

Strange but true

April 2012 saw me giving a talk on 'The Alexander Project' at the 'Stewart Alexander and Friends' seminar and during that particular weekend, I suffered a terrible stiffness all over my body. I found it extremely difficult to move my head, bend down, turn over in bed and get up. I somehow managed to drive home and then rested for a few days suspecting it was a kind of flu bug, but as time went on, I got worse and made an appointment to see the doctor. It turned out that I had Polymyalgia Rheumatica and was immediately put on 20mg of steroids. From then on, every two months I had to see the doctor and every two months I had to have a blood test. The steroids certainly helped and when I saw Ann Harrison a year later in April 2013, she suggested I give her a lock of my hair and place it into a small plastic bag because no-one else must touch it.

What a strange suggestion I thought.

It was explained to me that a gentleman in Spain by the name of Robert McLernon had the ability to help heal people by dousing their lock of hair.

I took one sceptical look at Ann and thought "Well- what have I got to lose?"

So I cut off about 1 1/2" of my hair and handed it over to her.

I received Rob's diagnosis in May 2013, which included a list of foods I should avoid and I must admit that I found his results somewhat mind boggling but turned out to be extremely helpful indeed.

I often take swigs of Gaviscon to help relieve my gastric refluxes, plus the fact that my ears were always full of catarrh which didn't help the severe deafness I have had since birth and the use of Olbas Oil became quite a habit.

At the time of writing this chapter it is now December 2013 and I am pleased to report that since taking Rob's advice by going wheat, gluten and dairy free, the Gaviscon and Olbas Oil have never been out of the cupboard.

In addition to all this, my doctor was completely amazed at my recovery from Polymyalgia Rheumatica because all her patients suffering the same ailment stuck at 5mg of steroids. I stopped taking the steroids completely on 25th September 2013