

Relieve Yourself Of Pain And Immobility In Just 7 Weeks Or Less

Here's How The Lives Of Two NHS Nurses Suffering From Excruciating Pain And Immobility Was Changed After Just Weeks And How You Can Find Relief Too

Debbie Shimadry
RN Dip HE, Dip MT (MC)

RELIEVE YOURSELF OF PAIN AND IMMOBILITY IN JUST 7 WEEKS OR LESS

Here's How The Lives Of Two
NHS Nurses Suffering From
Excruciating Pain And Immobility
Was Changed After Just Weeks And
How You Can Find Relief Too

Debbie Shimadry
RN Dip HE, Dip MT (MC)



MTC Publishing

Copyright © 2007 by Debbie Shimadry
2nd edition

The right of Debbie Shimadry to be identified as the author of this work has been asserted by her in accordance with the copyright, designs and patents Act 1998.

No part of this book may be reproduced in any form without the expressed consent of the author, except by a reviewer, who may quote brief passages in connection with a review.

First published by MTC Publishing in Derbyshire, UK

ISBN 978-0-9556588-0-8

Catalogue Data

Shimadry, Debbie

Relieve yourself of pain and immobility in just 7 weeks or less: Here's How The Lives Of Two NHS Nurses Suffering From Excruciating Pain And Immobility Was Changed After Just Weeks and how you can find relief too/ Debbie Shimadry.

1. Health 2. Alternative Therapies 3. Self help

Whilst every effort has been made to ensure the accuracy of all the information in the book you should be aware that this book is a statement of the authors opinion and own personal experiences and neither the author or the publishers can take responsibility for the effectiveness of the products or services mentioned in this book.

MTC Publishers provide books on alternative health, for more information or to speak to a qualified alternative practitioner write to or call:

MTC Publishing,

Unit 6, Karlsruhe House,

18 Queens Bridge Road,

Nottingham,

NG2 1NB

U.K

Tel: 0800 612 1346

CONTENTS

Introduction

- Chapter 1:*** When Conventional Medicine Failed To Find A Solution For Two Of It's Long Time NHS Nurses They Had To Take A Leap As A Last Resort Effort To Resolve Their Pain And Immobility **3**
- Chapter 2:*** How It Works, The Science Behind Clinical Magnetic Therapy **9**
- Chapter 3:*** I Call It A Miracle - The Power Of Clinical Magnetic Therapy- **13**
- Chapter 4:*** The 5 Additional Health Benefits You Gain Almost From Day One Of Using Clinical Magnetic Therapy **23**
- Chapter 5:*** Free Of Pain At Last! - 69 People Share Their Stories **25**
- Chapter 6:*** There's A Difference Between 'Ordinary' Magnetic Therapy And Clinical Magnetic Therapy - Be Careful What You Use **50**
- Chapter 7:*** Now It's Your Turn To Relieve Your Pain And Regain Your Mobility. **59**

Introduction

Let's face it: when a nurse or doctor contracts arthritis or back pain—or any other chronic complaint—they turn to modern medicine for help. Sometimes they find that conventional medicine can't help, even after years of attempting to. As far as conventional medicine is concerned it's the end of the story for those people, apart from taking even more painkillers.

This happened to two NHS nurses, who even with their exhaustive knowledge of traditional medicine, were unable to find anything that could make one bit of difference to their pain and suffering. They were left, after years of medical attention and treatment, with virtually no mobility and pain at such a height that it certainly indicated to them that conventional medicine had no answers for their problems.

This is where two experienced NHS nurses Debbie Shimadry RN Dip HE Dip MT (MC) and Dee Parsons RN Dip MT (MC) decided to make one final effort to resolve their excruciating pain and immobility. Frankly, neither of them believed one little bit that what they did was going to work... but it was a last ditch effort.

To their utter surprise and delight, they found that their pain quickly began to dissolve—and their mobility also quite quickly began to be restored. In fact, within just 7 weeks both nurses had virtually completely lost their pain and also regained practically complete mobility.

This flew in the face of all their training, and everything they had learnt in the whole of their combined NHS experience. But it worked, and that's all they cared about—and that's probably all you care about too.

The likelihood you are reading this book is because you have a degree of pain and immobility. Maybe it's slight, maybe it's severe—or maybe it's crippling. **My answer to you is that I can't offer you better advice than to give clinical magnetic therapy a try.**

Let's move on now to the story. I think in these pages you will find a solution and a way out of the pain and immobility you are suffering. There's no need to suffer it a day longer in our experience.

Read on. I think you will enjoy—and more important—the likelihood is that you can benefit for the rest of your life.

Chapter One

When Conventional Medicine Failed To Find A Solution For Two Of Its Long Time NHS Nurses, They Had To Take A Leap Of Faith As A Last Resort-Effort To Resolve Their Pain And Immobility

Here's how myself and another NHS nurse—who couldn't be helped by conventional therapy—discovered and used clinical magnetic therapy to relieve our pain and regain our mobility. The other nurse happens to be my mother.

My mother Dee suffers from osteoarthritis which has infiltrated into her back, knees, hips, feet, hands, shoulders and neck. In January of 1999 she became so debilitated by her condition that she became unable to walk.

In brief, the bones in her feet were simply crumbling away. Every step was excruciatingly painful. Dee couldn't walk or drive or even leave the house. Her arthritic pain started 19 years ago, and it started in her neck with headaches. The doctor said it was stress, and suggested relaxation. The headaches continued, and then the pain spread down into the neck and all the way across her shoulders.

She went back to the doctor twice a week every week to ask for help with the pain. Dee suffered with the pain in her neck and her shoulders—plus had a permanent headache for months. She was at the end of her tether, when she went to see a friend, and told her all the symptoms she was feeling. The friend recommended going to see a chiropractor, who was

Relieve Yourself Of Pain And Immobility In Just 7 Weeks Or Less

finally able to determine what was wrong. He could tell that it was Spondylosis. She started on massage treatment—which did help to a degree—but she needed twice-daily massage to keep the pain at bay.

Dee's back pain started when she was 14 years old; she endured terrible pain through her entire spine right the way through her teenage years. The doctor always put it down to 'growing pains'. At the age of 21; Dee was convinced that she couldn't still be experiencing 'growing pains'. Finally, investigations revealed that she had Spondylolysis in her spine—and the specialists could offer no treatment except permanently wearing a wide, hard and very ridged back brace.

Ultimately in 1999, her many different joint problems completely took control of her life, and she had no choice but to give up nursing, on sick leave. As she became 100% housebound, unable to go upstairs, drive, or even walk her dog 100 yards—in fact she couldn't leave the house. All she was given to take were anti-inflammatory and painkillers. Neither had any helpful effect whatsoever.

My own story is slightly different. I fractured my spine in two places 16 years ago in a horse-riding accident. I was enjoying a relaxed, leisurely trek with a few friends in September 1991, when disaster struck for me.

My horse was startled by a bird. Suddenly he lurched to the side, and as he did so, he tripped on a rock. I, unable to hang on, flew over his head and crashed to the ground with a tremendous thud... and snapped my spine in two places.

A&E X-rayed my back, and couldn't see the fractures. It wasn't until eight weeks after that they realised their mistake. I was still suffering intense pain and wasn't able to bend down or twist. I seemed to be permanently at the G.P's office and got the impression that he was utterly sick of the sight of me.

When Conventional Medicine Failed To Find A Solution For Two Of Its Long Time NHS Nurses, They

I felt that I had no choice but to ignore the constant the pain, trying desperately to get my life back to normal, but there were so many things that I still couldn't do; the pain restricted all my movements. Plus I would wake up as many as 15 times every night in agony, and would have to manoeuvre myself to the edge of the bed and then inch by inch slide to the floor and—on hands and knees—try to release the rock-hard muscle spasm which caused by back to stiffen.

Getting out of bed in the morning was a whole different kettle of fish. Honestly it looked like a scene from a comedy sketch, and I guess it would have seemed funny to me if it wasn't for the gut-wrenching agony that accompanied it. I eased myself across the bed at a snail's pace; then came the debacle of rolling over onto my stomach, hanging my legs over the edge of the bed, kneeling on the floor and eventually working myself to the end of the bed... where I clung onto the bedstead for dear life as I hauled myself into and upright position. After this 15-minute fiasco I would have to slowly stretch my spine gently until I could feel my vertebrae unfreezing.

My work as a nurse didn't help because I was constantly lifting and moving patients. I also had three young children, (which as you can probably imagine!) only served to degenerate my spine condition further.

Over the next year I tried acupuncture, massage, exercise, physiotherapy and osteopathy to no avail. During this time, an osteopath revealed that my spine had twisted itself into an S shape and—as a result—my pelvis had become unhitched on the right hand side. He got me to side on the couch and stretch my legs out in front of me, and I started in utter amazement as one of my legs was three inches longer than the other. He explained that because my pelvis was unhitched, I was completely lopsided... and that was why my legs looked different lengths.

It was Dec 1999 when I hit absolute rock bottom. Just two days before Christmas, I was lifting my eldest child (then 4) out of the bath... when my back just 'popped'. By 10pm I lay on the bed unable to move at all. The next

Relieve Yourself Of Pain And Immobility In Just 7 Weeks Or Less

morning, Christmas Eve, I called my osteopath. As soon as he saw me, he confirmed that I had slipped a disc. He advised me to lie on my side, put ice packs on, and come back after Christmas.

I spent Christmas day lying on the sofa with a bag of frozen peas stuck down my knickers. I ate my Christmas dinner alone on the sofa whilst everyone else enjoyed the festivities at the table. Words can't describe how thoroughly miserable I was. That year my New Year's resolution was to find an answer to my never-ending suffering.

In early 1999 I, like my mother, found myself essentially housebound and on crutches... unable to work, drive or even pick up my children.

Then, a chance and last-resort discovery provided a very unexpected solution...

The last-resort discovery was clinical magnetic therapy. The promise from the person who suggested it was reduced swelling, increased blood flow and reduced pain... and best of all it was completely natural.

Frankly, had Dee and I not reached this last-resort situation, we never would have believed it enough to try it. But, and particularly because it proved to be completely natural and safe, we thought, "lets give it a go for at least a few weeks."

Truthfully, as professional nurses we had great doubt that something this simple could have any meaningful effect. But we had nothing to lose.

Here's what happened next: we were both as astonished as each other. After 5-7 weeks we were relieved of all pain, and regained our mobility.

Dee found that the pain in all affected areas—knees, hips, back, hands, neck, feet and shoulders—had completely (not just partially) gone. She was able to walk again; she was able to bend and reach up again. In short, her life was restored.

The same happened with me. The pain, which I suffered for 16 years

When Conventional Medicine Failed To Find A Solution For Two Of Its Long Time NHS Nurses, They

because of my riding accident simply seemed to dissolve away over 6-7 weeks. And I regained virtually all my mobility and ability. I was once again able to pick up my children, do the housework, drive the car and go to the gym. The magnets haven't cured my back—I still have the abnormality there... But what they have done is take away all the pain and swelling.

I went back to my nursing position in Intensive Care and life was virtually—maybe not 100% but 99%—returned to normal. I look forward to each day now instead of getting up with a sense of dread. I've lost so much time being miserable and in pain. Now all I want to do is live life to the full with my family—who had to put their lives on hold as well. Now there's no stopping us!

As you can imagine—and especially because we are both nurses—with a desire to help people, heal people and see people through the misery of pain and disability, we couldn't wait to share this proof with as many people as we could.

Within months, we formed an organisation whose purpose is simply to make available this extraordinary clinical magnetic therapy to as many people as we can reach. And that is the majority of people who are suffering from pain and immobility due to the following debilitating ailments:

- Osteoarthritis
- Rheumatoid Arthritis
- Osteoporosis
- Fibromyalgia
- Spondylosis
- Polymyalgia Rheumatica
- Spinal Stenosis
- Disc Prolapse
- Multiple Sclerosis
- Stroke
- Peripheral Vascular Disease

Relieve Yourself Of Pain And Immobility In Just 7 Weeks Or Less

- Diabetic Neuropathy
- Leg Ulcers

That's what we've been doing since 2001. Here are some of the results that we have achieved since then:

Out of 10,773 people that we have treated, 10,018 have reduced their pain and substantially increased their mobility. Plus 6,511 have been able to reduce the amount of pain killers they take each day, and 2278 no longer require any painkilling medication.

There is so much unnecessary pain and unnecessary lack of mobility. Our main purpose is to get as many people as possible to experience reduced pain and increased mobility.

Obviously medicine is the first and most important port-of-call, and as nurses we understand that and we agree with it.

However clinical magnetic therapy is very interesting, and something that is possible for people in pain and suffering with a lack of mobility. When medicine has given up, there is something else that can help.

Perhaps when medicine has reached the limit of what it can do for your pain—you would be willing to open the door—and at least consider whether clinical magnetic therapy can help you in the same way it helped and continues to help us.



To Read The rest of this book [click here](#)