

Temprana Reflex Therapy

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Most importantly, my Acoustic Neuroma (AN) surgery was a success and I have the highest regard for everyone involved, including the consultant, the surgeon, the anaesthetist, all the nurses, physiotherapists, and speech therapists. This article is not going to recount my 4 week stay in hospital and all the various traumas as I guess everyone will have similar stories to tell. I believe that "what happens in hospital stays in hospital".

Although I was told about the probability of some facial paralysis, I must confess to having no real concept or understanding of what I was being told. It was obvious that such an operation would affect my balance but I never thought for a second that I would have to use a Zimmer frame and "progress" onto two crutches, then one crutch and finally a stick. I thought the recovery would be a doddle but I was totally wrong in my assumptions.

I could not walk or eat solid foods for quite a while but after a lot of hard work and bundles of patience, countless visits to consultants of one sort or another, significant progress has been made. After 6 months I can now walk without a stick although I think I walk like a drunkard on a Friday night! My balance and co-ordination are still affected, so, for additional security, I use a stick when walking.

I use the stick mainly when in town as I am slow in crossing roads and most times drivers will stop and let me cross at my pace. I can eat anything but I need to drink through a straw as I don't have full control over my mouth. My smile is lopsided but who cares?

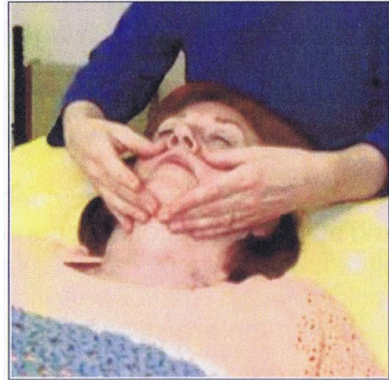
I was told that the facial paralysis could last for months but, depending on how bruised the nerves were following the operation, there would be a natural easing of the paralysis. However after 6 months my wife spotted an introductory course of facial reflexology. I knew about reflexology but had never heard of facial reflexology. However, whilst I could let nature take its course, I decided that nothing ventured, nothing gained. After 8 weekly sessions it was becoming clear that my mouth was no longer drooping, my eye had started watering and at first glance one would not know I had any problems at all. People I knew well would remark on the visible improvement.

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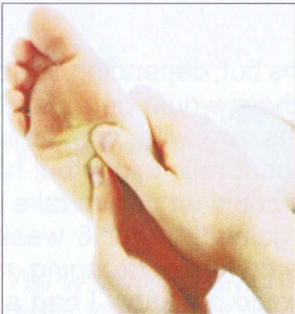
The treatment is non-invasive and just involves lying on a couch while someone massages one's face. I often fall asleep! The treatment started 6 months after my operation but could have been started earlier. Although progress has been made, the facial paralysis is still profound on my left side.

I have set out below a summary and an explanation of the treatment in case it is of interest. The technical information has been supplied by my local reflexologist, Mrs. Veronica Touzel who is one of only 3 Temprana qualified therapists in the entire UK.

The first session of facial reflexology, involved massaging all of my face (except the eyelids). It combines advanced techniques called Temprana Reflex Therapy plus a very specific facial muscle massage (following the methods of Dr Castillo Morales, an Argentinian doctor) and works on the connection between the tension in the face muscles and the brain function.



Follow up – 2 days after the first treatment I felt very tired but my left eye had begun watering a lot so I knew something was happening.



Over a course of regular weekly sessions, which, when time allowed, also included neuro foot reflex techniques, progress was made each time. In fact after the second session, I almost left the clinic without my stick! The speed of results can vary depending on pathology. Now after approximately 10 sessions my face looks "normal" and my co-ordination and balance is much improved. A lot of progress has been made. Treatments are ongoing but I can now shut my eye at will.

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Information about Temprana Reflex Therapy Sorensensistem™

Temprana (or "Early Therapy") is reflex therapy used for the rehabilitation of children and adults with neurological or genetic disorders, cancer and autoimmune illnesses plus many more. Helping to re-educate the brain by manual stimulation of areas and points placed in the face, feet and hands related to the brain, the central nervous system and the hormonal system.

Developed by Lone Sorensen, a specialist neurological reflexologist, it is a non-pharmacological approach combining ancient traditions using advanced facial reflexology, neuro-foot reflexology, and neuro-hand reflexology.

There are a number of facial reflexology Sorensen therapists based in the U.K. To locate a facial reflexologist near you, <http://www.facereflexology.co.uk> and for more information about neuro-reflex therapy, <http://www.temprana.co.uk>