

Ghislaine - Sunderland

11 years ago I was a tennis coach and played at County and Regional level. I also played a lot of other sports to keep myself fit until one day it was all over. I had played my last County game and coached for the last time. So I thought.

I was told I had ME/CFS. At first I thought I will just go to hospital and they will make it all better. Isn't that what is meant to happen. As the years passed *I was able to do less and less. I was still at work but spending more time off on the sick. I was determined not to give into this. But I had to give in and do less hours at work which over the years have got less and less. I was hardly ever there in 2007.*

I could hardly get out of bed over the last few years. At one point I was in bed for 6 months as I lost the use of my legs and then had to use a wheelchair for a long time because I could not walk very far without help. Then I had 3 months when I lost the use of my arms and my Mum had to do everything for me.

I have tried seeing a number of different people trying different methods. But I always ended up back in bed.

When my Mum told me about lightening process I thought " Oh no not something else to waste money on." We had tried so many things and I always built up my hopes only to be upset and get really low. I read all the information and thought I would give it a go cos what if it did work and I didn't try!!

I really wanted to get better but didn't want to get my hopes up again for it all to go wrong again. But then I said I would do it. I knew I would give it 100% after talking to Geoff I knew this would be good.

He asked me what is one of the first things I would want to do when I was better. I said walk my dogs as I have not been able to walk my 2 year old Samoyed since I got him. After my first day I took him out for about 1 hour and also went shopping and walked around myself. I just could not believe how I felt.

On the second day I walked my dogs, went shopping and tidied my room, dusted things which I have just not been able to do. On the third day I felt I could take on the world, like nothing would stop me. I was wearing my Mum out wanting to do more and more things.

It has taken me a long time to write this, not because I was too tired but because I could not sit still long enough to write it. I am so happy and want to enjoy my new life. I have worked so hard to get it back with great thanks to Geoff for giving me the tools to do this.

It is hard to believe something can work but if you work hard at this it will give you the joy and happiness I am feeling. I am able to do whatever I want when ever I want and able to make plans again.

Ghislaine..