

# The Lightning Bolt That Changed My Life

By Stella Bensemann

Two years ago I experienced some strange health problems which ultimately led to a diagnosis of Multiple Sclerosis. I went through all the normal stages of shock and grief. The big questions, like “what does this mean for me” and “how long will I be able bodied” overwhelmed me for a while and then I began looking for solutions for this “incurable” disease.

At first I tried the radical dietary and lifestyle restrictions that many have had success with. This included having an extremely low saturated fat diet with no red meat or dairy products. So I added this to the list of things I didn't eat as I had been gluten free and diary free for some years already.

Last September a colleague (who I now consider to be a friend) said she had a leaflet she would like to give me about a three day course her daughter had been on. This course had changed her daughter's life and she felt it could change mine too. I was extremely sceptical but decided to have a look anyway.

The leaflet was interesting enough to get me to look at the website and the website was exciting enough for me to spend several hours reading through the content and testimonials.

When my partner came home from work I was feeling very emotional and excited- this could be the answer. I told him about the course and he instantly agreed that we should spend the money and do whatever it would take for me to be well again. I am so thankful for the colleague that told me about the programme that now I want to tell anyone who will listen about it too. It could change your life or the life of someone you know too.

MS causes different problems for different people but the main symptom I had been suffering with was fatigue. This fatigue made it very difficult to function the way I wanted to but I had managed to find ways of coping. This included scheduling three rests into my day at around 10am, 12.30pm and 3.30pm. These required me to have a lie down and some quiet time for 10 – 20 minutes.

I also had to really think about what I could realistically achieve in a day. I generally had to have a sit down for

10 minutes after getting the washing in or doing any other physical task.

Socialising became difficult. I was really too tired to go out in the evenings and driving any distance further than work had become a bit of a problem so that I eventually stopped doing it. Last year I couldn't manage or face the effort required for a proper holiday away so I only had a short, four day break to Picton and that was a challenge.

What's my life like now, just a matter of weeks after completing this course? My life is amazing. It's better than it used to be before MS because now I appreciate everything I do. I eat whatever I want, ice cream, fish and chips you name it. My first real beer was memorable after seven years of reacting to gluten.

But I didn't do this training course so that I could eat anything, I did it for MS and my MS fatigue.



Well that is all a thing of the past too. I now do what I want, when I want. Teaching has become so much easier and more enjoyable and it is the start of the school year which is always challenging.

I have been out and about doing things every weekend like long visits to the Zoo, Zealandia Wildlife Park, Te Papa, fairs, lunching and socialising with family and friends. I've stayed out for hours and hours at a time with no concerns of a need to rest or slow down or concerns about what I would eat.

I find it hard to sit still and relax. I have nearly worn the soles off my feet with all the power walking I have been doing and unbelievably three weeks after finishing the course, and after a full (and full on) week at work I could be seen power walking uphill for the longest uphill powerwalk I have ever done. I have just booked a holiday for a week in Queenstown next school holidays and another for a week in Rarotonga In the September holidays.

This amazing training programme that has changed my life (and the lives of so many others) is called the “Lightning Process”.

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We are so fortunate in NZ to have the amazing Mel Abbott offering this course. She herself had ME for 11 years prior to doing the course and now she is the most energetic person I have ever met. Please check out her website and read some of the amazing testimonials from people like myself who have learnt to cure themselves of many conditions.

2014 will probably be the best year of my life. I am well, I feel amazing and I totally appreciate it.

### Bring it on!

Article from <http://www.workswonders.co.nz>

For more information about the "Lightning Process" go to <http://www.empowertherapies.co.nz/>

### Special offer for members of MS Wellington

Hardy's Health are pleased to offer our members at 10% discount on in store products as well as a free 30 minute Wellness consultation with Daisy. This offer is available in Wellington, Lambton Square and Coastlands Paraparaumu.

Hardy's give great advice and stock a very good quality range of natural health products. Daisy has a number of year experience in natural health, is currently studying naturopathy, and has had great feedback from MS members who have had the wellness consultation.



### WELLBEING: Massage therapy can alleviate symptoms of multiple sclerosis

An estimated 2.3 million people worldwide live with multiple sclerosis (MS) each day, a debilitating disease that can often cause severe pain, muscle spasms, poor circulation, anxiety, stress and clinical depression.

Although not a substitute for regular MS treatment, massage therapy is an effective, complementary and alternative medicine (CAM) that can alleviate such symptoms and in turn, help to pacify the disease.



MS develops as a result of interference between the brain, spinal cord and other areas of the body. Symptoms and treatment vary widely depending on the amount of nerves that are affected. Massage therapy is an easy and affordable complement to doctor-prescribed treatments. Massage therapy may assist MS patients in managing the stress of their symptoms and to improve their quality of life.

A study reported in the Multiple Sclerosis Journal indicated lower pain levels of up to 50 percent across three months by those participants who received 10 weeks of massage therapy. Long known for its stress-busting abilities, massage has a powerful effect on health and overall well-being. And because stress may trigger or worsen MS symptoms, it is important for sufferers to find ways to relax.

"Massage therapy is a well-being approach for addressing body, mind and spirit. Along with stress reduction, massage therapy can help to increase flexibility and reduce muscle stiffness caused by spasticity," states Erin Kersanty, Regional Therapist Coordinator for Massage Envy Spas in the Greater Cleveland-Akron-Canton region. "Massage therapy is also very effective at increasing deep sleep, as touch itself has been known to create positive feelings such as comfort and care. And with more deep sleep, you have less pain," added Tiffany Field, Ph.D., of the University of Miami's Touch Research Institute.

*Source: News Medical.Net (28/07/14)*