

Back in 1975, I was au pairing in France and we all went on holiday, camping in St Raphael in the South on the Mediterranean. I made the mistake of thinking that water and bobbing boats meant there was plenty of water to dive into. I was wrong! Half way down I knew that this decision could be a bit of a problem and expanded my surface area as much as possible to slow myself down but I still hit the bottom with my arms at some speed – thank god it was sand!

The family just thought it was funny and even when I insisted on going to hospital the next day, the hospital did not bother to x-ray me... several months went by and back at college, sitting over a desk was less than comfortable. Eventually my mother (who is a physio) got fed with my complaining, so persuaded me to be checked out and, sure enough, we found that I had clean break between my arms but had compression to my lower back, which had become out of alignment.

The 1980's, GP treatment comprised on lying on the floor at home for many days at a time, which meant I got bored, behind at work and it really did not do that much good. Even physio did not make that much of a difference and seemed to be somewhat harsh with all the prodding and pushing.

At the end of the 1990's I met Patt socially - I had never heard of the Bowen technique or NST and I was somewhat sceptical.

However nothing ventured, nothing gained and I had a session or two with Pat and really there was marked improvement – particularly a lack of pain and more movement.

In my non technical terms, Patt appears get some alignment back into me and let's the pressure valve off during the treatment, so that I can get on with life. If I go every 8 weeks or so, I can keep both the movement up and the pain down to negligible levels. Amazingly, this affects me positively both physically and emotionally and certainly prevents me becoming more of a grumpy woman – certainly the bit that is caused by pain!

Patt says it works with the body's ability to self heal and she is working with the body to auto regulate itself rather than forcing things too much

I still see Patt regularly and the quality of my life has improved, given that I do not have to live with pain on a full time basis