

The following testimonial is from Dilys Trickett whose life has been transformed with DEEP OSCILLATION® therapy. At the coffee morning she had everyone speechless with the enormity of her experience. Dilys has agreed to share her experience with *Choice - Health and Wellbeing* readers in the hope that others suffering with Lymphoedema can get this help too.

"I am a funeral director with a large independent company in Poole, Dorset. I have worked in the funeral service for 20 years. Naturally, appearance is very important as well as good health. I had a Splenectomy in 1997 following a serious blood disorder, which left me without an immune system. In 2000, I had pneumonia and pleurisy and was in hospital for 11 weeks. During this time I had several blood

transfusions, one of which was suspect and I went into multi-organ failure, which was horrendous and the Consultant told me I had 24-48 hours to live. I had, through this suspect blood, a major DVT in the right leg. Subsequently, I had immense fluid retention in my right leg and cellulitis soon followed. My weight ballooned to over 15 stone and dress size 20-22.

In 2008, I had breast cancer in my left breast, thankfully diagnosed following a routine mammogram. The tumour was successfully removed and I was treated with six weeks' radiotherapy and medication Arimodex. The treatment was not agreeable to my immune system and I had serious Lymphoedema. My whole body seemed full of fluid and the NHS had no facility for treatment for my condition. I heard through a friend of a friend about Christine Talbot at Stoborough, Wareham, and I was told great things about this lady and her accomplishments. Having trailed from GPs to three different hospitals and countless hospital appointments, etc., I had become desperate to regain some quality of life. Eureka! I discovered Christine Talbot. I have to say I was quite sceptical that any drug-free treatment would work. WRONG!

Soon after I had some treatment with Christine, and she was brilliant with manual draining, she purchased the DEEP OSCILLATION® device, the Hivamat, which is an amazing machine. I was thankful that Christine was able to treat me with the Hivamat and over a period of a few months I became my former self, lost around four stone in



weight, dropped four dress sizes and suddenly a whole new world has opened up for me. Every time I have an injury, maybe a knock or an animal scratch, I start to blow up again and Christine will always see me whatever the time, day or evening and Hivamat does the trick. EVERYONE I meet now look twice and gasp with amazement when they see my transformation. My family, two daughters and four grandchildren love having the Mum and Grandma they thought they had lost forever. I am so thankful to Christine and the Hivamat and I have resumed my work as a funeral director (which I love) having convinced my directors and staff that my vast weight loss is not due to cancer or any other ominous illness but is my 'new me'. I will always be eternally grateful to Christine Talbot and Hivamat. Dilys Trickett Dip.FD MBIFD

In November 2010, a further update was received:

"The success story goes on and on. I am still going to Christine for Hivamat. Hugely expensive for me because I have had to discard most of my wardrobe and shoes because I have lost four stone and my dress size has gone from size 20-22 down to size 14. The brilliant news is that I no longer need to take painkillers, which were eight daily and Orimorph at night. To be without pain caused by fluid retention is the absolute amazing miracle. I will continue a maintenance programme with Christine because I can't believe the way I am and I don't want to regress. A GP came into the Funeral Service where I work and she treated me 10 years ago and said "I know your face, I should know you but can't place you" when I told her my name her jaw visibly dropped and she said, "But you have lost so much weight!"

She is now based in London and was down on a visit so I took great joy in telling her about Christine and the Hivamat. I wish all the people who are suffering as I did could see my story, get themselves treated with Hivamat and a good therapist like Christine and get their lives transformed forever. I turned to Christine because my lower right leg was almost black and I was fearful of amputation because that happened to my father when gangrene set in and he died two days after the amputation of his leg. Now my leg is clear of all fluid, the colour is restoring. I could go on and on but I think readers will realise how wonderful I feel and the debt of gratitude owe to Christine and Hivamat. Kindest regards to you both." Dilys Trickett Dip.FD MBIFD

Christine Talbot provided this background information:

"What a lovely testimonial from Dilys but from my point of view, what a fantastic patient. I first saw Dilys in mid-August 2009, from her in-depth medical history and general appearance, it was apparent Dilys was in extreme distress due to a multitude of clinical problems, which had seriously and permanently compromised her entire immune system. Dilys complained of deep aching over her whole body and severe joint pain for which she received regular steroid injections with limited effect. Both lower limbs were heavily

engorged with fluid and there was fluid leakage from both shin areas, her right calf was hardened, bluish black in colour but cool to touch, her left arm and shoulder region was enlarged with fluid retention and here too she complained of intense pain. Her analgesia medication seemed excessive and ineffective. Clearly this lady was desperate and very fearful of permanent disability with impending leg amputation. Dilys responded very well to manual lymphatic drainage coupled with the technique of multi-layer Lymphoedema bandaging to further reduce limb volume and improve all the effects of systemic failure. In August 2009, I was introduced to the wonders and miracles of the Hivamat machine, at a demonstration by Julie and Mary at a Chiropractic Clinic in Bridport, Dorset. There was no doubt this machine would be hugely beneficial to many patients in my practice and, in particular, Dilys, but equally lessening the effects of manual therapy on my hands and wrists too. My Hivamat arrived in November, it is a remarkable piece of ingenuity, simple to use, deeply effective on a multitude of conditions from tissue softening, reduction of limb volume, improving circulation, scar management, wound healing and reducing pain and disability. I highly recommend the Hivamat 200 and DEEP OSCILLATION® therapy and feel privileged to be a practitioner associated with the machine's promotion in the United Kingdom"

To contact Christine for more information and appointments readers can email christinemtalbot@aol.com or call 0788 159 8937. For an MLD therapist in your area using DEEP OSCILLATION® contact PhysioPod UK Limited.

Other fields of application for DEEP OSCILLATION®



Lymphoedema is effectively treated with DEEP OSCILLATION® but it has many fields of application; from occupational injuries and conditions: tennis/golfer elbow, gout, arthritis, acute and chronic back problems and in some cases provides a drug free option for frozen shoulder. With sporting injuries - Achilles



problems, groin strains, muscle aches, ligament strains, ruptures and tears, sufferers are impressed with the speedy results attained. It can be used day one post-operatively following breast cancer surgery, hip and knee replacements etc, it can reduce the natural healing process by as much as 50% lessening swelling, bruising and pain and increasing mobility and sensitivity.

In the aesthetics world, breast augmentation, face lifts, body lifts, tummy tucks and following laser resurfacing and liposuction, benefits of the individuals chosen surgery can now be seen in a much quicker time frame as one self treater discovered, see testimonial here <http://www.pressabout.com/uk-aesthetics-surgery-patient-15802/> It is also a clinically proven treatment for cellulite.

As it is suitable for open wound healing it is becoming a popular treatment choice for burns (study just out-Contact PhysioPod for more details), ulcers and amputations and for the management of Fibromyalgia Syndrome (study just out- contact PhysioPod). DEEP OSCILLATION® is also becoming a firm favourite in the medical back rooms in some of the countries elite sporting environments with players requesting just this therapy from their physiotherapists! It can now be received at BUPA Cromwell Hospital in London, London's leading private hospital in the heart of Kensington and Chelsea. **CHW**

© If you would like more information about self-treatment with DEEP OSCILLATION®, its applications and/or a therapist near to you please contact PhysioPod UK. A new website will be available soon which indicates where therapists are located in the UK and Ireland. Website: www.physiopod.co.uk Email: info@physiopod.co.uk Tel: Office 0115 916 7685 Tel: Mobile Julie 0788 692 5715