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Interx -The Magic wand
My journey to health and assisting others to health.

I have been using Russian technology since 2002
Roy Watkins and I opened the doors to Ulverston Natural Health
Centre in the South Lakes in 1990.
Before this I had worked in Secondary schools as a Classroom
Teacher (having gained a degree in 1982).
I had also retrained from being a Classroom Teacher in secondary
schools to being a body therapist by offering massage and
reflexology.

Like now, we then offered many treatments and worked with other
skilled therapists to offer clients a complete complementary health
service including :

- Acupuncture,
- Reflexology,
- Massage,
- Osteopathy
- Shiatsu
- Talking therapies.

We emphasize a Complementary Holistic service where clients are
encouraged to seek help from GP's also.

As part of my learning journey I also trained as an accredited
UKCP therapist (UK council for Psychotherapy), this took 4 years
and was in essence a second degree which included a
dissertation- and I offer this modality of Hypno- Psychotherapy as
well as Counselling for clients and also Employee Assistance
Programmes clients. I was involved with CADAS for many years -a
drug and alcohol charity in Cumbria using Counselling, Nutritional
help and electrical stimulation - I am also an artist and also use art
to enhance health.

What is it we have all come to hear and say about this technology
and protocols?

My own journey to health started a long time ago, searching for answers to chronic health issues as well as stress problems due to the stress of teaching and life, I had encountered on a personal basis - Acupuncture, Reflexology, Massage, Meditation, all these practises were helpful and between 1990 and 2002 this is what I used professionally and personally to meet the needs of clients and myself. However there was something missing.

In 2002 information came through the post regarding the technology that started in Russia- I took a chance and then met Zulia Valeva -Frost and resumed training with her, I was bowled over by Zulia's knowledge, expertise and graciousness of spirit. Encountering this technology was a light bulb moment for me personally and of course professionally. It is an extremely effective modality and changed my personal health incrementally for the better. My energy improved and symptoms disappeared- since that time I have also encountered other health disciplines that have enhanced Interx treatments:

- Nutrition:
- Addressing sugar, caffeine and general nutrition intolerances etc.
- I have personally used the protocols of the China Study (book by Ian Campbell) and educate clients in the use of keeping blood sugar levels level with a correct diet rather than using nicotine, processed food etc. sugar etc.
- Live blood testing
- Laser treatment
- Alkaline diet
- Psychological insights

My own experience personally and professionally lead me to realize that Interx is a technology that works extremely well with pain and boosting the immune system, however if a client has negative ' habits' that have caused the initial problem (such as repetitive strain injury) and then does not address the initial habit then it's probable that the pain will come back, after saying that I have worked extremely successfully with RSI (repetitive strain injury).

Also obviously there is challenge when treating clients who smoke- in that we know smoking causes disease, so advice is given to address the smoking habit.

Since 2002 I have worked with many clients from all walks of life and have treated many health conditions.

One of the most common conditions I have treated using Interx is sciatica and shoulder and back problems.

Example of a recent successful pain outcome:

- Male Client born in 1960 keeps fit through weight lifting and walking, has never smoked and has had severe joint pain in hands and feet since October 2015 as well as being extremely lethargic and exhausted.

Client was given the diagnosis of Psoriatic Arthritis by his doctor, (he had eczema as a child) he had an MRI scan and he refused medication.

Client went on an alkalizing diet in February 2016 - this reduced the symptoms in his hands, but his feet were still very painful, Client has now had 10 Interx sessions and is much better, being extremely motivated to stay well, his walking is now back to normal and he can now live a normal life.

The first three Interx sessions were done by another therapist in another part of the country, the client responded well to the Interx treatment, the client came to me, as I was closer geographically.

Roy Watkins has now treated him once and I have treated him 6 times using standard Interx protocols of pain treatments, he is now going to have a month Interx break and then will resume Interx treatment if necessary then.

I used standard Interx protocols on this particular client:

- Find the pain that is most apparent
- Point to the pain using one finger
- What is the pain level 0-10?
- Initially I used the sliding technique, moving the electrode over the area
- Using swing function to target pain
- I used the device to measure impedance
- Compare high numbers
- Fm Var
- Little wings

- Chase the pain

Ongoing Second client:

I saw the client for health coaching initially in February 2016 and on the second session client was given 3 pathways 6 points treatment primarily for vertigo (client has suffered with vertigo for 20 years on and off) the highest reading was on the face.

3rd session -client reported that vertigo disappeared soon after the treatment so she was very pleased.

I then used the Interx on the client's neck and shoulders over the next 4 months on an intermittent basis consisting of 5 sessions.

I used the techniques of sliding and measuring impedance and gained good results.

- Testimonial:

I have benefited from Sheila's expertise in InterX in two very different areas. Firstly, the treatment put a sudden stop to the tail end of a weeklong episode of vertigo. I wish I'd known about it much earlier in that week. And also, I have had a stiff / uncomfortable / tense area in the back of my neck. Regular treatment slowly got rid of the issue. I should have had my appointments closer together to feel the difference faster. It's a great treatment. I'd never heard of it and I would seek it out again.

- Ongoing third client seen in 2016:

This female client born in 1963

Family history of bowel cancer

Main challenge is migraine also sinus problems (septum was straightened)

Surgery on breast twice (breast cells removed)

Also had stomach problems (several erosions)

Hot flushes

Smokes a few cigarettes daily and also nonexistent breakfast, drank a lot of coffee- drinks fizzy drinks every night in the pub- advice given on diet and blood sugar levels.

During the course of the treatments the client stopped eating dairy completely, stopped drinking caffeine, started eating breakfast and also generally made an effort to eat 'healthily'.

Her migraines reduced dramatically

Treatments:

- 3 pathways 6 points at the start and then chased pain where it arose and treated relevant zones.

The client has only had 5 treatments over 10 weeks, however the client has had only one migraine in that time, the client feels much better with more energy and less angry and tense, and is 'alert' now to her health and how to assist her own health through nutrition.

Ongoing client born in 1945

Only seen twice

Extreme Sciatica for 8 weeks

Good result from first treatment in that buttock pain has disappeared but still pain in leg using standard Interx protocols

Female Client born in 1953

Foot problems - treated for a few years intermittently now and then for foot pain

Interx always removes the pain; a happy client.

Client with dermatitis of hands caused by contact with chemicals used in garage.

(Client was told by his doctor that he would always have the condition of Dermatitis)

Used Interx once a day (except over the weekend) over two weeks (the client lived away and came specially for the Interx treatment)

Result; disappearance of Dermatitis.

My own severe ankle sprain in Italy on holiday - I treated my right ankle with the Interx in acute settings and had reduction of pain within minutes.