

TESTIMONIAL - PSORIATIC ARTHRITIS, JUNE 2010

Melanie Harris

In 2003 I was bothered by a persistent discomfort in my right second toe. After an x ray, bone scan and blood tests I was eventually diagnosed with Psoriatic Arthritis. I have never been a psoriasis sufferer so this was a complete surprise.



In the hands of Western medicine I was commenced on a course of anti-inflammatories (the type changed as different ones were removed from the market) and an immune mediators (Sulfasalazine). My Immunologist increased the drugs as more joints became affected: toes in both feet and the ankles. The drugs are toxic so regular tests were required to check liver function, but the symptoms continued to escalate, as did the dosages.

I reached the point where I sometimes had to kneel in the shower as the pain in my feet was so great I couldn't stand; a couple of times I had to crawl to the toilet. I could not stand for long periods and when shopping I had to use the trolley to take some of the weight off my feet. At the age of 40 it looked like I was heading for a wheelchair.

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In 2006 I heard of Tracey Morley and decided to give her a try. It's a 1.5 hour trip to Port Macquarie but I was desperate. She sounded confident that her naturopathic treatment could help.

Tracey prescribed a dramatic change in diet with a range of natural medicines. Alongside this treatment Tracey took an interest in my total well-being: how well I was grappling underlying emotional issues and dealing with stress.

The path to wellness took time, required determination and commitment but my belief that this was the right path for me did not waver.

Gradually (under the guidance of a sympathetic GP) my 'hard' drugs were reduced until on Christmas Day 2007, the immune-mediator a thing of the past, I took my last anti-inflammatory.

I have maintained the diet (well ... I was being about 90% good), given focus to my inner spiritual health and I was walking about, working, choreographing dance routines and getting through my daily routines pain free. Through 2007 and 2008 I continued to see Tracey periodically with only occasional reminders of

mild discomfort. *I enjoyed 2 overseas trips, trudging about with a backpack, amazed at what I was capable of.*

It's now mid 2010 and the psoriatic arthritis is having a re-visit so after a year away I'm back under Tracey's care. My symptoms are already abating after 6 weeks and I'm confident I will once again be zipping about freely soon.

There is no instant fix, but this treatment is thorough and focused on the cause – not just the symptoms. So, I can tell the good tale that this works – it won't happen overnight (like good hair) but it will happen!

Melanie Harris

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Update 17.7.10 after 9weeks of restarting on Tracey's treatment I am now 90% pain free again, and improving.