

Livingstone
Bimborne
Dorset
BH21
28.9.10

To show it may concern.

Mrs Helen Bantfield.

I would like to go on record as being very grateful indeed to Helen. Six months ago I came to Helen suffering with chronic back, neck, shoulder & neck pain - this all a result of deterioration of the bones in the neck. To say I was in a lot of pain would be to understate the case - I was on 500g of anti-inflammatory pain killers ^{a day} plus paracetamol & co-codamol, I couldn't sleep properly & only felt temporary comfort with my left arm in a sling. Unfortunately I had had a steroid injection in my arm which had failed leaving me with permanent damage. I had also unsuccessfully ~~tried~~ tried physiotherapy locally. The Bowen technique had been initially helpful but I was just in too much pain to feel its real benefits. I was

recommended to Heter. I arrived in
pain & in extreme worry that no-one
seemed able to help me. Heter proceeded
to explain that one felt sure her hydro
~~no~~ massage would help me — I did
straightaway although she could hardly
touch my left arm as it was so painful.
I felt ~~afraid~~ afraid, in constant pain
& frankly very fed up. Immediately there
was an improvement, & so it has
been for the next six months.
Where I was in awful pain now I
am sore with some pain, but nothing
like the level I had been experiencing
for so long.

Heter has impressed me at every
~~turn~~ ^{turn} with her kind, calm & professional
attitude. I was very touched when she
phoned me after every single session when
I started my treatment just to check
I was O.K. Heter provides a professional
reliable service in a calm atmosphere.
I cannot begin to tell her how much she
has helped me. She is warm, caring
& the consummate professional. I would
recommend her to anyone. She is simply
Wonderful.

Yours Faithfully
Nicola