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### **Testimonial for Wellness @ Work**

From the age of 12 when I started having a menstrual cycle, I was unlucky enough to have both very heavy and painful periods. This was a huge hindrance to me with both my sport and life in general.

Symptoms I experienced included, Vomiting with pain, Fainting due to the pain, Pain before and during periods, Chronic pelvic pain throughout the month especially with sport, Lower back pain, Heavy periods, Painful bowel movements especially during menstruation, Painful urination during menstruation, Fatigue, Diarrhoea and constipation.

I went to the Doctor on a number of occasions regarding these symptoms, with the only solution being to put me on the contraceptive pill. This obviously helped with slightly less heavy periods and pain but only masked the underlying condition. It took 9 years of persistence and I finally saw a specialist at 21, she performed a laparoscopy confirming that I had severe endometriosis and she burned off the tissue during the procedure. This made me feel much better for a wee while but slowly the pain got worse again so at 25 I had another laparoscopy and again they removed scar tissue, this time it was all over my ovaries and bowel. I was again put on a contraceptive pill and wasn't having periods at all for almost 3 years, I had further tests at 27 that confirmed I would need yet another laparoscopy. My Doctor also said if I didn't have children before I was 30 I was unlikely to have them due to the severity of my endometriosis thus causing infertility, which was my worst fear.

At 28 a friend in my squash team recommended Chris Toal at Wellness @ Work as someone who had a lot of success with endometriosis through therapeutic massage so I thought it would be worth a try instead of another operation. Chris performed the "raro" technique on me as well as full therapeutic massages including using his massage 'body' tool. Within a couple of months I was off the pill, having periods again and with much less pain than ever before. I went for massages monthly for 2 years to keep the pain at bay. At 30 years old I fell pregnant and we had a healthy wee boy, Ethan, who is nearly 2 now. About 11 months after having Ethan, my pain was slowly getting worse again so I went for another massage, this time with Danny, he also did the same technique and soon after I fell pregnant with my second boy Dylan. I really feel if it wasn't for Chris and Danny my dream of having children would never have come about. I have a new found passion for massage and the benefits it can provide without having to go through surgery. I have as a result done a course in massage so I too, may be able to help people like this in future. I also have no hesitation in recommending a lot of friends and family with similar problems to Wellness @ Work.

Thanks a million to both Chris and Danny, you have worked wonders with me!

Kind Regards  
Pip Lodge (Mum)

