

Testimonials

ALPHABIOTICS By Carole Ballardie

I discovered Alphabiotics purely by chance in summer 2005 while on holiday in Portugal. Friends living in the Algarve suggested we might visit 'a chiropractor who's said to produce amazing results'. At that time I had been diagnosed with ME/CFS for two years and like most of us am up for anything that might help. So off we went to see Dr. L in Vilamoura. Dr. L treated each of us in turn as follows: you lie on a couch and he compares your leg length by looking at your ankles – for all three of us one leg was shorter than the other; then he does a strength test whereby you push your arms and legs against his rigidly held hand; then he stands behind your head and applies gentle movement to your neck. This process is called an Alphabiotic alignment and it takes less than five minutes. After it your legs are of equal length and your strength levels much improved!

'It's generally very pleasant. We do it to tiny babies... Generally, the more you need the alignment procedure, the more you are apt to feel it. The rule is, "the more tight and blocked you are, the more you need it, the more you will feel it. And, you feel it where you need it most. It's like opening a water faucet – energy goes where it needs to go." This does not necessarily mean discomfort.' (Your Introduction to Alphabiotics 1990. Dr Virgil Chrane jnr).

I was amazed by how this process affected me. At first I was high as a kite! An hour later, by the time we got home, I realised I felt well! No pain, no fatigue for the first time in two years. These effects lasted for 3-4 weeks – by that time I was home from holiday.

I set about finding myself Alphabioticist in this country. I found the official website (they are based in the USA in Dallas Texas) but do take it with a pinch of salt if you look, I don't think I would have tried it if I'd read that first! However through this website I traced who turned out to be the only qualified developmental Alphabioticist in the country (there are a couple in Eire). He is Graham, and he lives here in Sussex!

Since that time I have had regular sessions from Graham. He follows the alignment (as described above) with a shiatsu massage – he is a trained shiatsu masseur – but you can also just have an alignment which will bring about excellent benefits. Graham is also a qualified yoga teacher. I am not cured but I am lots better than I used to be – I am able to do part-time paid work now, and provided I pace myself and get lots of sleep I stay well.

I can't say this will work for you, everybody is affected differently. But I do recommend you give it a try because it's worked for me and it might do the same for you. Alignments enhance all helping systems e.g. massage, homeopathy etc. as it allows the body and mind to be much more receptive. Graham comes to my house for my sessions and he will do that for you. He can explain the Alphabiotics system to you far better than I can and he has literature about it as well.

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