

Chronic Fatigue Syndrome Depression, Anxiety & Stress

Two wonderful and courageous stories of recovery

I have worked with many people with Chronic Fatigue Syndrome over the years. I decided to share the following two cases for their differences and also their likeness. Don't think you have to live with CFS for the rest of your life, with dedication, learned skills and daily practise it can be treated successfully.

Chronic Fatigue Syndrome is an awful, debilitating illness that doesn't allow the person suffering from it's unseen, but intensely felt cellular depletion, to “really” live. When a person is symptomatic, it's a constant struggle to even walk from point A to point B. This is not your average tiredness or even your average exhaustion; it's a chronic perpetual state of deep, cellular level fatigue. This fatigue is so life zapping that it doesn't even allow for the personality of the person to emerge... there is just no energy to even speak or listen. It can be like living the life of a vegetable. This illness has been so misunderstood due to the fact that sufferers look normal.

Even when you have a strong mind and a will of iron, when your body stops, it stops, and there is no energy left for anything at all. The cup is empty and that's it! When a car runs out of petrol, it just won't go! It's the same deal. It takes time to replenish the cells with energy once they've been so depleted, so it's important to do everything slowly and in balance, and increase the flow of life force every day by good daily practises.

The other side to healing CFS is the releasing of unconscious, unresolved emotional trauma that had buried itself in the body. This old trauma eats away at our energy supplies, which eventually plays havoc with our health. When we work with a combination of releasing the past from the body through *breathwork therapy*, and breath awareness, new mind orientation and meditation, coupled with a will to heal, we arrive at success time and time again...

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It takes courage and dedication on the journey to wellness and these two women have dug down inside themselves to find and live both of these qualities. I respect and admire both of these amazing and powerful women! *Christine Heart Savage*

Client Story No. 1

GC - Alias, Dr Spock

When I first saw Dr Spock, it was in the July of 1997... Dr Spock presented with chronic fatigue syndrome (CFS), depression and anxiety, from which she had suffered for 10 long years. Over that period of time she was hospitalized for 3 months, in a wheel chair intermittently for 2 years, and using a walking frame. CFS is a debilitating illness. She was still extremely unwell when we first met and desperate to regain her energy, wellbeing and basically wanted her life back. She also had a dream of returning to University to complete her studies in Psychology but had been unable to do so due to constant relapses of chronic fatigue.

Dr Spock's long term GP recommended she give up her dream and accept that she would have CFS for the rest of her life. This view was also supported by other sufferers from the Chronic Fatigue Society. Dr Spock was devastated, but finally her will and determination won out and she decided to take her health into her own hands.

There is a lot of medical evidence to support CFS now, but back in 1997 this illness was not supported by medical science, which meant people suffering from this illness were subject to ridicule, disbelief and dismissal.

Dr Spock went to live in a secluded cabin for a few months, no TV, no noise, just isolation and silence. She also changed her diet. When Dr Spock returned home she sort alternative methods of healing. It was through her hairdresser (*life works in very strange ways*) that she heard about my work. At this stage she had relapsed and couldn't even walk to the letter box.

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Dr Spock showed great courage, heart and trust throughout the time we worked together. She attended my "stress management, meditation and life skills" programs, and did deeper *breathwork therapy* work on a regular basis. She meditated, and worked with breath awareness and mind practices in the daily program we created for her. She stuck to it and was truly dedicated to her healing. She rested in between the practices we set.

In the following February Dr Spock had two significant wins in her life, she married her beloved *other half* and also was finally able to return to University (which she had to fight for as the Uni wouldn't hold a place for her due to her continuing ill health). She did extremely well at Uni making A grades and found coping with pressures and stresses easier as she gained energy and strength and used her new skills to maintain inner balance. She graduated with a long awaited and hard earned "*Degree of Behavioural Science*". In fact she did so well she was invited to do *Honours* for a year and then she went on to complete a "*Doctorate of Clinical Psychology*". **Woo Hoo... well done Dr Spock!** She had a few rocky times over her years of study, but kept up with her practices. The more one practises the tools, the more skilled one becomes. ...and Dr Spock became more and more skilled at being able to return herself to balance.

Dr Spock is healthy and has been happily married for many years now and has 2 beautiful little girls... and is a fabulous Clinical Psychologist.

Christine is an amazingly intuitive and fearless practitioner. She is a dedicated metaphysical and breathwork specialist who lives and breathes the principles she teaches. The work is powerful, unearthing and ultimately, life-altering and uplifting. It enabled me to clear a 10 year bout of Chronic Fatigue Syndrome and Depression.

GC - Alias Dr Spock - Clinical Psychologist

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Client Story No. 2

DC - (Alias, Miss Chievous),

In October 2010 a young 28 year of Lawyer presented with CFS, Anxiety and Depression. She was referred by her Psychologist. Miss Chievous contracted Glandular Fever and then was diagnosed with CFS in 2001.

In Miss Chievous's own words

I was diagnosed with CFS in 2001 after Glandular Fever. I had what I thought was a recovery by the end of 2004, although my energy levels were never the same. I did get sick more often than most people. I lived my life differently from before, working around my energy levels and keeping stress as low as possible. I didn't really think the CFS would come back as strongly as it did.

After stressful and long hours of work in the articles year in 2009, I relapsed and was off work for 7 months. I went to see many doctors, and made sure I attended ones who had treated CFS in the past because there is still a huge lack of awareness about the illness. In my first round with the illness (in 2001) I faced a lot of doctors with blank faces and no answers, it increased my feelings of helplessness. When I had the relapse, I made sure I researched Doctors first before I attended them, so I wouldnt have to go through this again. But it was still an absolute maze, and extremely expensive.

I eventually came across a rehab program for people with CFS. This involved learning a lot techniques about pacing myself, taking breaks, difficult activities and how to prepare for them, beginning to walk, building up my tolerance to physical activity and information about sleep cycles. I began this program in June 2010, and I was told that it was possible that I could be back at work in around 4 months in some capacity. Very slowly, my health

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started to improve, incrementally. It was a very slow process, but I had clear goals and objectives that I was working towards. This gave me hope again.

I started breathing with you (Christine) in October, which lifted the emotional burden I was carrying with the illness - the feelings of helplessness, depression and uncertainty about the future began to lift from my shoulders. You helped me at a time of great change in my life and helped me find my course.

You made me aware of meditation and how to begin a daily practice. The breathing and the meditation have helped me with the emotional aspects of chronic illness, and with the other challenges life brings. I have no doubt that the techniques you have taught me give me strength on a daily basis.

I feel that since I started breathing and meditating, that I have consciously chosen a new path for myself. I have had some of the most profound experiences I've ever had through breathing and meditating. They have put me back in touch with myself and given me a new understanding of the world around me.

I am so grateful to you. The breathing and the rehab program have given me freedom.
Signed off Miss Chievious.

Miss Chievious has worked very well doing regular breathwork therapy, meditating and using breath and mind awareness techniques over the last 12 months. She is dedicated to her health and healing. She has made a lot of courageous decisions and changes to her life over the year. Two months after her first session she returned to work part-time and she gradually built her hours back to full time. She knows how to monitor herself, make good choices and return to a state of inner balance and she is dedicated to her daily practices. Great job Miss Chievious, Yah!

By Christine Heart Savage... *The Breathing Lady*