

Irenes Health Goal

Degenerative muscle disease, only 20 known cases in Australia

Symptoms: having trouble standing from chairs, could not walk far (approximately 10metres) without becoming breathless, could not talk if lying on her back because of the weakness of her tongue muscle, doctors had told her she would eventually die as the heart muscle would degenerate with the rest of her muscles. She was on very high doses of cortisone and other major stabilising drugs. At the time of first coming to me she was finding it difficult to go to the pool for her exercise due to lack of energy.

Irene first went to her doctor at the end of 1989, at that stage they told her she had RSI and was treated as such. When she found it hard to get out of a chair she insisted on seeing other doctors. In early 1991 they told her of her unusual disease.

Treatment: she came to me on 14th March 1995. In the beginning I did pages 1, 2 and 3, knowing I had to trust what I had learnt in February at the original seminar. Ossie had told us with serious disease to only do pages 1, 2 and 3 until the body could take more. At that stage the muscle tone was so depleted that it was difficult to know whether I was on the correct points. The first signs of change came for me after a few treatments when I could feel the body of the muscle and felt it move over the fascia. Irene could not come on a regular basis owing to family commitments and the distance of travel, and yet still felt more energy and wellbeing.

In June, she started coming in groups of 4 weeks, during this time I had done shoulder TMJ and Coccyx. On the last of these weeks I did the chest pain move, on the second group of 4 weeks I did the kidney, asthma, knees and continued with TMJ and shoulder. On the last week of the group I did pelvis and hamstrings, when she returned 2 weeks later she was elated, and proudly showed me that she could now move the extensor longus digitorum muscle for the first time in 2 years, and had taken her first tram trip in and out of the city in over 2 years. Until this time she had not had strength enough to get herself onto a tram and was unable to lift her leg to step up this high. At this time Irene is still progressing and the doctors have allowed her to lower her cortisone dose by one third, and are pleased with her "temporary" progress. Irene believes that with the help of Bowen Therapy, she will master this disease and recover fully.

Having attended the October refresher, I am now eagerly looking forward to helping her body achieve this health goal.

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