

HEALTH AND FITNESS

The Power of the Mind restores young girl's sight

Alana Dickson is a "happy go lucky" 9yr old girl who had everything going for her until one wintry January morning, early this year, without warning she suddenly lost the majority of her sight in both her eyes for no apparent reason.

Alana Dickson aged 9 years old had the perfect life. She was excelling at her new school, impressing her new teachers and enjoying a wonderful warm family home life with her loving sister Skye, doting parents Pat and Pauline not to forget her three cats Cookie, Lucy and the new addition to the Dickson family, Rico the kitten. Alana Dickson had everything until the unthinkable happened.....

Just after lunch on the 8th of January this year she was enjoying her PE lesson when she realised she could not see properly and everything had become blurry. At this stage she did not realise that she had lost 75% of her sight. In a split second Alana and her family were facing a frightening realisation. A loss of one of her five senses without any explanation and cause.

"I kept rubbing my eyes thinking that they would clear but they didn't"

Alana's says, "it was all rather strange really. One minute everything was fine and I was running around in my PE lesson and the next thing my eyes went all blurry and I couldn't see. I was so frightened. I didn't know what had happened. I kept rubbing my eyes thinking that they would clear but they

didn't. Two days later they hurt a bit, more of a sharp pain really and a black circle appeared in the left eye"

"I don't like being off school as I love being around my friends. I was feeling great when it happened so it was really strange. One minute I could see the next it was really hard to".

Alana's Mum, Pauline says...

We were all horrified when we first saw what had happened to Alana. We were initially refused MRI scans but eventually paid for one privately. We seemed to take Alana everywhere from her doctors to a private child psychologist who suggested we were referred to the children's mental health unit. No-one was able to pinpoint the cause of Alana's loss of sight.

The medics concluded that "there was nothing organically wrong with Alana and it might be hormonal or something psychological or perhaps even stress related". It was even suggested perhaps Alana didn't want to grow up, and this was in some way in response to that. We were dissatisfied with the conclusions that were being reached, so I knew we had to continue searching for the answers.

Luckily a mutual friend in Jersey, Channel Islands had heard of a company that specialised in Behavioural Change Therapy using NLP and hypnotherapy techniques that had successfully treated

a young girl with other teenage issues quite quickly. I immediately contacted them and spoke to Mark Shields, the director who is fully trained in NLP and Clinical Hypnosis and he immediately put me at ease and offered us hope. He offered us some positive direction which we desperately had lacked.

Mark Shields, psychotherapist says....

"After being told by Alana's Mum that they had explored all the avenues of the medical profession and had the diagnosis of "a non-organic condition" which there was no

treatment for I realised that I was their only hope and a lot



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"After further consultation Alana's condition was starting to improve and she felt strong enough to return to school and all her friends that she had missed so much. By the final consultation I knew she on the right road to recovery when she commented on the colour of my eyes. We continued with some more medical hypnosis".

"I spoke to Alana and her mother four weeks later who confirmed she had enjoyed further improvement now estimating that she was 95% recovered".

The Power of the mind

was riding on my ability as a psychotherapist".

"When I met Alana I found her a charming little girl who had lost her confidence since losing one of the most important senses. She told me that she couldn't see me clearly only through a blur. She was frightened and had low self esteem".

"I used a similar approach with Alana as I have used before with M.E/chronic fatigue syndrome".

"During the three hour session I taught Alana a mixture of daily mind exercises such as how to remain and think positively about her situation and how to take proactive control to overcome her condition. I explained to Alana's Mum that continual utilisation of the these techniques known as "Power States" each day combined with meditation for relaxation and affirmations for positive thinking would slowly help her psychological recovery and eventually improvement in her condition".

Alana's family were pleased that they tried alternative therapy and in Alana's case this worked for her. The mind is a powerful tool and often goes unrecognised in its ability to help conquer many issues and challenges that people face each day.

Alana's condition was a rare one and was helped by her family's unlimited support, love and determination to find a solution. Alana has offered her story to support to all of us that find ourselves in challenging situations to never give up hope.

For further information on this article write or call Mark Shields at:

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