

The Perrin Technique™

Gail is the Perrin Technique®; licensed practitioner for Bolton, having undergone specific training from Dr Raymond Perrin. In addition to over two years experience of having this treatment for her ME / CFS, Gail now works alongside Dr Perrin at his Prestwich clinic in Manchester.

The Perrin Technique®; was developed by Dr Raymond Perrin and is based on Dr Perrin's theory that different stresses on the body lead to overstrain of the sympathetic nervous system. These stress factors can be physical, allergic, emotional or infectious in origin.

His investigations have led to a probable cause of this nervous system overload being a build up of toxins in the fluid around the brain and spinal cord.

Certain poisons caused by infection or inflammation flow through perforations in a bony plate (cribriform plate) just above the nasal sinuses into the lymph ducts within the face and neck. Normally these toxins also drain down the spinal cord and out of the lymph ducts which lie alongside the spine.

In people with ME / CFS these normal drainage points are congested, leading to a build up of toxins, which effectively poison the body and brain, grossly affecting their normal functioning.

The Perrin Technique®; involves manually stimulating the fluid motion around the brain and spinal cord. Drainage of toxins out of the cerebrospinal fluid is assisted by manipulation of the spine. Specific massage of the soft tissues in the head, neck, back, and chest direct toxins out of the lymphatic system and into the blood where they can be detoxified by the liver.

Eventually, with no poisons affecting the brain the sympathetic nervous system can begin to function correctly. With this symptoms should gradually improve with patients often becoming completely symptom free.