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I met Dr Kate James at a very important time of my life and this is why. Just over a week before I made contact with Kate I had received breast cancer surgery. It was remarkable how everything worked out. One morning towards the end of November 2009 I was reading an article in a newsletter from a respected colleague and in this newsletter there was a contribution by Kate. When I read her article I was so emotionally touched I felt I needed to respond to her. I sent a thank you message through my colleague who rang me and said, “You need to contact Kate she would like to talk to you”.

My surgery had been very successful and I was seeking to give myself the best possible chance to regain complete health. The NHS surgeon was very approachable and I valued her skills tremendously. In addition to this I knew I ate a fairly healthy diet and I was already making some changes to make this even more healthy. However I realised what I was doing was very ill defined. I rang Kate to say I really appreciated her writing so openly about her experience of successfully using Emotional Freedom Techniques (EFT) which she had found was helpful for the emotional components of a physical problem.

In addition to this, she said she was finding EFT extremely helpful for her clients particularly with serious diseases. Apparently what she was doing was providing an Integrated Medical Approach and right away, she offered to work with me if that was what I was wanting.

I just could not believe I was being offered support and help in just the way I felt I needed it. I have used EFT extensively with my clients over the years but I have no training in medicine, nutrition and so on. Here was Kate offering to provide this to me whenever I needed or wanted this help. I immediately felt a sense of thankfulness and relief. Here was someone who was giving me a way to light up my path. When I talked to her on the phone I could hear the enthusiasm in her voice as she described to me what she loved doing in her work. It was also clear how gentle and compassionate she was. Kate asked me to let her know how my next appointment at hospital went the following week so I promised her that I would email afterwards.

On my surgical follow up my consultant confirmed that the surgery had been a success but that due to the grade of the cancer it was possible I would require chemotherapy. An appointment was booked with the oncologist on the 8th of

December 2009. She also intimated that if chemotherapy was the right choice it would possibly start on the 11th of December 2009. I was happy to receive the good news of the surgical success and knew that if I needed chemotherapy I would really like to work with Kate before this started. However, there was little time to organise this if this was the case. I emailed Kate straight away with my results and she emailed me back with some suggestions of what we could do before my appointment with the oncologist.

With just over a week to the possible start of chemotherapy Kate wasted no time at all in offering me two full day appointments with her on the 3rd and 4th of December. I was thrilled because I wasn't sure that it would be possible for me to go to her at such short notice. Now I knew I was going to see her sooner than I thought

On the 3rd of December, when I arrived for my appointment with Kate, I found her to be all that I had imagined and much more. We got off to a flying start together covering a tremendous amount of practical and medical help for me. This included a wonderful lunch which was absolutely delicious. It was a wholesome example of what my constitutional type really needed as well as taking into account the difficulties my body had been experiencing.

I had often dreamt of the chance to enjoy the knowledge and experience of a medical doctor who provided complementary therapies to support this. Much of what Kate was providing was using the wisdom she has gained over the years of Eastern Traditional Chinese Medicine and Western Medicine I found this to be a winning combination. This, together with her expertise in EFT (which uses pressure on the acupoints), was very healing and intuitive too. The first day included holistic healing input of the emotional components of what was happening to me together with diet and supplements. She reassured me each step of the way so I relaxed and enjoyed the journey knowing that she would be supporting my learning with the email notes that she was making to send me on my return home.

My husband and I were really enjoying the beautiful local hotel and extensive grounds which took excellent care of us and allowed for restful sleep. On the second day, I felt even more confident to return to Kate's because what she was teaching me made intuitive sense at all levels of my being. What I particularly appreciated was her sensitivity and tremendous respect for what I felt was right for me. On the second day we were able to do some physical breath work and yoga. Here again, the way that she combined the two switched on lots of lights for me and ensured that what I was already doing a little could be so much more effective in benefiting my health.

Lunch on the second day was equally delicious and gave me lots of examples to draw on in the future. In addition to this the programme of the green part of my diet was an area I had often wanted to explore - I was just unsure where to begin. Having Kate to guide me made it easily understandable and perfectly manageable. She left no stone unturned and showed me how she was going to provide me with all of the necessary materials and email support to continue to help me when I returned home.

I was thrilled to be able to go home with just what was right for me. In the past, I have frequently bought supplements or vitamins and so on without really knowing if they actually suited me. Without that knowledge, I have often been lost or

disappointed that I had wasted my money on something less than perfect for me. Now I knew that here was everything I wanted so that I didn't need to struggle to find it in a local health store or on the internet. In the next weeks following being with Kate I realised just how useful her notes and the produce was for me.

It is now three week since I visited Kate for my appointment. I feel very happy and well doing what I know will complement and support me through any conventional treatment that I need. It is now easy for me to do the routine of preparing and making my green juice and other foods which are right for me so that they provide the right nutrients and minerals for my immunity and health. Emotionally I continue to support myself with regular input from Kate and my intuition. EFT is also a brilliant self help tool which is so versatile and amazing with emotional discomfort and fears it also enhances the effect of positive imagery. In addition to this I am using self hypnosis and Brandon Bays insights from doing "The Journey". Physically I notice that my breath work and yoga is taking me to another level of joy and personal peace. I cannot thank Kate enough for all that she has helped me with.

To be continued.....