

By Rebecca Speechley

June Williams injured her back at work 20 years ago while caring for older people. Over the years, the pain has gradually taken over her life.

"My back and neck became so painful that I'd get excruciating headaches that left me exhausted," says June (66), from Brighton. "The headaches were so bad and doing anything, even the ironing, would bring them on."

June was forced to retire early from her job with the Alzheimer's Society because work was just too uncomfortable. But retirement wasn't much fun either.

"I couldn't do anything – gardening, swimming and cycling would all cause me pain," says June. "I became really paranoid about setting it off."

The pain even started to affect her relationship with her husband, Barry. "I couldn't do any of the chores around the house, so after work Barry would have to do all the jobs at home."

Pain killers took the edge off June's pain but she hated having to take so many. She tried physiotherapy, and chiropractic and shiatsu massage, but nothing gave lasting results. "I'd try anything," says June. "My GP suggested osteopathy and initially it settled my symptoms, but I still had to keep going back for treatment."

June was beginning to despair. Her GP said surgery wasn't an option and there was little else he could do to help. "I thought that was it, I could just see the years of pain stretching ahead of me."

June's osteopath, Steve Morris from the Sussex Back Pain Clinic, wasn't ready to give up. He had heard of a new treatment called IDD therapy, which was being used successfully in the US to treat chronic back pain.



'Back pain stopped me living life'

Enjoying walks on the beach again – but no longer able to avoid the ironing!



Back pain affects 80 per cent of us at some point in our lives – but a revolutionary new treatment could promise lasting relief

The clinic installed an IDD therapy machine, which gently manipulates the specific joints in the back and neck that are causing stiffness. The joint is stretched ever so slightly to reduce the pressure that causes pain.

"All I had to do was lie on the bed and let the machine get on with it. I felt a very gentle pull – it was painless unlike the other treatments I'd tried – and, once my nervousness subsided, I found it relaxing. After the first few sessions my back and neck were sore but Steve explained that this

was because they'd been stiff for so many years that it would take them a while to release."

June had ten IDD sessions and after the third one she noticed that her neck seemed looser. At the end of the three-week course, her headaches had gone.

"It has been fantastic – I can't

'I thought that was it. I could see years of pain stretching ahead of me'

What is IDD?

IDD therapy is used by osteopaths, physiotherapists and chiropractors. IDD stands for Intervertebral Differential Dynamics. The whole treatment is done by computer and is targeted to a specific problem. The machine gently stretches and manipulates the joints in the body that are causing pain.

❖ How exactly does it help?

Back pain is usually caused by a pinched nerve or a problem with your discs, which are the shock absorbers in your spine. If they become damaged, they can bulge out from between your vertebrae and press on a nerve, causing pain. IDD helps by gently stretching out your vertebrae, allowing the disc to slip back between the bones, which means it can absorb the nutrients and water it needs to regenerate.

❖ How much does it cost?

IDD therapy is slightly more expensive than traditional treatments and prices vary across the country – but, on average, one treatment is £60. The number of treatments you'll need depends on your condition. Your practitioner will review your progress every five treatments.

Find out more

❖ To find your nearest IDD clinic call 01279 602 030

tell you what a difference it has made to my life. I've started swimming again and Barry and I can go out for walks. The only downside is that Barry has been released from ironing duties (he's better at it than me) but I have no excuse now."

June may need the odd top-up treatment two or three times a year but, other than that, she is free of pain killers.

"IDD was worth every penny," says June. "It seemed a small price to pay for a pain-free life. I'd recommend it to anyone. It's given me my life back."

Intimately speaking...



Julie Peasgood, the **Yours** sexpert, offers love advice for grown-up women (and our men too)

I'm not sure how to begin my column in this issue as, sadly, it is my last 'Intimately Speaking'. I'm moving on to tackle a very exciting project, more of which in a moment, but first I want to say a big thank you.

Thanks to all of you – and to the editorial team, too. I have loved writing for **Yours** readers, and have been proud to be associated with such an informative magazine, that comprehensively covers so many topics.

I'm grateful to everyone who has taken the time and trouble to write to me over the last three years – I have really appreciated and learnt from your anecdotes, tips and valuable feedback.

But on to my new venture, which is the realisation of a goal I've had for several years, that I'm thrilled to say is now coming

'My aim has been to create a tasteful range of sex toys'

to fruition. This autumn sees the launch of my own range of 'pleasure products'. Called Swoon, they are discreet, well designed and made from high quality, skin-safe materials. All the toys are white (nothing garish) and the packaging is Forties-style glamour in Tiffany blue, with a tongue-in-cheek look. My aim has been to create a tasteful range of sex toys that will appeal to everyone, including first-timers. They are intended for both solo satisfaction and to enhance sexual pleasure with a partner.

Visit www.swoon.tv for more information – and please stay in touch!

