

Innovation Centre  
University of Exeter  
Devon EX4 3RF  
0845 868 1288

[www.therapeutictrainingcompany.co.uk](http://www.therapeutictrainingcompany.co.uk)

## The Therapeutic Training Company

# ME/CFS

## INFORMATION

July 10

- Full Recovery
- Brain Training
- New neural pathways
- Nickie's story
- Not only health but a Great New Life too!

“I'm able to enjoy life again”

**M**yalgic Encephalomyelitis (ME) or, as it is also known, Chronic Fatigue Syndrome (CFS), has been a puzzle. Now it is becoming clearer – not only the cause and persistence of symptoms but, most importantly, how to recover full health.

Many people experience the illness for years or even decades, living with the debilitating symptoms of fatigue, pain and cognitive problems which can seem resistant to all therapies or treatment. Now however a recent approach puts the

patient back in charge as they are trained in a set of techniques to recover their health.

**Nickie Moates**, a GP's receptionist from Torquay, learnt The ME Recovery System and regained her health after 3

years with ME when she



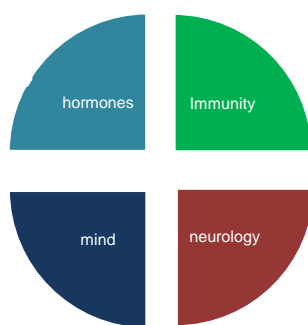
Nickie with her daughter was, as she put it, “a couch potato”. Now she is healthy and rebuilding her fitness in the gym and with a new Wii. “I'm able to enjoy life again – running on the beach, playing football with my son – just being a mum again instead of a spectator.”

### How did she do it?

The training she took draws on the latest research into .....

# The Soft-Wired Brain

..... **psychoneuro-immunology**, or the way that four factors interact: our hormonal, immune and nervous systems and our minds.



Based on the theory that, in a person with a genetic susceptibility, a specific part of the brain has suffered some sort of trauma – which may simply be a childhood illness – and become over-sensitised, the training is designed to intervene in the resulting loop of: stress response /hormonal dysfunction/immune system dysfunction/ heightened pain response/ increased stress.....and so on.

This is the well recognised ‘sustained arousal’ of the HPA axis; that is the **H**ypothalamus and **P**ituitary in the brain, and the **A**drenal glands on the kidneys.

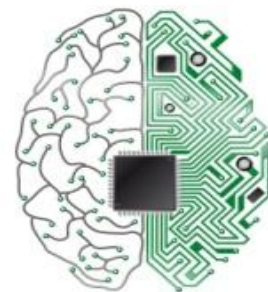
**Brain change** By using methods derived from various approaches including Neurolinguistic Programming, Positive Psychology and Mindfulness - an evidence-based training increasingly finding favour with the NHS - The ME Recovery System utilizes the brain’s natural capacity to change and grow, known as neuroplasticity, and teaches methods to reconfigure neural networks.

This regularises the HPA axis and can rapidly eliminate symptoms.

Video and article [click here](#)

ME Awareness Day in Express & Echo [click here](#)

**The ME Recovery System** does not simply help patients to manage their illness but aims at full recovery. The results may be rapid or build over weeks. While patients are using the system they are not only regaining their health but also building the means to live well – better than ever before – and maintain their new health.



As Nickie said “I was *sceptical of this training but it has given me a life again – a better life that before because of what I learnt on the course*”