



# The Perrin Technique

*Raymond Perrin*

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## **The Perrin Technique** Raymond Perrin

Are you suffering from M.E.? Are you caring for someone with M.E.? Does someone close to you have M.E.? Almost certainly it will have taken your doctor some time to arrive at the diagnosis of M.E. and once there you may have been offered little more than antidepressants to help with the condition. In the interim you may have tried many alternative options including changes in diet and lifestyle. These may have helped but if the root cause is left untreated you are unlikely to recover your full health. After many years of careful study coupled with practical hands-on experience, Dr Raymond Perrin has arrived at the firm conclusion that M.E. is a structural disorder with definite diagnosable physical signs. He has developed the Perrin Technique to help drain toxins away from the central nervous system and stimulate the healthy flow of lymphatic and cerebrospinal fluid - the secret of setting you on the path to recovery. In his ground-breaking book you will find exclusive coverage of: \* The role of toxins in chronic fatigue syndrome/M.E. \* The importance of body structure and posture in developing M.E. \* The stages leading to M.E. \* The physical signs of M.E. \* How osteopathy can help \* The stages of treatment \* Exercises and self-massage routines The Perrin Technique gives you the chance to take charge of your own structural health and rid yourself of years of toxin build-up.

Also available:

The Love Trap - ISBN 1905140118

Smart Health Choices - ISBN 1905140177

Chronic Fatigue Syndrome: a natural way to treat M.E. - ISBN 1905140002

Hammersmith Press is an independent publishing house producing books for the general public and health professionals that promote better health and well-being through a greater understanding of the human body and mind, with a particular emphasis on the importance of nutrition and diet.

Some of the areas we publish in include:

- Neuro-linguistic Programming (NLP)
- Overcoming Chronic Fatigue Syndrome
- Natural Health & Weight Loss
- Holistic Medicine
- Thyroid Health
- Medical stories
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