

Hello everybody,

I wish to contribute to this forum with my testimony, which I hope will encourage you to try the Gesret method.

In brief, I had asthma and it disappeared in 5 sessions. I also suffered from eczema, and it has significantly diminished.

I am 26, and I had had asthma and eczema since I was a child.

My eczema first manifested itself when I was one year old. I had localised patches which would sometimes weep, more often in winter and particularly after periods of stress. I had always been treated with cortisone creams. The results were satisfactory, but with the inevitable secondary effects: thinning of the skin and depigmentation – which was clearly visible, as I am of mixed race.

My asthma appeared when I was four. It would manifest itself either following contact with an allergen (pet, pollen, dust) or after exercise. I had the usual treatment with bronchodilator. My situation was not catastrophic however, as I never ended up at Accident and Emergencies! I played sport three times a week, though I sometimes needed my inhaler just afterwards. If ever I was going to a house with a pet I would also use my inhaler beforehand. Only for six weeks in spring did I ever need my inhaler on a daily basis. The eczema was harder to live with, especially when it appeared on the face.

How did I first try the Gesret method?

It all began with a very severe attack of eczema in December 2008. It had started like a usual "winter symptoms", on hands and face. (I should say that, during the previous months, I had followed a dermatologist's advice to use a daily moisturising cream after shower.) This attack quickly spread over much of my body (I would say more than 75%!) For two months my life was dictated by this eczema. It was especially unbearable after showering, as I could not stand the incessant itching and would spend an hour and a half covering myself with creams. Getting out of my bed was torture and my sheets would be littered with flakes of dead skin. I came to think I might have some rare disease.

I went to see a dermatologist who assured me it was still eczema and that I needed a cortisone cream. That was enough, and I decided I was going to try living an abstemious life! No more creams, I would endure the shower bravely. No more alcohol, dairy products, sugar and fatty food, and I would try to reduce contact with allergens. I ate organic fruit and vegetables, and drank two litres of water per day (I tell you that's worth more than moisturising creams!) and used natural Alep soap.

Things improved in just a few weeks and only a few patches remained. As I was looking for information on Internet, I came across Mr Gesret's website. First of all, I thought that

curing asthma, eczema and allergies with manipulation was suspicious, but a few details caught up my attention...

Yes, I had slept on my belly since I am a child.

Yes, I had one leg shorter than the other, and one of my feet did fall to one side more than the other when I lay down on my back – this had been treated with some success by an osteopath when I was 10.

As spring was coming, I decided I would try to stop my first asthma attack with the fist-under-the-armpit-that-has-the-same-effect-as-ventolin and it did work reasonably well!

So I decided to get an appointment with Karl Richard. There was little effect on my asthma after the first session, but I stood more upright and was more comfortable when walking. I also started to follow his basic advice: stand straight and well balanced on both my legs, sleep on the back etc... The second session did not really change the situation either, and I had an asthma attack after the third manipulation. During the following two weeks I had continual breathing problems that I had never experienced before, and a perpetual dry cough that I had never had before. I needed my inhaler, and I was afraid the manipulation was having the reverse effect than that sought.

After the fourth session things got better and cough finally cleared. I decided to have one final session and that I would stop if there was no clear result.

This time, Karl Richard worked especially on my neck and I suddenly felt that my chest was freed! He told me that it should be much better by now, and indeed I have not had need of the bronchodilator since May 2009!

It's like magic! I have had no more problems with pollen and I can visit houses with pets.

But this is not a complete miracle cure either, as I do still experience some slight wheezing and some allergic responses, e.g. I get a running nose and itching eyes if I breathe in cats' hair... but no more asthma!

As for the eczema, the attack I had this last winter was negligible (tiny patches on my hands and in my neck) despite having a lot of stress, and I did not even take particular care to eat healthily either.

I am writing this testimonial six months after my last session with Karl Richard. My words have no doubt lost in excitement what they have gained in objectivity. Those few hours at the osteopath changed my life - for ever, who knows? – and, judging by the many similar stories I have heard, the lives of the many others.