

### What is The Phil Parker Lightning Process?

Phil Parker, the designer of the Lightning Process (LP) says ; 'Using the LP's technique of combining particular body movements and postures with a set of precisely targeted questions many people have got their health back into balance, quickly and successfully recovering from real illnesses that had troubled them for years. The Process is specifically tailored to an individual's needs and abilities, and the trainee is supported and assisted by an experienced trainer throughout the three day seminar and afterwards as required.'

For more information log on to : [www.lightningprocess.com](http://www.lightningprocess.com)

### What can the Lightning Process do for YOU?

The training will help you to recognise the mind body connection and the unconscious cycles that have been producing the symptoms that create the problem. Then using a combination of techniques you will be trained how to use your brain in a new way to consciously break those cycles and create new neural pathways. The neural plasticity of the brain allows us to make rapid changes and restore the functioning of the immune and endocrine systems. Thus allowing the body to revert to its normal state of wellness.

### Can We Help You?

Using the techniques we have learnt we can help you to resolve a wide range of issues

recovery from long term illness	depression
anxiety	stress
panic attacks	lack of confidence
phobias	anger
smoking	weight loss

The training we give you is about helping you to make long lasting changes in your life, quickly. Whether the changes are for your health, or your personal or professional development we are committed to supporting you to help you achieve a life you love.

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Presented by  
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### Research from Norway backs the Lightning Process

Recent research from Norway concludes that ME sufferers bodies are stuck in a permanent state of enhanced sympathetic nervous activity: suffering extreme STRESS. The Norwegian study's findings back up the philosophy behind the training program. The Phil Parker Lightning Process had been seen by some in the ME community as controversial because of its use of the term 'stress'. However, recent research carried out by Dr Vegard Bruun Wyller MD PhD at the Division of Paediatrics, Rikshospitalet University Hospital, Oslo, Norway, gives some physiological pointers as to why Parker's work in North London is achieving quick results.

Vegard Bruun Wyller MD PhD says: 'Recent research on CFS pathophysiology has revealed alterations of cardiovascular regulation and thermoregulation, characterized by enhanced sympathetic nervous activity and increased secretion of epinephrine. These findings indicate a state of permanent distress response - sustained arousal - in CFS patients. Based upon our findings, we have formulated a theory of sustained arousal in CFS, which seems to correspond quite neatly to the theoretical considerations underlying the Lightning Process.'

**The breakthrough that underpins the Lightning Process's approach is a realization that both the MIND and the BODY can be used to powerfully influence the Autonomic Nervous System.**

The Lightning Process was designed by osteopath Phil Parker at his clinic in Crouch End, North London. Parker says of The Process: 'it's a 3 day training program that helps people to help people improve performance, it can be applied to business and sport, health and wellbeing, emotional issues. The process consists of a set of carefully designed strategies that help the trainee find a path to the result they want. Unsurprisingly the approach for business issues, depression, and disability due to Chronic Fatigue/ME differ considerably.'

### How does it work for CFS/ME?

Phil Parker says: 'A number of quite complicated points and terms will need to be discussed to answer this as fully as possible. CFS has been a considered a very difficult to treat illness since it was defined in 1955. One of features that characterizes the condition is that the Autonomic Nervous System (ANS) is not working normally. The ANS is a bit like the maintenance department of a large building - it's the part of the nervous system involved with controlling fairly boring but essential functions that are normally outside of our control, such as sweating, speed of heart beat, blood pressure, speed of digestion, response to stress etc. So obviously when this system fails to work properly problems and symptoms can start breaking out everywhere. The breakthrough that underpins the Lightning Process's approach is a realization that both the MIND and the BODY can be used to powerfully influence the ANS. The LP teaches people how they can use their mind and body to do this. Once the factors that have caused the problem are identified and dealt with, the ANS will naturally work properly again.'

### FACTS & FIGURES

#### The Phil Parker Lightning Process™ Facts

- The Lightning Process considers ME and Chronic Fatigue to be genuine, physical illnesses with disturbances of the immunological, endocrinal and neurological systems as defined by Dr Melvin Ramsey in 1986
- The Lightning Process training programme takes place over three days during which patients learn techniques to enable them to powerfully influence the Autonomic Nervous System and other body systems
- The Lightning Process is based on Neuro Linguistic Programming, Osteopathy, Hypnotherapy (mainly self-hypnosis) and Life Coaching
- The Lightning Process has a very high success rate (over 85% in one survey) for people across the board and works irrespective of gender, length of illness or severity.
- Over 1,500 people a year are getting well using this Process
- Professor Leslie Findley, Consultant Neurologist and Clinical Director of the National ME Centre in Essex is one of the many consultants and GP's recommending patients to the Lightning Process
- Pilot studies are underway in the UK and Norway
- Other conditions that have shown full recovery, or very significant improvement using this Process are:
  - fibromyalgia, post viral fatigue syndrome, rheumatoid arthritis,
  - hay fever, asthma, depression,
  - bipolar disorder, ocd, anxiety and panic attacks,
  - ibs, insomnia, low self esteem,
  - hyper and hypo thyroidism, chronic aches and pains,
  - anger, food intolerances, coeliac disease,
  - candida, allergies, migraines,
  - noise and light sensitivity