

Testimonial

"Surgery to remove an aggressive cancer from my breast and arm in 2005 left me with relentless pain in my right arm. I found it difficult to use and couldn't sleep. A helpful physiotherapist referred me to Helen Bell to try MLD (Manual Lymphatic Drainage) to help me regain some proper use of my arm. It is no exaggeration to say that the first session felt as though a magic wand had been waved over me. Within 45 minutes of gentle treatment the terrible aching I had experienced for months melted away as Helen drained the lymph from my arm. After an intensive ten day course of treatment I have continued to see Helen regularly about every three to four weeks.

To ensure that I could cope between treatments Helen taught me how to drain the lymph myself which, in the early days especially, was a godsend. The compression sleeve she measured me for is a great help when I am gardening or ironing.

Along with my surgeon, oncologist and GP, Helen has been fundamental on my road to recovery and rehabilitation. Four years on I am still in remission and, with continuing treatment, am able to use my arm fully.

Chemotherapy left me with a rare autoimmune disease so when Helen qualified as a Bowen practitioner last year I decided to see if it could help improve the adverse symptoms I experience. In the last six months, since beginning this treatment, I have been steadily improving.

As a person Helen is kind, thoughtful and sensitive but above all she is a consummate professional in whom I have complete confidence. She takes her work really seriously but with a caring, light touch. If you are open to professional, complementary therapy she is the person for you and I would recommend her unreservedly. Helen is an angel!"