

I would like to share what I feel has been a miracle for me through the use of reflexology. My daughter had suffered severe neck pain and headaches due to an accident and had gone to Brian Louallen for reflexology. She had been to chiropractors and undergone massage treatments, but to no avail. Reflexology got rid of the pain and headaches completely. She kept suggesting I call Brian to try to help with the problems I live with daily. (Fibromyalgia/Chronic Fatigue - high blood pressure - degenerative arthritis -- and a number of other things that accompany the aging process) I felt squeamish about this type of treatment as I didn't know much about it. And, my husband was very skeptical!!! So, I went online and researched it, and finally in May of last year, 2005, I called Brian. He made an appointment for me and was even willing to come to my house, which was a tremendous help to me.

After my first treatment, I slept for 7 hours straight the first night. I had not had that kind of quality of sleep for years. As we continued the treatments, my blood pressure went down to an acceptable range. I had much more energy on most days, and was in a much better frame of mind all the time. I was beginning to feel more like my old self, which I had been praying for.

Many people noticed the difference in me and asked what I was doing that caused such a difference. And now my husband (the skeptic!) says, "I think maybe you should call Brian and see if he can help this or that problem" when something new shows up.

When I went to my family doctor for a checkup, he was amazed! He told me to keep up the good work, and even gave me a prescription to give Brian saying he suggested I have reflexology treatments. This was a huge leap, as this doctor had tried to help with every medication he could think of. And, nothing I was given would bring down the B.P. or help the pain and fatigue I lived with every day. He was so pleased with the amount of new energy I had and the sparkle in my eyes -- he said he would recommend it to other of his patients.

I certainly have recommended it to others -- knowing and telling them that it might not work for everyone the way it does for me. (as Brian is very quick to tell people) And, I will keep on recommending it to others. I am a firm believer in reflexology.

My daughter who recommended Brian is also a firm believer. She lives too far from Brian now, and feels she can't drive that far to have him do her treatments. But....her neck problems are back to the point that she sits and cries. She has tried another reflexologist who is closer to her, but gave it up as this lady wasn't doing the same as Brian, nor was my daughter having the same response. She is still in pain, and saying she thinks she will try to work out a way to be able to see Brian. And, I am encouraging her to do so as she did me.

To sum it all up -- I would have to say that reflexology and Brian Louallen has given me my life back -- as much as Fibro/Chronic Fatigue will allow, anyway. At least I am able to go and do things I wasn't able to do this time last year. I still have my limitations, but I know them and how to deal with them.