



For further information go to www.luluferrand.co.uk or to book an appointment with Lulu, ring her on 07887506163.

Healing Touch

I wonder how many people have life changing moments that completely changes their direction? Probably more than you realise.

Lulu Ferrand's moment was on New Year's Day (1.1.11) when she was filled with a shaft of energy that took several minutes to tingle its way down her body. Afterwards, she had a 'knowledge', an inner confidence that she couldn't put her finger on; a difficult-to-describe sensitivity, but she knew something extraordinary had happened. The tingling and sensitivity remain with her still.

It was a gift. She offered to put her hands on friends with ailments. She felt muscles twinge and relax. However, as she didn't know the anatomy of the body well enough to understand what was happening, she embarked on a foundation course in Anatomy Physiology and Pathology, followed by two years of Craniosacral Therapy at the Craniosacral Therapy Educational Trust in London.

"It was such an eye opener! So much to learn and I loved it. I just couldn't wait to get working. It took me more than half my life to realise my purpose." Lulu said.

Four years later, and she has been awarded the LUX Excellence Award for Craniosacral Therapy in the UK and, the LUX Best Alternative Therapy Provider in North Yorkshire.

"I am absolutely thrilled and honoured to be able to accept these awards. I love my work and the life changing results it can have. It is so wonderful that this therapy is getting recognition. I think everyone should receive it, at any age." Lulu told us.

She works from Swinton Park, a Yorkshire country house hotel, in their newly built state-of-the-art Country Club and Spa, a beautiful place on the edge of the Yorkshire Dales.

Lulu, working in Rutland as well as Yorkshire, has had some remarkable results, you just have to read her testimonials on her website. Her enthusiasm and love of the therapy is palpable.

Craniosacral Therapy (CST) works at both a physical and emotional level. Clients, from babies to the elderly, will come for treatments with a range of problems from stress, anxiety, tinnitus, recreational drug abuse, migraines or neck and shoulder issues. She has a particular understanding of teenagers.

"This therapy treats the whole body and not just the symptom. A client may come with a back issue when really, it is a tight kidney that has pulled them out of alignment; or an ailment that won't improve until the emotional trauma has been released. Migraines for example, can be from the result of age-old head trauma. CST treats the whole body."

Lulu says CST is different from other healing modalities as it can release old trauma that has been carried around for many years and get to the very root, the cause of why you are not in optimum health.

It is also well known for babies recovering from birth trauma and helping with mother and child bonding issues.

Most people throughout their lives have had some sort of trauma; emotional as well as physical, and as more stresses and strains are added, the body may reach a limit of being able to look after itself. Lulu explains that this therapy tunes into the nervous system and releases those physical manifestations of trauma in order to free up the body to then look after itself.

"Western medicine treats your symptoms, often with drugs. Then you may need another drug to sort out the side effects. It's just putting a sticking plaster on. Why give a headache pill without sorting out why you have the headache in the first place?" Lulu says.

Clients range from either those who would rather try and make themselves better without drugs or, those that have tried the drug route and seen no improvement.

Lulu told me of a client who came to see her with knee pain, upper backache, anxiety and acid reflux and she felt emotionally flat. In early life, she suffered a bereavement, she had had a couple of operations, a skiing accident, a car accident. Lulu feels that western medicine, in the main, does not take account of the impact of emotional and physical trauma.

"When I first put my hands on her and tuned in, all her body's energy was stuck below her knees. Once this was released by gentle touch, she felt an immediate calmness. In all, she had four sessions and although I never actually put my hands on her stomach, the rest of her body had done so much releasing, that the acid reflux disappeared, as well as all the symptoms she came with. She told me that she had never known this sense of calmness and safety, and she realised her whole life had been spent in a state of anxiety. This was life changing for her."

"These kinds of responses are commonplace and that's why I love the work I do. The body is much cleverer than we realise. It just gets stuck from time to time, that's when a CST session is needed. After all, you wouldn't expect to run your car without servicing it."

She has a point.