

## **Testimonial for reducing High Cholesterol with Reflexology**

In June 2008 I commenced a course of reflexology treatments with Beverley Parmar, primarily to work on an Oedema on my right leg/foot. At the same time I was diagnosed with High Cholesterol with a reading of 7.9. I told Beverley about this and she included High Cholesterol in my treatment plan.

I had an allergic reaction to the drugs I was given for the High Cholesterol and the doctor took me off them immediately. I was meant to go back to the doctor and get new medication but didn't go back until October. The doctor repeated the cholesterol tests and was surprised to find my reading had dropped to 6.2. I had not changed my lifestyle or diet in this time so I can only put the reduction down to the reflexology I had been receiving.

I am continuing my treatments and hope to see an even greater reduction. I would highly recommend reflexology. It is a really relaxing treatment and I find it works wonders.

Marie Grubb 21/1/09

## **Oedema Testimonial from Marie Grubb 21/1/09**

I first developed Cellulitis in my right foot/leg in March 02. This resulted in lymphodemia of my foot and lower leg. (Swelling caused by the drainage ducts dying due to the severe infection. My foot was left very swollen and prone to infections. A motorised boot was used to try and reduce the swelling but did not work. My foot was often painful and throbbed particularly in the hot weather. Sometimes I was unable to wear shoes.

I started receiving regular intensive reflexology treatments from Beverley Parmar in June 2008. From the 1<sup>st</sup> treatment I noticed a difference in the swelling and by the 7<sup>th</sup> session it was so improved and reduced that I could wear any of my shoes! I have continued my sessions and my foot is still improving.

I would thoroughly recommend Reflexology. It has helped me greatly with the physical swelling and also my confidence has grown, as I was very self-conscious of my foot. It is also a lovely treatment and very relaxing.

Marie Grubb 21/1/09

## 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.