



The
Chrysalis
Effect

Practitioner Training Programme
Pioneering M.E, CFS, Fibromyalgia Recovery



The Chrysalis Effect News

Dear Chrysalis Effect Community

My grandchildren Josh and Ollie have just sent their gift list up the chimney to Santa with faith in their heart he will deliver! Santa has a tough job. He has to deliver to every corner of the world and make dreams come true. So as Christmas is upon us it has given me an opportunity to reflect on The Chrysalis Effect Dream. The dream was to help people recover, no matter where they were in the world - to pioneer recovery worldwide. It is so exciting to know we have helped clients in many countries including Cuba, France, Germany, Sweden, Australia, Prague and in many states of the USA, from Massachusetts to Hawaii!!



Looking back, when we started, we had no working capital and no idea how we could actually help people wherever they were in the world, even if they were bed bound! It was difficult. I have always loved the old adage '**Difficult is done at once, the impossible takes a little longer**'

What some say is impossible, You, the members of our community achieve everyday. We may not have any magic reindeer and we may not be able to do it all in one night! Yet together the commitment of Chrysalis Effect practitioners and those of you recovering yourself brings the gift of recovery to families in all four corners of the world. And we thank you from the bottom of our heart for making this dream come true.

So, as Christmas approaches and children around the world get ready to re-tell the Christmas story, we get to retell the recovery story over and over again with those who need to hear it. Below, Catherine's story is the perfect way to close the year inspiring us to do a Santa and deliver more of the impossible as we enter our 5th Anniversary Year- NHS here we come!

Wishing you a peaceful and joyful Christmas wherever you may be in the world

X Elaine x



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Congratulations to the following Practitioners,
who have successfully completed their FHT
Accreditations in recent months:



Janie Perry
Jackie Webster
Tracy Cornish



Well done to all of you we are so excited to see your
business grow and more lives transformed!

Congratulations also to the following ladies who have
all successfully completed their Accredited Wellbeing
Coaching Training and received their Endorsed
Award from the ILM



Daniella Saunders



These ladies are our very first graduates of the
Wellbeing Coaching Programme! Congratulations for
becoming wellbeing coaching pioneers. We just
know without a doubt that you will be leading the
way, and changing so many lives.

We Bid a Fond Farewell!!



**To The Wonderful Emma Chapman-Sharp who
has flown back to her home permanently in
Australia. We gave her a good send off in
Chrysalis Style in Brighton back in November just
before she jetted home. Lots of her fellow
Chrysalis Effect Practitioners and some of their
partners came to say goodbye and we had a
really wonderful time.**



**We already miss you so much Emma but thank
goodness for Skype, you will only seem 5
minutes away still and can also still work with all
of your lovely clients.
Technology is a godsend when it works!**



Christmas comes but once a year!

**And..... I am sure you would like to keep your diet etc on track but would also like to treat
yourself a little bit!! We stumbled across the following website which gives some great Healthy
Christmas Recipes which should taste delicious but keep your body in check too!!**

http://www.eatingwell.com/recipes_menus/collections/christmas

If you create any of the recipes then keep us posted on our Facebook Page:

<https://www.facebook.com/thechrysaliseffect>



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★ ★ ★ Special Feature ★ ★ ★

Catherine Fisher found the Chrysalis Effect just over 2 years ago and in that time has completely changed her life and got back to full health, living a full and balanced life once again. We are so proud of how far Cath has come and absolutely love seeing all the wonderful things she has been up to. So much so that we have asked her to share her story to give those of you still struggling, hope that you can get better and live your life once more.

Dear all at TCE

It's time for an update from me! So it's just over 2 years that I joined the programme and very recently I've taken a massive step forward in my recovery. It's so difficult to put into words how much TCE programme has helped me, but I think my massive reduction of symptoms, how I manage my life in general and the things I have been able to do, particularly over the last 6 months, just speak for themselves.



Going back to when I joined TCE, I had been taking sleeping tablets for a month and had just been given anti-depressants by my GP, which I was adamant I didn't want to take. Having spent a good 2 years at my GPs with constant fatigue, dizziness, huge anxiety, terrible stomach problems, hair loss and a whole host of other awful symptoms I was absolutely desperate. I had to give up my job as a teacher and was determined to get well, but didn't have a clue how! My GP just kept saying I was fine- all blood work was normal, which I know many people hear.

I can remember the day as clear as if it were yesterday. I'd got home from the doctors and I sat on my sofa and just cried and cried. I felt that desperate I typed "HELP ME!" Into my laptop on google. Luckily for me the website for TCE was one of the top results on the screen so I clicked on it. This was it- there were 2 woman there who looked like they had had what I did! I was, however, a little sceptical as so much on the internet isn't reliable. Luckily for me though there was a phone number, so I rang it. Elaine answered and, after a lot of tears on the phone, we managed to come up with a plan of how I could start to recover. Elaine assured me that she knew exactly how I felt and after only a 10 minute conversation with her I knew I'd stumbled upon a way forward. I was so relieved.



From that day, I have worked through the programme, seen several practitioners and changed my life into one where CFS no longer dominates my life. I have a few symptoms that crop up now and then, but I am in complete control of my health and Wellbeing. I am so so happy and am excited about what the next chapter of my life has to offer.

So what has helped me? I put my recovery down to being honest with myself, being a detective and so much hard work and determination it's immeasurable. The things that have helped my body to heal are faster EFT, transference healing meditation, gentle exercise, being in my local Forest regularly and if not outside in the fresh air, eating super healthily for my body type and learning to control my stress levels. I still do all of these every day. I also realised that class teaching was not what I am meant to do for a living. I am now back at work and have retrained as a specialist teacher for literacy in a primary school. I also realised that my house is very dark, so as I write now I have just exchanged contracts on a beautiful new home for my family, with a beautiful garden and veggie patches for me to grow my own veggies for my juicer! A very happy Cath!



In the last 6 months I've started a new job in a school with an inspirational leader, which is what I needed. As soon as I met my boss I could tell that she understood me, and true to her word, I am working in subjects, about which I am most passionate and I love my new job! It's hard work, but I am able to manage my workload and stress levels with ease. I have also performed at the national championships with my Chorus. Singing

has also really helped my recovery. We won the competition and I'm now the proud owner of a gold medal.

I'm very proud of all that I have achieved this year so far and it's all been possible thanks to what I've learnt from TCE. What do I have now? My health back, a happy family, I can be a mum again, a new job which I love, money in the bank, a place on the front row of the Championship LABBS chorus and on the 10th December I'll be moving into my dream house. What more could a girl want?!

I'd like to thank all the team at TCE and all of the recoverers on the website for their help and support. I will, of course, be eternally grateful.

With love and healing

Cath



Bottoms Up! Alcohol and your Recovery !

Alison Levinson, one of our Lead Specialist Practitioners, and Nutritionist gives you some practical information on how to make it through the festive period without setting you back in your recovery!



One of the things that people with ME, CFS and fibromyalgia have in common is their enhanced sensitivity. This can manifest itself in lots of ways including sensitivity to electromagnetic fields, food allergies and intolerances often to wheat and dairy products; harsh lights and loud noises to name a few. Everyone is different, but one very common sensitivity is intolerance of alcohol. Here are some of the reasons why:



Alcohol is a diuretic. This is why you find yourself going to the loo much more frequently if you have been drinking. Alcohol suppresses a hormone called vasopressin, which tells your kidneys to re-absorb water, so they flush fluid out through the bladder instead. Many of the symptoms of a hangover (headache, dry mouth, nausea) are actually caused by dehydration as a result of this. And the volume you drink has no bearing on the amount you lose so drinking short drinks like shots has the same diuretic effect as drinking pints of beer.

At 7 calories per gram, alcohol is nearly as calorific as fat (9 cals per gram) and much more than protein and carbohydrate (4 cals per gram each). To add insult to injury, digesting alcohol does not use up any calories unlike when we eat food. When we eat a steak about a third of the calories we consume are burned during the digestion process. Not so with your glass of Pinot, which shoots straight into your bloodstream.



Alcohol lowers blood sugar, which causes cravings for carbohydrates, the fastest way to replenish energy stores. Have you ever wondered why the morning after the night before everyone eats mountains of toast? That's why!



Alcohol is seen as a toxin by the liver, which processes it to make it safe ahead of any other food or drink. Alcohol is stored in the liver so if you drink too much, your liver expands to accommodate it and if you do this repeatedly you will get a permanently swollen abdomen.

Finally, your long-suffering liver can only process about one ounce of alcohol per hour, which is why you feel drunk if you drink more than this and why you have a headache the next day. You have literally poisoned yourself.

People with ME often suffer from a congested liver so it is better to steer clear of alcohol while you are recovering. But if you do fancy a festive tipples over Christmas, here are some tips to limit the damage:

- Stick to lower alcohol drinks such as Champagne or Cava, wine, light beer or white spirits such as vodka and gin;
- Limit yourself to one or two alcoholic drinks;
- Alternate each alcoholic drink with water. Drinks like wine make you thirsty so you are likely to drink more quickly as the evening goes on. Drinking water will help prevent this;
- Avoid cocktails with three or four different shots and sugary or creamy mixers;
- Eat while you drink. The alcohol will be absorbed more slowly;
- Dilute drinks if possible e.g. have a wine spritzer (wine mixed with fizzy water or soda water). It makes the drink last longer and adds hydration but no calories.



If you do have too much don't drink coffee to sober up. Coffee is also a diuretic and will exacerbate the dehydration problem. Drink a pint of water before you go to bed and hope for the best! Then in the morning eat a hearty breakfast with plenty of carbs to restore your energy levels. And leave the alcohol alone for at least two days afterwards so that your liver can recover.

If you would like to contact Alison for Nutritional Advice or read more from her, visit her website where you can follow Alison's blog:

<http://www.alisonlevinson.co.uk/default.html>

Or Contact Alison on: alison@alisonlevinson.co.uk

Alison Runs Alison Levinson Nutrition and is based in Hastings and Lewes, East Sussex but does also work remotely via Skype.



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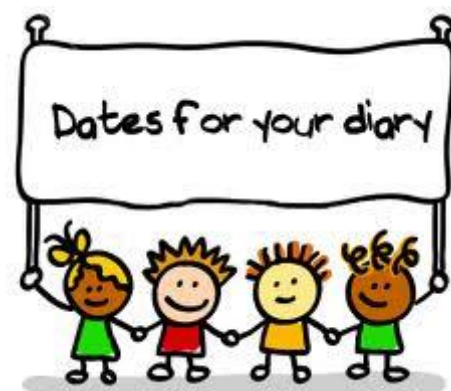
Dates for your diary

Recovery Webinar: Thursday 17th December – 10.30am – 11.30am – “Surviving The Festive Period, Physically, Emotionally and Spiritually!” Registration link will be emailed out to you.

Practitioner Webinar: Thursday 08th January 2015 - 7pm – 8.30pm link to follow

WBC Q and A Webinar: Thursday 15th January 2015 – 10am – 11.15am Link to follow

Recovery Webinar – Wednesday 21st January 2015 – 10.30am – 11.30am



Our Training continues to evolve and develop. All our training is now available on DVD, including the Yoga and meditation aspects of the course. We also have both the “How To of Wellbeing Coaching” and “Protocols for Recovery” webinar Series available for only £37 for more information or to order the recordings of these webinars just call: 01293 220906 or email info@getyourlifebackfromme.com or visit the following: <http://www.thechrysaliseffectpractitioners.com/webinarseries>



We also still have our M.E, CFS and Fibromyalgia Recovery Summit Series available for a short period of time. If you missed these incredible, knowledge bursting webinars hosted by Elaine then visit the webpage to order your copy and listen to our wonderful experts in action:

<http://www.thechrysaliseffect.com/mesummit>

Here's a Quick Recap of What we Covered:

Webinar 1 – Explore Poly- vagal Theory and Trauma Landscape and Traumatic memory formation in.... ‘Unlocking Freeze Response and Trauma in Recovery’ with Patricia Worby

Webinar 2 – Learn the shocking facts about Metal Toxicity in ...‘Heavy Metal Toxicity in Fatigue Conditions’ with Dr Brian Halvorsen.

Webinar 3 – Can M.E or CFS run in families? Learn more about this in... ‘Heredity in CFS and The Pyroluria Question’ With international Naturopath Emma Chapman Sharp.

Webinar 4 - Mindset is a contentious issue so discover the latest in...‘The Cutting Edge from Harvard! - Mindset and Recovery’ with Jayney Goddard.

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The Training Zone
The Chrysalis Effect
The Training Zone

What's New in The Training Zone for 2015?

**Have You booked Your Space for
The Introductory and MasterCoach Training Day?
On Saturday 24th January 2015
At The Mandolay Hotel Guildford:**

Introductory Day:

Who is it For?

For anyone who would love to find out more about coaching in the wellbeing sector and for therapists or practitioners who want to increase their effectiveness with clients and become part of the wellbeing coach referral community.

You will receive a certificate of attendance. Only 12 spaces Remaining!



We are delighted to invite you to this Innovative day of Wellbeing Coaching

- ✓ Learn the Structure of a Wellbeing coaching session
- ✓ Use Wellbeing Coaching Tools
- ✓ Experience practical coaching
- ✓ Learn how to deliver a Wellbeing Coaching Session
- ✓ Discover how you can become a wellbeing coach or add the skills to your own therapy
- ✓ Take home 10 most Powerful Coaching Questions

**Cost: Introductory Day £67 - Early Bird £47
(Early Bird Price Available until 14th December Only)**

Follow this link to book:

<http://www.thewellbeing-coach.com/newcoachday>





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Advanced Skills Master Coach - CPD Points and Certificate – Only 6 spaces remaining

"Perfect your Craft as a Wellbeing Coach"

This advanced training takes your coaching to another level,

You will learn how to:

Weave advanced techniques and tools into your Practical sessions, sharpening your existing skills and expanding your repertoire of powerful wellbeing tools.

Sessions include

- ✓ Coach Craft
- ✓ Integrating Insight and Intuition Safely
- ✓ Resonance-
- ✓ Breaking Patterns with Analogy and Metaphors
- ✓ Creative Coaching- Fun Expansion and the unconscious
- ✓ Handling The Tough Stuff!



Cost: £97 Early Bird £67
(Early Bird Price Available until 14th December Only)

Follow the link to Book:

<http://www.thewellbeing-coach.com/mastercoachday>

When -Sat 24th January

Where- The Mandolay Hotel 36 – 40 London Road, Guildford, Surrey, GU1 2AE

Cost Includes Teas/ Coffees

Timings 9am registration and Coffee 9.30 Start

Lunches- are not provided but can be ordered on arrival, you can bring a packed lunch or there are many dining options nearby.

Parking - free parking can be reserved [first come first served] if full there is ample parking at G Live opposite venue.



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Chrysalis Effect Practitioner Training-

Thinking about becoming a Specialist Practitioner?

Are you ready to shift to a whole new level in your business and want to make 2015 your turning point?

- ✓ As a Specialist You are the Go To Person
- ✓ As a Specialist you attract referrals
- ✓ As a Specialist You retain clients through to recovery
- ✓ Double savings on your training in August September
- ✓ [Includes CPD Webinars!]

Call Chrysalis Effect [01293 220906](tel:01293220906) and start [easy pay payment plan available]

If you have any questions or would like any further information please just email us at info@getyourlifebackfromme.com or call 01293 220906

All that remains for us to say is we hope you have a very Merry, Healthy and Happy Christmas, and a prosperous New Year.

Love and Belief

Kelly B and The Chrysalis Effect Team

xxxxxx



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M.E, CFS, Fibromyalgia
Supported Recovery Programme

