

To Whom It May Concern:

In July 2009, I decided that I needed to get fit – I joined a gym and started to build muscles and get aerobically fitter than I had been for some time. My husband saw this happening and decided that he would like to get fitter too BUT he didn't have a lot of time. I had heard about Bodywall on the radio "once a week, free trial" – what could be better than that! I convinced him to try it.

I went with Spencer(my husband) to just sit and watch – I was told by Chris Toal (in that lovely way of his) "No spectators – you are doing it too!"

I loved the Bodywall session, however, went home feeling extremely dizzy and realised that something within the session had set off my Menieres . I was unwell for over a week.

At the next session of Bodywall, Chris asked me why I wasn't giving it a go again, so I explained that in March 2007 I had been diagnosed as having Menieres disease.

It had come as a huge relief, to actually have a diagnosis and being able to start treatment was fantastic. I had been suffering for quite some time from periods of light headedness, vertigo, nausea, vomiting and being unable to walk upright, I was looking forward to having those symptoms alleviated.

Once diagnosed, I was able to semi control my attacks, I was put onto a drug called "Vergo", this I took 3 times per day. This controlled the attacks , if taken regularly – 3 times per day. It controlled the attacks as long as I stayed hydrated properly and did not have any alcohol (even a half glass of wine would set me off), as long as I did not get overtired or stressed in any way. Yes, the attacks were certainly fewer and lasted for a shorter time.

Unfortunately, I was still not able to go on long road trips, or a boat- I was still unable to have a glass of wine with friends. I was still waking from time to time with that dreadful seasick feeling and knowing that I would be staggering around in a drunken state(although sober) and would be out of action for at least 3 days at a time – even on medication.

Chris responded immediately with "We can fix that" – I smiled sweetly and didn't believe him. Chris introduced me to Danny from Wellness at Work and I was

invited to have a treatment for my condition. I was warned that I might not feel wonderful after the first session, but would get better – I was sceptical but decided to give it a go. After the first session with Danny, I felt awful, after the second session, I was feeling a little better, after the 3rd treatment I felt amazing. I cut back my medication to once a day and suffered no effects.

In October 2009 I ceased taking medication and feel better than I have in years. I have just had the best Christmas in years as I have been able to enjoy a glass of wine with friends, climb Rangitoto (after catching a ferry there – something I couldn't do while suffering from Menieres), and generally enjoy life again.

I can move my head freely without fear of giddiness and am living my life again with no restrictions – it is a wonderful feeling and I attribute that freedom from my disease to Chris and Danny. I would highly recommend their treatment to anyone suffering with Menieres. It is an amazing feeling to be in control of my life again.

Helen Craft

A handwritten signature in cursive script that reads "Helen Craft".

A very grateful ex- Menieres sufferer.