

# Chris's Story

I was diagnosed with Parkinson's Disease (PD) in 2013 and I now realise that I had had it for some time previous to that date. In the last 8 years my wife and I have made it our business to find out all we can about the illness and to try different treatments that are put forward as a help for people with PD.

There have been many helpful tips along the way, but apart from specialist medication there has been nothing joined up, until now. Conductive Education (CE) offered me a whole 'life map' to follow that gave control back to me and shifted the power balance away from PD and back to me.

Life was becoming more and more of a struggle as I became more disabled. My 'off times' when my medication had run out were getting longer and more severe. Basically, I couldn't do anything. Then I met a conductor at NICE, who led me through the CE training. To say it was a revelation would be a major understatement.

After two sessions I had recaptured my confidence in my own abilities to override the messages PD was sending to my brain. I had a technique which gave me back the ability to walk without fear of falling. That was more than enough for me but there was much more. There isn't space here for me to go into fine detail but I must mention how the training shows you how to reconnect the two spheres of the brain for a unity of endeavour; indecision is diminished and confidence in your innate abilities returns.



I am so happy with what CE has done for me that I have cancelled the Apomorphine Pen training I was due to go on. This is one extra drug I do not feel I now need.

Last but not least I am now able to play with my grandchildren and generally play the part of a fully engaged grandparent.

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