

The BodyMind Programme

Positive outcomes for people with ME/CFS

For 11 years we have been helping people to recover from chronic illness. In October 2012 we carried out an email survey of our clients' improvements. The results below relate to 66 respondents diagnosed with ME/CFS who have undertaken our BodyMind programme. You will notice that their results far exceed the 8 interventions listed in the ME Association's 'Managing my ME' survey conducted in 2008.

We are happy to discuss the work we do, please do get in touch if you'd like to know more.



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The BodyMind survey results

Sustained good health 80% reported sustained good health.

Length of illness This ranged from 3 months to 30 years. The average was 8 years.

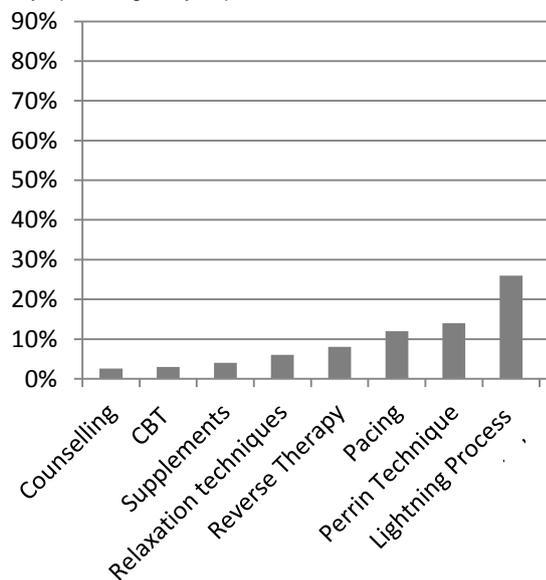
Severity 36% were severely ill. Of these 4% "improved" and 87% "greatly improved".

Young people 12% "improved" and 88% "greatly improved".

High scores On the improvement scale of 0 – 10, 83% scored 8 – 10.

ME Association survey results

The graph below shows the percentage of people whose symptoms "greatly improved" with different interventions.



The BodyMind survey results

We have compared our results to the ME Association survey. We used the following method...

Our clients were asked to score their health prior to contacting us, and then again after doing the BodyMind Programme.

The scale of measurement used was 0 – 10. 0 = really ill and 10 = really well.

Then in order to compare our results to the ME Association survey we used the following criteria...

"improved" equates to a movement of 1 – 3 points up the scale.

"greatly improved" equates to a movement of 4 to 10 points up the scale.

These results suggest that 80% of our clients have "greatly improved"