Testimonial

Dear Paula

I just had to email you to express my gratitude for the help you gave me and in fact the group as a whole. As you are aware I was a mess, I couldn’t sleep, eating was a real chore unless it was a ping meal or takeaway and I couldn’t bear the thought of socialising. My health had definitely declined as was very evident by the state of my skin and hair every day was a BHD. I know I started prior to the official launch of your new venture and even took part in your “guinea pig” group sessions which I never thought I would be able to do, but I must say it was a real eye opener. I was very nervous to start with but as you went around the group I realised that I wasn’t alone and everyone else had the same or very similar issues. As you had said it was quite therapeutic hearing what others had to say and we even started supporting each other, in fact I am still in touch with 3 of them we meet up for coffee and a catch-up on Wednesday mornings. I am now so much more confident, I am dealing with problems rather than letting them fester like before. Blimey, I even like myself, only you will know how big an achievement that is! OMG this is more of me babbling on than a testimonial but I guess that also shows how big a corner I have turned. Thanks again for Karen’s email she really has helped me understand food and its effects on the body, it’s been tough but I am getting there as my doctor can testify to. Looking forward to my MOT check in with you in March. Thanks again you really are amazing.

Jess ……………