

In June 2007, towards the end of my first year of teaching, I became ill with Labyrinthitis a quite debilitating viral infection. I took a couple of weeks off work, then when the main symptoms of the virus were gone, I returned. However, I was far from 100%, and I went to see the doctor to explain that I was exhausted all the time. I was given a week off with 'post viral fatigue', which I spent mostly in bed. This fatigue did not go away so I remained 'off sick', and blood tests showed nothing. So the end of term, and the summer holidays were spent doing the bare minimum, and spending a lot of time in bed. The GP concluded that I had Chronic Fatigue. He explained that no one knew what it was, and there was no cure, the best he could offer was pacing. I had good days and bad but was unable to do anything particularly active, and if I did, I would have to 'recover' in bed.

In September I was unable to begin work, but was determined to try. In October I returned to school teaching one 50min lesson a day. This was extremely demoralising. If I taught in the morning I would sleep for the rest of the day, and my standard of teaching was very poor. I didn't have the energy to engage, or control the class. It got to the point when I realised that I might have to give up work.

A friend had mentioned the 'Lightning Process', as a friend of theirs had been 'cured' by it. My family and I were extremely sceptical particularly because of how much it cost. We thought that if it was a 'cure' for ME, it would be famous, or on the NHS and no one would have ME anymore. None of the ME/CFS websites mentioned it.

We trawled the net and got medical relatives involved in the investigation. It seemed too good to be true. In the end, however we decided to go for it. During October half term I had realised that I couldn't go back to work, and would have to resign UNLESS something major happened.

Having read of people's experiences, and decided to take the plunge, I was feeling tentatively positive and rang Geoff Nicholson, who could fit me in the first week back after half term.

In the first session, it was amazing to have the cause of ME explained so clearly, having been repeatedly told 'no one knows'. It quickly became clear that there was a logical explanation, with an equally logical solution. This was very exciting. Once I had been taught the process, I felt my energy levels rise- each day I felt more like 'myself' again. On the second day I went shoe shopping for four hours and my husband was begging me to stop!! It felt great.

It is now 15<sup>th</sup> November and I am back at work full time something I never dreamed would happen. I'm teaching at a rough, demanding, secondary school and I've regained the energy, not only to survive each day but to love it as well. In many ways I feel like I have my life back hiking, dancing, clubbing, shopping, swimming.....are all perfectly within my capabilities. My ME is gone not even a hint of it remains. I can't recommend this enough. I am SO thankful to those who mentioned it to me- it's one of the best decisions I've ever made.