What training do licensed practitioners receive?

The Perrin Clinic trains and monitors existing osteopaths, physiotherapists, chiropractors, and other qualified manual therapists who are then licensed to treat patients with the Perrin Technique. Practitioners are trained by Dr Perrin himself, in the pathology, applied anatomy, physiology and methods of diagnosing and treating CFS/ME, developed through over twenty years of clinical research, and through successfully treating hundreds of grateful patients .

For more information or to find a licensed **Perrin Technique Practitioner?**

Visit **www.theperrinclinic.com** where you can find your nearest licensed Perrin Technique Practitioner on an interactive map and book an appointment.

The Perrin Clinic™

Or

Ring

0161 773 0123

Or

Email

info@theperrinclinic.com

Or

Write to Dr Perrin at

83 Whittaker Lane, Prestwich, Manchester, M25 1ET

READ The Bestselling Book:

THE PERRIN TECHNIQUE,

By Dr. Raymond Perrin DO, PhD

HAMMERSMITH PRESS, London. 2007

AVAILABLE FROM ALL GOOD BOOK STOCKISTS.

SEE The Documentary:

THE PERRIN TECHNIQUE

By award winning director Geoff Deehan.

Narrated by Dame Jenni Murray OBE.

View it free on **www.forme-cfs.co.uk**

YOUR NEAREST LICENSED PERRIN TECHNIQUE PRACTITIONER IS:

Sheri Nordmeyer CMT,
Licensed Perrin Practitioner

Whole Life Massage & Wellness
5801 County Rd 8 NE
Kandiyohi, MN 56251

Buy The Perrin Technique Promotional Products and a great range of supplements that have been specially selected by Dr Perrin for CFS/ME patients from the on-line shop @

www.theperrinclinic.com

THE PERRIN TECHNIQUE™

Your Questions Answered

SEE M.E.

FEEL M.E.

HEAL M.E.

What is The Perrin Technique ?

The Perrin Technique[tm] is a manual system of diagnosis and treatment that has helped many hundreds of patients with CFS/ME since 1989.

The Perrin Technique was developed as a result of a chance discovery during the clinical practice of a Manchester osteopath, Dr Raymond Perrin.

Has it been tested?

Yes! Its effectiveness was tested using two separate clinical trials. The first examined the change in the symptoms following a year of treatment. The second repeated the first study and used MRI scanning in order to examine further the possible mechanisms of the improvement.

What's the science behind the technique?

Raymond Perrin's research at the University of Salford in conjunction with the University of Manchester, coupled with the hundreds of successful clinical case studies and the latest findings in neurophysiology, has provided strong evidence that CFS/ME involves a disturbance of the drainage of toxins from the brain and muscles. These poisons often enter the body in the form of viruses, bacteria and other microbes, parasitic infection or due to environmental toxins such as pesticides.

However, many toxins are simply an overproduction of chemicals naturally produced within the body to help the immune system with fighting infections, inflammation and stress. Constant physical and emotional stress can lead to this type of overproduction. The excess of some toxins in the brain and spinal cord should drain out into lymph vessels and be broken down by the body's lymphatic system and liver. CFS/ME patients have a reversed drainage that leads to toxins building up in the central nervous system causing the dysfunction of different parts of the brain and spinal cord. This explains the many different symptoms complained of by CFS/ME patients.

The results of the initial research can be found in the following peer reviewed papers.

1. Perrin R,N. 1993 Chronic Fatigue Syndrome, a review from the biomechanical perspective. British Osteopathic Journal; vol xi.
2. Perrin RN, Edwards J and Hartley P (January/February 1998) An evaluation of the effectiveness of osteopathic treatment on symptoms associated with Myalgic Encephalomyelitis. A preliminary report . Journal of Medical Engineering and Technology , 22(1), 1-13.
3. Perrin RN. Lymphatic Drainage of the Neuraxis in Chronic Fatigue Syndrome: A Hypothetical Model for the Cranial Rhythmic Impulse. *Journal of the American Osteopathic Association, 107(06), 218-224*. 2007

Perrin's research has expanded our knowledge of the disease and how to treat it. In July 2005 he was awarded a doctorate by the University of Salford for his thesis on CFS/ME.

What happens in the initial consultation?

You will first fill out a questionnaire detailing your main medical history. You will then have a comprehensive consultation with the practitioner which should last a total of about 90 minutes. During the session, your practitioner will spend time explaining CFS/ME and the reasons for the technique plus take a detailed medical case history. This will be followed by an examination of your spine, abdomen, head and the lymphatics of the thorax which includes the breast tissue (a chaperone should attend the initial consultation).

In the case of a diagnosis, the patient will be given a score out of 10, with 10/10 being perfectly healthy.

What happens in the treatment sessions?

The treatment aims at manually stimulating the drainage of the offending toxins from the central nervous system with gentle stroking towards both collar bones where the lymph drains into larger veins eventually reaching the liver. Here, the poisons are finally rendered harmless. Gentle manual treatment to the cranium and spine with relaxation of the surrounding muscles together with specific lymphatic drainage techniques eventually improve the health and function of the body as a whole.