

# Patients are at pains to spread word on therapy

By Nuala Naughton

**P**aulo Quadros doesn't promise you a miracle, but many grateful patients claim his alternative therapy has indeed had a miraculous effect on their lives.

The therapy has been said to banish pain and anxiety after as few as just one or two visits.

As with many new therapies, the treatment has been greeted with scepticism by some traditionalists but, to those who have used the technique and have seen it work, Quadros' therapy is a godsend and should be incorporated into the National Health Service, freely available to anyone who will benefit from it.

One such aficionado is East End GP, doctor Ashis Banerjee, of Bridgeton Health Clinic.

He told the Independent: "I suffered extensively for many years with pain in my back and shoulder. I had received various therapies over the years including physiotherapy but, after just a few sessions of Paulo Quadros' treatment, my suffering has been all but eliminated. I still get the odd twinge but it has been reduced by at least 90% or more. Among my own patients and friends I can envisage many of my patients bene-

fitting from this therapy if it were to be incorporated into mainstream treatments on the NHS."

Doctor Banerjee is so impressed with the results on his own friends, that he is putting his weight behind the controversial, but highly effective treatment, which seems to transform the lives of people who have been wracked with excruciating and debilitating pain or anxiety, sometimes for most of their adult life.

The technique, known as Dynamic Release, uses various key principles including conscious awareness of muscle and emotional tensions, as well as manipulation

Nurse Rhona Agnew has seen the results, both professionally and personally, work wonders for people who had all but given up on getting relief from pain or from anxiety brought on

by trauma.

She explained: "I have seen this work on people I know and have also used it, having been trained by Paulo on his techniques, on friends, not as part of my nursing work. The results I have witnessed have been nothing short of phenomenal."

Paulo, who has worked with many therapies and has detailed knowledge of the nuts and bolts of how the body works, explained: "Chronic muscle tension eventually leads to a lack of tension awareness, which is caused by repeating an action over and over again so that it becomes automatic - a bit like driving a car or playing an instrument.

"This unconscious repetitive action can result in eventual, sometimes permanent, muscle hypertension.

"This, coupled with bad skeletal alignment - again caused by repeatedly doing something in an inappropriate way, perhaps

sitting at a desk and stretching over to talk on the 'phone at an awkward angle - causes further complications and exacerbates the pain."

The key to Quadros' philosophy is to make the person aware of their unconscious muscle tensions and teach them to modify their actions accordingly.

This has a twofold benefit - firstly, by alleviating muscle and skeletal aches, which can be so painful that many of Quadros' clients have been off work on longterm sick leave; secondly, by eliminating debilitating emotional stress, which again can see people taking extended leave from work.

Quadros explains: "It's not just what we do, or how we do it, that can cause painful muscle and skeletal distortion, but how we feel, too, can have a sometimes devastating effect on the body.

"When we are upset or under stress, we tense up our muscles,

which causes joints to draw together in an unnatural way. This can lead to all kinds of ailments from neuralgia to circulation problems.

"Because it is not necessarily a solely skeletal problem, the initial cause can take some time to identify. I have had clients come to me after years' of treatment from chiropractic specialists, and likewise others who have had numerous counselling sessions for trauma or stress. I am not exaggerating when I say many of these have left me after one session and called me up to tell me that all their symp-

toms have completely disappeared. "Don't get me wrong - this is not a miracle cure for any disorder but, for specific problems, it does work wonders. Also, there is no great secret."

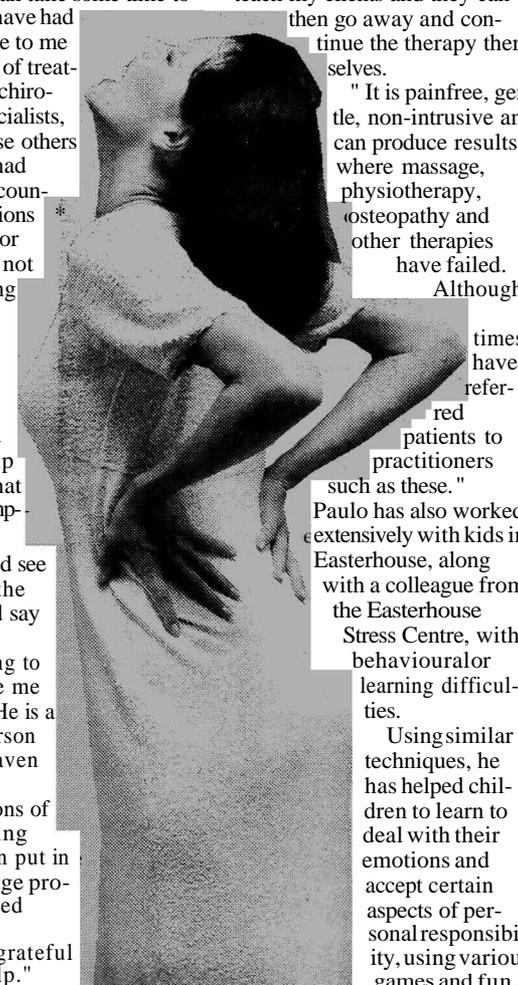
"This is a technique that I can teach my clients and they can then go away and continue the therapy themselves.

"It is painfree, gentle, non-intrusive and can produce results where massage, physiotherapy, osteopathy and other therapies have failed.

Although, sometimes I have referred patients to practitioners such as these."

Paulo has also worked extensively with kids in Easterhouse, along with a colleague from the Easterhouse Stress Centre, with behavioural learning difficulties.

Using similar techniques, he has helped children to learn to deal with their emotions and accept certain aspects of personal responsibility, using various games and fun.



**M**ARILYN Park's life had been dogged with migraine for more than 20 years before a chance temp job introduced her to Paulo Quadros, who worked at a stress relief clinic in the same building where she was working.

"Paulo is literally a life-saver", said Marilyn. "My migraine was so bad I felt like ramming my head through the wall. I had tried everything from conventional treatments and pain killers to Chinese therapy, acupuncture, feverfew and anything else I could afford. After one treatment of Dynamic Release, I slept the best sleep I had ever had that night and was more relaxed than I had been in my life.

Before attending his clinic, I was suffering on average at least two bad migraine periods a week. This had an affect on every aspect of my life. I had virtually no social life when I had my migraines. The kids weren't allowed friends in, or they had to tiptoe around making no noise at all. There was a total music and TV ban most of the time; the 'phone had to be unplugged and the curtains drawn. I would lie in a completely darkened room and just wait for the agony to pass. Paulo's treatment has changed not only my life but my whole family's lifestyle.

Marilyn's agony caused her to have to take days off from work and she worked as a temp for years. Now she is

in a permanent job and has not had a day off since she started. Her migraines come less frequently, about one a month, and they are not so severe.

She added: "I moved away into the city centre with my work and haven't seen Paulo for a while but I'm convinced, with the techniques he has shown me that my headaches will eventually go altogether. He's a real life-saver."

**M**ARY Keenan, who attended Paulo's stress therapy clinic after the death of her husband says she owes her life to him.

She explains: "I had lost my husband and just wasn't coping. The social worker at my local health clinic

advised me to go and see Paulo and that was the event that you could say changed my life

"I felt I had nothing to live for and he made me want to live again. He is a very exceptional person and, for me, was heaven sent.

"After a few sessions of talking and explaining things to me, he then put in on to a sort of massage programme which helped relieve my tension.

"I will always be grateful to him for all his help."