

WOMAN'S WORLD

How to cope with irritable bowel syndrome



IF, like me, you have suffered from Irritable Bowel Syndrome (IBS) or you are a person who has a busy, hectic lifestyle and would love to find a place where you can totally relax and 'let go', then let me tell you of my experience with Violetta Cope who practises Lymphatic Manual Drainage from her clinic in Teignmouth.

Manual Lymphatic Drainage is a specialised massage technique developed in the 1930s by the Danish practitioner Dr Emil Vodder and is widely practised in European clinics.

During the past two weeks I have visited Violetta for three treatments. I am not new to massage and alternative therapy techniques, having experienced aromatherapy and reflexology. I find it very hard to relax but, during my first treatment with Violetta, I fell into a semi-conscious dream-like sleep, something I had never experienced before and totally

wonderful.

Violetta spent much time before the treatment began, assessing my needs, both talking to me and listening. During treatment she encouraged silence to maximise relaxation of both body and mind.

The therapy involved gentle rhythmical movements of the skin which stimulates the contraction of the lymphatic vessels. This in turn increases the rate of removal of waste products, toxins and excess fluid from the body's tissues. Violetta concentrated much of the treatment on my stomach and lower abdomen area, something which at first I did not feel comfortable with. However, after just a few minutes, I felt totally relaxed and the gurgles and rumblings from my tummy were unbelievable! My IBS has since improved and so has the ability to relax and calm myself.

Manual Lymphatic Drainage has so many other benefits, including skin conditions such as acne and rosacea, chronic sinusitis, fluid retention and weight management. It is especially effective during times

of detoxification. Violetta can also help people after surgery, including post mastectomy. The main support groups, such as Cancer BACUP, the Lymphoedema Support Network and the British Lymphology Society recommend MLD as the most appropriate treatment following surgery. A full detailed list of the benefits can be found on Violetta's website.

Violetta practises from her home in a 19th century abbey in Teignmouth, a place which is welcoming, homely, yet very professional. I found Violetta approachable and accepting, and she oozes enthusiasm and knowledge. During the past two weeks I have experienced improved sleep, and wake in the mornings feeling refreshed and with more energy. I am looking forward to updating you on my next few treatments. I would thoroughly recommend a visit to this remarkable therapist. Violetta can be contacted on 01626 770121 and information can be found on her website, www.violettacope.com

Amanda King