

Oedema, migraine & high cholesterol



Find out how Beverley Parmar banished his client's migraines and helped lower cholesterol



My client, M, initially sought treatment for the lymphoedema of her right ankle that she had developed as a result of two bouts of cellulitis in 2002. She'd tried different methods of reducing the swelling but to no avail. The leg was prone to infections; it was painful and throbbled in warm weather. Shoes had become difficult to wear and she was very conscious of how unsightly her legs looked, so her self-confidence was low.

Treatment 1, 23 May 2008: During the consultation M mentioned that she suffered badly from migraines. She had also been having chest pains and her doctor was carrying out tests. Her feet were excessively dry, calloused and subject to splitting on the sides and dorsal (the plantar being smooth and soft). The swelling was concentrated on the dorsal and plantar of the right foot, over the toes and chest area. The whole ankle was so swollen and shapeless; I could not feel any bone through the swelling. Her left foot was also swollen but not nearly as badly as the right. I worked all parts of her feet including her pituitary, concentrating on the lymphatics. She enjoyed the session and as her right foot already looked less swollen, she decided to embark a course of weekly treatments.

When working out her treatment plan, I decided not only to work on the oedema but also tackle the migraines. I suspected that her thyroid might also be a problem, so decided to work that in too.

Treatment 2, 11 June: M reported that the medical tests her doctor had carried out showed she had a high cholesterol reading of 7.9 (5.5 being the top of the normal range) and was given a drug to reduce this. As I was already working her liver and

thyroid in her treatment plan I just made sure that I doubled my efforts and added SP6 (four finger widths above the ankle, corresponding to the spleen). Her right foot looked less swollen at the end of the session, which pleased her again.

Treatment 3, 16 June: After the treatment the swelling on the dorsal of the foot was greatly reduced and I could just feel through to the bones of the halux and little toe on the plantar. Her deep fissures were beginning to heal nicely.

She had an appointment that night with the doctor as she'd had severe muscle ache and loss of strength all over her body since the previous day.

Treatment 4, 23 June: The doctor had immediately taken M off the cholesterol medication she'd been prescribed. It seemed she'd had a severe allergic reaction to the drug. She'd been in a lot of pain throughout the week and during the treatment her adrenal glands showed to be extremely sore. The fissure and extreme dried skin had returned to both feet, and the oedema on the right foot was worse again on the plantar.

Treatment 5, 2 July: M was feeling a lot better this week. The dry skin and fissure had begun to improve again. The right foot was still swollen on soles and dorsal, but the left foot looked and felt completely normal.

Treatment 6, 7 July: Her fissures were looking a lot better on her right foot; the left was bad. After the treatment though, her right foot was much reduced, especially around the ankles, metatarsals and toes, which looked longer as the swelling was so reduced.

Treatment 7, 14 July: The left foot now looked normal, as did the right with just a little swelling on the top of the toes and

dorsal part of the metatarsals. I could now feel through the swelling, and treat all the foot. These areas tend to be sensitive now. M is happy to report that she can now fit into all of her shoes and is happy to wear sandals and a skirt; something she would not have done previously.

M continued her weekly treatment until the middle of August when she had a month off for the holidays. She started back in the middle of September, reporting that the swelling had not returned. She was enjoying the treatments so much that she decided to carry on having treatments fortnightly.

She'd noted that since starting reflexology treatment she had not suffered another migraine. This was the icing on the cake for her.

It was not until the end of October that she finally went to the doctor to get new cholesterol medication. She had not returned before because she'd been scared of having another allergic reaction and really didn't want to have to take drugs for the rest of her life. Not very sensible, she knew, but it was how she felt. The doctor had to repeat the cholesterol test, as there had been such a long time between appointments.

The test results came back in the middle of November and she was told that the reading had dropped to just 6.2 – just 0.7 above a normal reading! She is convinced that it can only be the reflexology that has caused the improvement, as she has not changed her diet or lifestyle in any way. She has decided to carry on having fortnightly sessions to help reduce it further while making sure she is having regular checkups with the doctor.

> **Beverley Parmar MAR**