

My initial appointment with Stephen Allen of The Clinic of Natural Medicine was on 21<sup>st</sup> July 2010. I attended following a recommendation from a work colleague as I was concerned that I was still struggling with my mobility following three road traffic accidents in a one year period.

At this appointment we discussed my general health and health history. I was given cranial osteopathy to release soft tissue tension and I was told that my body was in trauma and my liver appeared sluggish.

I returned for my next appointment on 25<sup>th</sup> August 2010 and following examination it was explained to me that my liver function would have been affected by the continual use of meloxicam (prescribed anti-inflammatory tablets) I had been taking them since the first accident in October 2008. Liver function I was told affects healing and hormones and this would appear to be causing the irregular and severe menstrual bleeding and in turn the anaemia.

Prior to these consultations I had not considered there was a link between my mobility, my gynaecological problems and the medication.

I have continued to see Stephen Allen and attended for appointments on 31/08/10, 07/09/10, 14/09/10, 28/09/10, 04/10/10, 08/10/10 and 26/10/10. I have received treatments and homeopathic medicines. Throughout this time my mobility has improved considerably, my gynae problems have subsided and my periods have regulated. I have stopped taking the meloxicam and this has not had an adverse effect. Previously back in April when I was diagnosed with anaemia and the GP reduced the meloxicam from 15mg to 7.5mg I was in severe pain in my shoulders, arm and neck and could not sleep.

I am no longer receiving medication from my GP (other than iron tablets).

If it had not been for Stephen Allen addressing my health as a whole I feel I would have been struggling on, perhaps still on meloxicam, still bleeding and heading for surgery.