

## MIKEL THERAPY (2006)

Mickel Therapy is a new treatment initially designed for Chronic Fatigue Syndrome, ME and Fibromyalgia sufferers.

The treatment has now expanded and evolved to cater for many other conditions. Mickel Therapy involves a face to face talking therapy with no medication, diet change or need for supplements.

According to Mikel, “The hypothalamus is an area of the brain which controls the endocrine glands which are responsible for our hormones. ME sufferers have an ‘overheating’ hypothalamus which brings on the symptoms. (headaches, chronic tiredness, lack of concentration and severe muscle aches). This happens because the subconscious mind is trying to alert the patient to an unresolved mental crisis by creating a physical problem. ‘We don’t use hypnosis or medication to treat patients,’ Mikel says. ‘Instead we use language to tap into the messages from the unconscious mind which are causing the symptoms. It proves the power of the mind over illnesses and highlights the mistake we’ve been mistaking in medicine by separating the mind from the body.’”

### **Possible Conclusion:**

Psychosomatic

**“M.E.  
Is this me?”**

**Treat The Symptoms?**

**Treat The Cause?**

**Discover What’s Causing  
Your Chronic Fatigue/M.E.?**

**Let nature run its course  
knowing there is no  
effective treatment?**

Myalgic encephalomyelitis or ME translates to “inflammation of the brain and spinal cord with muscle pain”

**MYALGIC** =  
pain in the muscles

**ENCEPHALO** =  
Brain: encephalitis

**MYELITIS** =  
inflammation of the spinal cord

People with gradual onsets may not realize there is anything wrong for quite some time. Patients may believe they have a minor illness, or ascribe their weakened condition to stress, and assume they will improve with time.

It is only when the condition is truly debilitating, or the stress is removed and the symptoms remain, that one seeks treatment.

If you have these symptoms:

**CHRONIC FATIGUE (CFS/CFIDS/ME)  
TIREDNESS AND LETHARGY  
MUSCLE PAIN OR WEAKNESS  
CHEMICAL SENSITIVITIES  
POOR CONCENTRATION  
MEMORY PROBLEMS  
SPACED-OUT HEAD  
FOOD CRAVINGS  
BRAIN FOG  
JOINT PAINS  
NIGHT SWEATS  
DIGESTIVE DISORDERS**

The presence of unexplained persistent fatigue that is not relieved by rest and that results in a substantial reduction in occupational, social and personal activities.

### CASE REPORT:

My limbs felt like lead yet test results proved so inconclusive that doctors eventually labelled me as psychosomatic.

I then spent 13 years going round in circles trying to cure my M.E (or Chronic Fatigue as it is also known) using every conventional, complementary and non-conventional therapy available, including:

**Nyastatin (Anti-Fungal)**

**Vitamin C treatment. Massive doses (15gms per week) intravenous (NB. back pain subsided temporarily)**

**Allergy/Mast Tests (It's not all in the mind)**

**Blood Tests incl. Glucose/Triglycerides/Immunoglobins**

**Avoidance Diets/Food Combining**

**Thyroid Tests**

**General Homeopathy**

**Vitamin Therapy**

**Acupuncture**

**English Herbs/Chinese Herbs**

**Bee Pollen**

**Anti-Depressants and prescription 'trouble' drugs**

**Non-prescription drugs**

**Hair Mineral Tests and More Vitamin Therapy**

**Mercury Fillings Removal**