

Maternity Testimonials

Testimonial – Symphysis Pubis Disorder

I developed Symphysis Pubis Disorder (SPD) at 38 weeks pregnant and was recommended by a friend to see Beverley Parmar. I was in a lot of pain and found movement difficult and this was affecting my sleep. I had not had Reflexology before and to be honest was not sure it would help me but had got to the point that I would give anything a try.

Beverley explained that I would need 3 sessions on 3 consecutive days and explained that she would give me a full Maternity session on day 1 and 2 half sessions for the next two consecutive days, (thus just charging me for 2 full sessions, which I was grateful for). She also explained that part of the treatment was a special trigger point method that could be painful but the pain would last only moments.

I really enjoyed the first session and although the trigger-point method was painful at first, the pain soon subsided (I think this is a method that is worse to give than receive!) I didn't notice any immediate results that day but did sleep very well that night.

After the second treatment the SPD had begun to ease and by the third evening the pain had gone completely and I was able to walk and dress normally with only my bladder waking me up at night! Although Beverley warned me that the SPD might return it didn't re-occur during the rest of the pregnancy or labour.

I would recommend Reflexology during pregnancy and especially if suffering from SPD!

Loreen McGeogham – Jan 2009

Labour Priming:

To whom it may concern:

I first saw Beverley Parmar 4 days before my due date. I was recommended by a friend who had had gone into labour and had her baby the same day that Beverley had primed her!

I thoroughly enjoyed the treatment (but found some of the points uncomfortable.) It was really relaxing and a treat when you feel so large and pregnant. Bev said that she would visit me a week later if I still hadn't had the baby.

I saw my midwife the day before Beverley visited me again but was unable to have a sweep as I was not dilated enough. My baby was very lazy in the womb and didn't move around much throughout the pregnancy but particularly now, so he was not helping in getting things moving!

Beverley worked her magic and although she said she was firmer and worked me more, I didn't find the priming points as uncomfortable as before.

By late afternoon I started to get pains and was in full labour by the next morning. I had my beautiful baby boy early the next day.

I would recommend Beverley and Reflexology to anyone at anytime but especially when pregnant! I have seen her since then when she helped me with a stiff foot and will see her again now I am pregnant again!

Sincerely,

Kiran Kondal - Nov 09

Testimonial

To Whom it may concern

I first came to see Beverley Parmar at 38 weeks on the recommendation of several people. I was feeling uncomfortable and fed up with being pregnant and hoped reflexology would help prepare my body and speed up labour. Beverley explained that baby would come only when ready and I still, realistically, had 2+ weeks to go but it would be good for me to have the reflexology anyway.

I really enjoyed the treatment so decided to try and get a few sessions in before having the baby and if it helped bring the baby on, so be it! It certainly helped with getting a good night's sleep and I was always aware of where Beverley had worked me as my pelvis and uterus seemed to ache a little.

I had a session at 39 weeks then again at 40 weeks. This time I was getting over a cold. Beverley pointed out that I would be unlikely to go into labour until I could breathe properly so she worked on my sinuses! I was getting a little anxious by now as the consultant was threatening to give me a c. section as I had had an emergency one previously, when my son was breech.

By the time I got to 41 weeks we really decided to go for it and Beverley really worked hard on me, she was determined that I would go into natural labour within the next day or two! The expulsion points can be painful but well worth while to get things going.

As she had predicted within 24 hours the pains started, at around 3.40 the next morning, and by 7 o'clock I was 2cm dilated. At 8 o'clock I was 8cm and had managed without any pain relief, just lots of pacing and hip swaying. At this point I was taken to the labour ward and given gas and air but due to my previous c. section I had to be monitored closely and had to lay on the bed, this slowed down labour. However, Jessica was born naturally at 11.20am. This labour was so much easier than my first and I put a lot of this down to Beverley's hands and the reflexology I had received. I only wish I had had reflexology during my first pregnancy also.

I still have regular reflexology sessions to help me with the stresses and strains of my busy life as a mum and teacher. I have recommended several friends visit Beverley for a variety of reasons and they are all pleased they followed this advice. I would particularly recommend having reflexology throughout pregnancy (I wish I had started earlier) but particularly near the end to help get the labour going, especially if a medically induced labour or Caesarean Section is threatened.

Debbie Esson

Sciatica

I first came to see Beverley when I was 25 weeks pregnant. I was suffering with Sciatica on my left hand side which was very painful. The pain eased from the first treatment. By my third, the pain had almost disappeared and after the fourth it had gone altogether. I didn't get any reoccurrences through the rest of my pregnancy.

I found the treatments so relaxing and beneficial that I continued to have them right up to the birth of my son and I intend to keep having them!

Gillian Phillips

May 2010.

Labour Priming:

To whom it may concern:

I phoned Beverley and asked her to visit me at 40 weeks to try and get my 2nd baby moving. The weather was hot and I was pretty uncomfortable. I enjoyed most of the treatment and my baby woke up as soon as Bev started working on my feet. I went into labour

early the next day and managed to have my baby girl at home! A lovely experience! Reflexology has now helped start my labour for both of my pregnancies, I recommend it, and Bev, to everyone I talk to! Thanks again Bev.

Kiran Kondal - July 2010