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OUR 5TH ANNIVERSARY!

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Discovering Reverse Therapy

Reverse Therapy was founded on 22nd October 2002. In five years it has grown into a worldwide phenomenon, with practitioners in the UK, Ireland, Norway, Spain, the USA, Canada and Australia.

Reverse Therapy is effective for M.E, Chronic Fatigue Syndrome, Fibromyalgia, Depression, Anxiety, Post-Traumatic Stress Disorder and a wide variety of other illnesses.

The germ of what eventually became 'Reverse Therapy' came up in 1995 when John Eaton first became interested in the treatment of stress-related illnesses. He experimented with different therapies before designing a simple process in which we teach clients how to:

- Notice when symptoms start to increase
- 'Listen' to what Bodymind is trying to tell them through the symptoms in those situations
- Do, or say, or change something to deal with the problem

Reverse Therapy is based on research on changes in the nervous, endocrinal and immune systems during illnesses such as Fibromyalgia and CFS. Much has developed in Reverse Therapy in 5 years. Recently, we extended the application of Reverse Therapy to:

- Multiple Sclerosis
- Systemic Lupus Erythmatosus
- Eczema/Psoriasis
- Irritable Bowel Syndrome
- Crohn's disease
- Colitis
- Migraine
- Neuralgia
- Myofascial pain



DR JOHN EATON

*"FOLLOW YOUR
PASSION"*

*"DO 75% AND
LEAVE THE REST"*

*"BE 20% MORE
HONEST THIS
WEEK"*

"LEARN TO SAY NO"

*"PRACTICE
AWARENESS"*



GETTING RID OF STRESS

* Follow your passion

Your passion could be a skill that you practice, something creative, a new way of living, a dream you are pursuing, or something new you are learning. If it helps you actualize who you really are then spending time on this regularly is going to keep the stress levels down.

* Practice awareness

It doesn't matter whether you follow tai chi, yoga, meditation, qui gong, breathing work or anything else. So long as it keeps you away from Headmind chatter, grounds you in your body and that you keep on practicing awareness for the here and now.

* Exercise regularly

In my opinion this is the easiest and yet most under-rated stress-buster there is. Even a 15 minute run every day is going to get those endorphin levels up and keep you energised through the day.

* Learn to say 'No'

It constantly amazes me how many people have never learned to use the magic word. It doesn't matter if you say it nicely, rudely, slowly or fast. Just say it! And the more you say it, the easier it gets.

* Take time out for yourself

My grandfather (who died aged 94) would sit in a darkened room every evening for twenty minutes. It worked for him....

* Surround yourself with people who care about you

That means people who don't place extra demands on you and who give out rather than take. If you don't know anyone that fits that profile then get a dog.

* Do 75% of what you 'have' to do today and leave the rest

This one is based on a bit of research. Which showed that a lot of busy, stressed people don't make effective use of their time because they waste it in worrying about all the things they haven't done yet. Or they rush the job and have to do it all over again. Get the drift?

* Cut down on routine

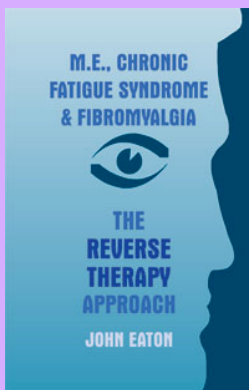
More research shows that too much routine can be as stressful as trying to do too much. If routine is unavoidable then balance it out by adding in more variety before and after.

* Zone out the worries

Listening to negative self-talk every day will eventually drive you crazy. Practicing an awareness discipline that tunes it out is good to do. Keeping busy on activities that give you no time to listen to it is good too. Learn, also to see the worries as fantasies rather than predictions.

* Be 20% more honest with people than you were before

Putting on appearances and lying about what is going on is draining. It's also a powerful, and very subtle, stress-builder. Get rid of the baggage by regularly telling the people around you the way things really are from time to time.



DR JOHN EATON'S
FIRST BOOK

VISIT OUR WEBSITE:

WWW.REVERSE-THERAPY.COM

DOWNLOAD JOHN'S
FREE BOOK FROM
THE WEBSITE



REVERSE THERAPY IN THE PRESS

Reverse Therapy has appeared in the following British newspapers and journals:

The Sunday Times	The Northern Echo
The Independent	The Edinburgh Evening News
The Daily Telegraph	Grazia
The Observer	Prima
The Daily Express	Women's Health
The East Anglian Daily Times	The Newcastle Chronicle

From: *Woman's Own*, 9th April 2007

Laurina Killin, 33, from Ayr, solved a sore joint problem by letting out bottled-up emotions.

"Ten years ago, my hands became achy in the joints. I was referred for X-rays and it turned out to be Fibromyalgia, a condition that causes pain in the body's tissues and joints.

I was prescribed painkillers to manage the condition but they were so strong they made me ill, and I became tired and depressed. My condition worsened until I was in so much pain I couldn't manage stairs. I needed a stick to walk and had to take time off my work at a call centre.

Then, two years ago, I heard about Reverse Therapy, which claimed to treat the condition. I booked an appointment. Even after the first treatment I felt so much better I was able to walk without my stick and a month later I stopped taking painkillers. Then over the next six months of monthly sessions, I acknowledged that I'd never recovered from the bullying I'd suffered as a child - mostly for being tall for my age. I'd bottled it up and never even told my parents about it.

It's a year since my last treatment and the pain in my joints has largely gone, except when it rains. Other than that I feel I'm back in the land of the living and finally have my life back.

RECOVERING FROM FIBROMYALGIA

MRS PJ WRITES:

I have had Fibromyalgia for over 25 years. During that time I was a full time nurse in a very busy unit & had a hectic family life.

I couldn't understand why I had developed severe stabbing pain in my muscles, fatigue, tingling sensations in my head & spine. I also felt as though I had a virus & my immune system was not working properly.

My GP said I had Fibrositis & that there was very little he could do to help, eventually I went to see a Rheumatologist who took several blood tests all of which were normal & told me I had Fibromyalgia. I got the impression from the medical profession that really it was all in the head, in other words it was a psychological rather than a physical condition, how frustrating & hurtful this makes you feel

In the end I felt that I had to just get on with it as suggested by my GP, so I did just that, I put on a brave face & got on with everyday painful living. In fact none of my colleagues & most members of my family knew I was unwell,



PURCHASE THE CD
BY KATHLEEN
HADEN FROM
[WWW.REVERSE-
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READ JOHN
EATON'S BLOG FOR
ARTICLES ON
REVERSE THERAPY,
HEALTH,
WELLBEING AND
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I kept it all to myself & continued to help others as I had always done.

Little did I know that keeping my problem to myself & not asking for help was not doing me any good.

During my first Reverse Therapy session Lyn explained in the most simple & understandable way why we have pain & that an area in the brain called the hypothalamus goes into overdrive if we ignore emotions and symptoms sent by our body to warn us of a difficult situation we need to act upon, & how this can lead to pain. She explained, also, how important it was to have variety in life including having fun, something I had forgotten about long ago

Lyn assured me that Fibromyalgia is a physical illness based on neurological & hormonal changes & not a psychological disorder – Wow, at last I felt I was listening to someone who knew what they were talking about.

Although I found 'Bodymind' difficult to understand at first, I stuck with it following all Lyn's advice. I can honestly say that she has changed my life, I now have the tools to deal with any situation that life throws at me to help keep me keep free from pain, I feel I can now look forward to the future, it was worth every penny

If anyone in the medical profession reads this then I strongly advise them to read John Eaton's book. It really does make sense. Most people with CFS/ME & Fibromyalgia are not malingerers, time wasters, hypochondriacs, we need help & thank goodness someone has finally found the answer.

WHAT OUR CLIENTS SAY ABOUT REVERSE THERAPY:

"Reverse Therapy has not only enabled me to return to full health, it has also given me an insight into my own life that I had never experienced before.

I began by reading Dr John Eaton's book and my symptoms lessened after simply reading it! Following my first few sessions there was a dramatic improvement in the level and frequency of symptoms and I am now back to full health and am able to work full time again." **AP 2007**

"After 3 years I started to wonder if I was ever going to feel well again. Once I started to put your advice into practice I noticed immediate effects. Reverse Therapy allowed me to start doing things I used to enjoy again. Now I feel I can get on with my life without worrying how activities are going to affect my health." **HD 2007**

"Watching the symptoms disappear when I followed the procedure of 'listening to my body' and acting on the symptom-messages was amazing. Something so simple that could do so much." **PJ 2007**

"Upon starting Reverse Therapy the effects were almost instant and I slowly began to do 'normal' things such as doing the food shopping - I never thought I would be so happy to visit the supermarket!" **LH 2007**

"This is most definitely the only treatment that has worked for me. I am back at work and enjoying it! I've learnt to say 'no' to unreasonable demands and am enjoying life. It would be marvellous if Reverse Therapy could be on the NHS. This illness has cost me a lot over the past 20 years and the money I spent on Reverse Therapy has been well worth it." **JD 2007**