

My Story Re: Internal Work

John and his team's myofascial work is like that of Michaelangelo. When I began my treatments, my goal was to alleviate the pain in my left side and find balance to my body...I wanted to be an active pain-free adult – I wanted my body to keep up with my spirit and my mind. I was ready to heal, not maintain, to take my body of stone and melt it to a flexible, sensual being. Never did I expect such a treatment of my whole self, nor that other advantages would develop.

It has been 29 years since my accident and the beginning of my pain and headaches....something I learned to mask well but did not really "live with it" successfully. It was if someone took my spirit and dropped it so far inside me, putting layers and layers of covering so I could not let it out. This took years of course...until I realized that "I" was no longer part of "me". This has all changed now and thank God – my prayers have been answered in more ways than one. Since I was twelve, my menstrual cramps were unbearable. As a young girl I sat huddled in front of the bathroom floor registers (heat) wrapped in a towel and drinking a shot of whiskey to warm up my tummy (mom's recipe). My legs would give out during this time, once sending me down a flight of stairs on my tailbone. Once a month, for one day (usually 20 hours to be exact), I would cease to function. Period. Because of my period. Crazy-yes it would drive me crazy that no matter what I tried I would go into severe cramping, once to a point that I fainted while giving a speech at college and was taken off to the hospital.

When I was younger, it was easier to miss school, schedule a light day when I was due, etc. ...always needing to work around this ridiculous thing...so simple and yet so different. I tried every, yes every birth control on the market ...which was better, being sick every morning or ceasing to function for a full day. I never was sure. Driving home one evening it hit, I barely made my driveway, falling out of the car. I crawled to the front door and pounded until my husband heard me. My son and he lifted me and took me to bed, a common occurrence each month. I'm not a person that succumbs easily to any ill health and never really sick or "miss work" type. Sixteen years ago, my husband was diagnosed with cancer. He became part of a morphine treatment at Rosaul Hospital (in Buffalo) in New York, We lived in Florida, Naples. In the airport, pushing Dean's wheelchair, it hit. I rummaged through his bag and found Tylenol with codeine. Actually a good thing. For the last 16 years, I have taken 4 or 5 Tylenols with codeine during one 20 hour period each month....until recently.

Now, due to this incredible internal work, combined with Myofascial Release, I no longer have any cramps, no pills needed, and I would attest that this treatment also relieved the problem I had with massive bleeding and very heavy periods during along course over the past year. Another great side benefit I also never expected... I now have feeling in my left groin/vaginal area where there was only numbness before. Painful intercourse is no longer a part of my life...how very nice this is!

The internal work is the link that sees to ease the fight and help to relieve my left side pain. When internal work is done, I am more "together" in my pelvic area; I have more stamina to last energy in the day while I am still working on healing. What a fantastic few months it's been in this area. If I knew then what I knew now-I could have disappeared all those pain, non functional days during my menstrual cycle, and with no pills...This is how I like to live my world.

Thank God for this work and thanks to John and his team who believe in and learn this work. Every day is another miracle in my life. Everyday is easier, simpler. I am lighter in being.

I hope my story will encourage others to learn of this work and explore the benefits that can help someone feel whole and sensual again. To be a woman is great!

Thank you!

Kim Ciccarelli Kantor, July 2005