



Mickel Therapy Client Testimonials

I had CFS/ME for over 10 years and eventually it turned into a living death. By the I'd reached my 60th birthday, despite trying every available therapy & alternative medication, as well as the usual treatment prescribed by the NHS of physiotherapy with graded exercise, pacing, & CBT but nothing made me well; I was getting worse and worse. I was scared I would spend the rest of my life ill and dependent on others for my well-being. But then I discovered Mickel Therapy and 2 years on, I'm living life for myself once more, & life is much better and more fulfilling than it ever was prior to falling ill with ME. Thank you Dr Mickel, for treating me with respect and not as depressed; thanks for giving up a well paid life as a GP in order to continue successfully helping we whom the NHS have badly failed. So don't despair, those of you with ME, there is hope; there are many, many of us who have become well again and it's about time you got to hear about it! *Susie, UK*

I was sick with M.E / CFS for over 4 years and while I was fortunate enough to make good progress on my own, it wasn't until I did Mickel Therapy that I made a full recovery. This treatment looks at how the Hypothalamus gland goes into a state of overdrive creating the wide range of symptoms people get. In treating it, it looks at symptoms as useful information from the body that if interpreted and understood can be stopped. Mickel Therapy has now treated well over 700 clients successfully (according to their positive testimonials) and more research is planned to further reinforce this. This is light at the end of the tunnel & I'm one of many to prove it! *Saul L, London*

I have had anxiety, depression, which progressed to ME over 15 years, It got to the stage where I could not remember to make a cup of tea, I had to have my hair washed, I could not longer work. The dark place and the frustration of feeling so useless and yet having to battle the people that said things like 'pull your self together' was unbearable. I fantasized about taking tablets and thought that if I cut my self and bled I may start to feel better. My house was trashed, I had note all around my house to remind to wash up, getting pound coins for the meter and regularly had to go home in the middle of a simple trip to the shops. I was intolerant to many foods - the despair every morning was incredible. I had anti-depressants, CBT Painkillers for aching joints and was referred to the gym. It didnt make me better, Mickel therapy did, I though it was another con and it was the only time I was fully understood. *Nicola D, UK*

I was ill with ME for 16 years and had tried everything - as so many sufferers do. Then about 2 years ago I heard of Mickel Therapy. At first I was reluctant to raise my hopes yet again, having tried so many 'treatments'. However, after hearing from several trusted sources that even long-term sufferers were completely better, I decided to give it a go. I am now fully well and loving life. In fact I spent last Sunday hill walking in the Cairngorm Mountains - in the rain but smiling and feeling great. Only people who have been so ill can really appreciate the joy of being able to do these things again. Nobody needs to be resigned to being ill for years anymore because Mickel Therapy has approached this awful illness from a different angle and seen the answers. No psychological tricks, strange potions, rest or restrictive diets -just getting well and staying well. *Alison, UK*

I suffered from ME for two and a half years and tried everything. It was only when I discovered Mickel Therapy that I got my life back and now feel better than ever before. I find it very frustrating when ME is labelled as neurological or psychological as I remember when I had ME how isolated and misunderstood this made me feel. One of the worst things about having ME is the lack of understanding from others and these kinds of labels exacerbate the problem. Mickel Therapy understands that ME is a physical condition (caused by a malfunctioning hypothalamus) and that is such a relief for a misunderstood sufferer. It is also treatable and I am writing this to let people who are suffering know there is hope and they can get their lives back too. *Beckie, UK*

I am a former sufferer of M.E. and had tried many different treatments. I tried a new therapy about 4 years ago called Mickel Therapy and it has given me new life and a new hope for the future. It is a very difficult illness to get over but this certainly did it for me. *Robert, UK*

There is hope. I had ME/CFS for three years and tried everything to get well. ME/CFS/FM is a hypothalamus disorder and can be treated using Mickel Therapy. I have been well for a year now and am 100 percent. It's not that I just have the disorder under control - I am well and better than ever. I even stopped taking the bowls full of supplements, herbs and vitamins that I'd been used to. Dr. David Mickel discovered and developed the treatment and it works. *Ellen P, USA*

ME is usually a diagnosis of exclusion, simply because current medical thinking does not understand how the illness occurs. Mickel Therapy, which gave me the tools to help my own body heal, is NOT an illness management technique - it addresses the root cause of the illness, and then deals with that. That's why it worked for me, and for many, many others - and continues to work. *Susie, UK*

I had ME for two years can honestly say that Mickel Therapy saved my life. From being unable to do very much of anything I now lead a full life and am completely well thanks to Mickel Therapy. I always say that phoning to make my first appointment was the best phone call I ever made. There is life after ME. *Lorna, UK*

I had M.E for over 13 years. Some of that time I was bed ridden and housebound. I missed out on getting qualifications from school due to this illness. My situation did improve slightly but I never had good health and had to spend a lot of time in bed resting as payment for doing normal everyday tasks. I am one of the fortunate 750 people that has received Mickel therapy. When I first heard of this therapy was extremely skeptical as I had tried many things with no success and I was tired of getting my hopes up to have it fail again. Two of my friends tried Mickel therapy and fully recovered. It is the best thing I have ever done I now really have the energy to enjoy life. *Julia, UK*

It is good that people are starting to talk more about ME. I had the condition for over 2 years and it stopped my life in its tracks. I was referred to an 'ME Specialist Consultant' in Lancashire who said 'you've had it for 2.5 years, you will probably have it for at least that again, keep pacing!' Then a friend told me about Mickel Therapy. I decided to give it a go as I didn't want to give up on life at 25. It doesn't matter how hard you try to 'pull yourself together' or fight it, it made no difference, until I start listening to my body and understanding why my symptoms were being sent. I am a naturally sceptical person but deciding to go ahead and have Mickel Therapy was the best decision I ever made. After 5 sessions I was better and now I have my life back, my friends and family have the 'real me' back and I am looking forward to the future. I am even back competing in triathlons which at one point was just a dream and seemed like an impossibility. *Martin, UK*

I cannot bear to still see anyone suffering from CFS/ME - especially since there is now such an effective treatment in the form of Mickel Therapy. Practically bed bound by ME a few years ago a family friend came across an article in the Sunday Post about Dr David Mickel. After trying every possible treatment going, I was absolutely desperate to find something to give me some kind of a life back. I had a one year old son who needed me - it was heartbreaking the day he called his childminder 'mum'. After only 4 sessions of Mickel Therapy things started to change - a few months down the line my health was restored. Now a few years later I have two children and also work. I also have oodles of energy! I really do not know where I would be now if I had not picked up the phone that day and made my first appointment. Dr David Mickel does not get the recognition he so deserves. If it wasn't for him I probably wouldn't be here today. *Pamela S, Orkney*

What I love about Mickel Therapy is that it empowers the individual. When you get better, you know exactly what it was that you, personally, did, to return to health once more. *SN, UK*