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## PINS AND NEEDLES ARE NOT A SORE POINT NOW NEW FORM OF THERAPY FROM USA HELPED DIABETIC MAUREEN GET RID OF THE INTENSE PAIN THAT HAUNTED HER LIFE FOR YEARS

By Laura Coventry

DIABETIC Maureen Dallas used to experience pins and needles that were so painful she would wake up crying in the middle of the night.

But a revolutionary new pain-killing treatment has helped to solve the problem - and now she sleeps soundly.

The pensioner, 68, was diagnosed with type 2 diabetes in 2002, which lead to Diabetic Peripheral Neuropathy (DPN), a tingling and aching in her feet.

Then, after suffering a heart attack in 2004, Maureen's pain become progressively worse.

It got so bad, she used to wake up in tears because of the stabbing pains.

However, Maureen signed up to anew treatment which was developed in America and aims to eradicate pain and suffering.

Anodyne Therapy is a non-invasive technique which is clinically proven to reduce pain over a period of time.

Dr Tom Gilhooly and Dr Willie Graham, who are based at the private Essential Health Clinic in Rutherglen, Lanarkshire, are the first UK health professionals to practice the technique.

For Maureen, one of a million people with DPN in the UK, it was a godsend and she was delighted to become Dr Gilhooly's first patient.

And after just 12 sessions, she has a new lease of life and claims the results are "unbelievable".

Since then, a second patient, from Blackpool, has undergone treatment for ulcers and has also reported remarkable results.

Maureen, from Uddingston, said: "I was the guinea pig. I have had one course and the difference is unbelievable.

"I am not up at all during the night now, but it used to be every night. I still get the odd sharp pain, but they are so few and far between. In fact, I couldn't tell you when I last had one.

"Neuropathy gave me pins and needles and sharp pains making it sore to walk. Being a diabetic, I have got to exercise, but I could only walk for 10 minutes before I was crippled with the pain.

"Over the years it got worse. It was horrendous.

"It felt like my feet were on fire and I had to go downstairs to walk on the wooden floors. It was the only way to stop the burning.

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"But I'm not the worst case, some people are crippled in wheelchairs because of neuropathy."

This constant suffering was a way of life for Maureen, until her husband John, 59, put her in touch with Dr Gilhooly. When he asked Maureen to take part in the therapy she didn't hesitate.

She admitted: "I said 'You bet!'."

The chief practitioner carried out a dozen 30-minute long sessions, which involved fitting special pads to Maureen's feet.

It is an infrared light treatment that releases a natural healing substance (nitric oxide) in the body which increases blood supply, reduces pain and inflammation and improves blood flow.

Maureen had to combine the therapy with balance and physio exercises and she was soon reaping the benefits. The retired businesswoman said: "Even after my first session, I noticed the effects. I felt as though I'd had a massage. Each one after that, I felt really good. It's really wonderful. Although I had faith in it, and Dr Gilhooly, I didn't think it would have been so successful.

"It has been life-changing. When I used to go shopping, I'd struggle and need to find a seat, now I am able to tackle more walking."

Dr Gilhooly admits he only heard of Anodyne Therapy recently, but believes it could be a 'revolutionary' treatment.

He said: "It's so new to Europe, so we were reliant on what Americans told us during the training.

"You never want to be too optimistic, because in reality there's nearly always a sting in the tale. We did not expect it to work this well.

"It is producing fantastic results.

US doctors tell us some people have been able to reduce their painkillers, or stop them altogether.

"We can use it to reduce any pain, as long as it is clinically justified."

Anodyne Therapy is not available on the NHS, and at £80 a session it can be expensive, but it's a price sufferers like Maureen are willing to pay. She said: "If anything is wrong and you can't get treated on the NHS, you will pay to get the relief."

For more details on the treatment call The Essential Health Clinic on 08700 55 33 99.

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