



Anne Laird

supporting success



Positive treatment for M.E.,
Chronic Fatigue
Fybromyalgia

www.reverse-therapy.com



Reverse Therapy® is based on research by Dr John Eaton from 1996 to the present day into Bodymind intelligence and symptom-focused therapy. It is a revolutionary new approach to healing Chronic Fatigue Syndrome/ME and FMS which resolves the symptoms of these conditions by identifying them and acting on the Bodymind messages which underpin them.



Reverse Therapy® is an educational process that teaches clients how to understand and work with Bodymind intelligence so that Bodymind no longer needs to produce symptoms in order to warn, guide and protect the individual. It is a simple process in which we teach clients how to:
Notice when symptoms start to increase
'Listen' to what Bodymind is trying to tell them through the symptoms in those situations



Reverse Therapy is based on research on changes in the nervous, endocrinal and immune systems during illnesses such as Fibromyalgia and CFS.

I treat some of my clients using this method. It is very useful for various conditions including IBS, ME, Fybromyalgia and anxiety.

