



The  
Chrysalis  
Effect

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



## Dear Chrysalis Effect Community



As Winter is suddenly upon us. I was reminded of those years when just doing normal things leading up to Christmas were far out of reach. My deepest fear, back then, was that normality was an impossible. I don't know if you are like me, but when I was ill I longed to have the energy to look after my home, be able to shop and see friends or just have a normal night's sleep. None of these activities were about ambition, or would set the world on fire, but losing your health, as you well know, brings into sharp focus the joy of everyday things.

Don't get me wrong, I would cry and cry fearing....

- I would never reach my potential
- I would remain a shell of that vital person I had once been

And.....

- I would have these words on a constant loop 'Is this all there is for me?'

If any of this has a familiar ring to you, then, I want to reassure you that your fears, just as mine were, are absolutely unfounded.

'After Winter comes Spring'. I believe with all my heart that as barren as the landscape is during winter, beneath the surface, amazing miraculous changes are taking place.

Who knew that one day this technophobe would create an online recovery programme?

Who Knew that I would be meeting MP's, interviewing eminent doctors and being honoured with an Award? The list goes on.

ME had to happen with all its pain and tears to ensure I reached my true potential, to make me step out of my old shell and to show me that, No, that wasn't all there was for me.

So have your tears, but have faith too, that your spring is on its way with all its fresh beautiful possibilities, and know, that we are here cheering you on as you embrace them one by one and reach your own unique and wonderful potential.

I wish you all a restful, joyful Christmas and I give my utmost thanks to the amazing Chrysalis Effect practitioners and our fabulous and dedicated Chrysalis effect team, for all your expertise, support, fun and dedication, especially Kelly B who is without doubt an office angel as well as a wonderful daughter.

Bring on 2016 with all your new recovery stories as we take our mission to the next level to pioneer ME, CFS and Fibromyalgia Recovery Worldwide.

**Love and Belief**  
*X Elaine x*



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### Drumroll Please –

Huge Congratulations to CE Specialists to qualify since our last newsletter  
They are....



- ❖ Abraham Quartey
- ❖ Sara Macdonald
- ❖ Jan Lewis

Congratulations also to the Following Practitioners have passed the  
Coaching Element of their Specialist Training:



- ❖ Cath Finegan
- ❖ Caroline Riley
- ❖ Tracy Cornish
- ❖ Amanda Hughes
- ❖ Jan Lewis



Congratulations also to the following Practitioners who joined have passed their **Foundation Level Training**  
**accredited by the FHT** since September 2015 and now work brilliantly as part of our referral community:

Ian Craig  
Vivienne Bouchier  
Caroline Peyton  
Ruth Tansey  
Jenny Hargrieves  
Margaret Papoutsis

Linda Neat  
Aira Mahandru  
Sonia Revelli  
Kerry Munson  
Karen Morton  
Karon Kitchen

Richard Burden  
Helen Cockwell  
Andrea Cartwright  
Jane Smith  
Erica Gibbon



We are like a  
snowflake,  
all different in  
our own  
beautiful way!





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★ ★ Christmas Top Tips ★ ★  
from TCE Specialist Jan Lewis



Christmas is a wonderful time for getting together with family and friends, but overindulgence during this period can spoil things. To make sure you keep on top of it with your health and wellbeing here are 10 tips to remember to help maintain a healthy digestive system throughout the festive season:

- Manage Stress – give yourself time out each day- just half an hour for YOU – preferably in the fresh air.
- Drink plenty of water (filtered if possible).
- Eat medium quantities of food at regular intervals.
- Avoid smoking & drinking alcohol.
- Chew food well and eat slowly.
- Eat a fibre rich diet with lots of vegetables, whole grains, fruit, nuts and seeds (if no allergies).
- Limit consumption of meat and include oily fish instead.
- Avoid eating sugary or salty foods – flavour with herbs & spices instead.
- Exercise regularly.
- Supplement with friendly bacterial support for your diet.

Your most valuable asset is YOU and by putting in place just some of these things you can enjoy the festivities for the whole of the season and feel great too! Jan Lewis – vitality4u

We would love to share with you an email we have received from one of our lovely Recoverers Roy White who is working with TCE Specialist Alison Levinson and he is doing brilliantly:

“Roy white, 65 years old, I have fibromyalgia. My journey so far. I have changed my diet completely, and now also have added one veggie juice each day for extra nutrients. I Walk every day, sometimes painful. Meditate every day, I've used a Hypnotherapist to help me relax and get rid of my anger, I find him a great help and support. I written to all my family friends and customers of the past, who have upset me or made me angry, to try and release all the old built up stress, this applies to the living and deceased. This is only in my diary. Some of these things I've spoken to the people to say how I felt and to release old pressers. It works very well for me. Friends say I've improved, sometimes I can't see it, if I'm in pain, but when I look back to good days they are right. Keep moving forward to a pain free life. Love and best wishes to you all.” Roy white.



**Great Healthy Christmas Recipes Can Be Found Here:**  
**[http://www.eatingwell.com/recipes\\_menus/collections/christmas](http://www.eatingwell.com/recipes_menus/collections/christmas)**





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## Greetings From Oz!!

The Brilliant Emma Chapman Sharp has been working internationally with us helping more of her client's recover and didn't want to miss out on sharing a yummy chimbo recipe with you, so that those of you on dairy/gluten/sugar free diets can still enjoy a treat!! In Emma's words they are quick, healthy and delish!



## Raisin & Walnut Truffles

Gluten/dairy free, no added sugar, vegan – BUT still incredibly tasty and best of all, really easy to make! No cooking or baking involved and only a handful of ingredients.

The perfect quick and easy healthy Christmas treat.



### INGREDIENTS:

- 4 cups walnuts
- 3 cups raisins
- 2 7-8" vanilla beans
- 3/8 t sea salt
- 1/2 T cinnamon

### INSTRUCTIONS:

1. Chop 1 cup walnuts in a food processor until well chopped but definitely not powdery! You want to keep some texture to them. Set aside in a bowl, then mix in the cinnamon.
2. Put the remainder of the walnuts and other ingredients into the food processor. Keep processing until it starts to form a wonderfully oily glob of a ball.
3. Hand roll this mixture into separate balls, about 20-25 of them. Roll the balls around in the chopped walnut mixture.



**Share and enjoy!**

wellbeing for ME



Supported ME, CFS, Fibromyalgia Recovery

Thank goodness for Skype as we miss Emma so much but wishing you and your family a lovely Christmas from across the Chrysalis Pond!

**Come Back and Visit soon Emma!!**



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## The Act Of Giving

**Some words of wisdom from our Foundation  
Level Practitioner, and Nutritionist and  
Hypnotherapist Vivienne Bouchier**



I recently revisited and re read “The Seven Spiritual Laws of Success” by Deepak Chopra.

Having returned from taking my little granddaughter to a local garden centre and play area in the first week of November where a “full on” Christmas promotion was in full swing, I reflected on the blatant commercialism and ensuing concerns for a three-year-old to understand the next eight weeks of Christmas mania.

When additionally challenged by poor physical, mental or emotional health, the extra pressure of achieving festive fun is maybe just a step too far.

Being in the company of a small child and seeing the world through their eyes is a lovely reminder of simplicity and capacity for joy and fun. They have a willingness to participate in the here and now without any complicated thoughts or attachments to our adult agendas. Deepak Chopra says,

“Today I will gratefully receive all the gifts that life has to offer me. I will receive the gifts of nature, sunlight and the sound of birds singing .... the first snow of winter and I will also be open to receiving from others, in whatever form that is ....”

We so easily forget the gift of sharing time with each other and the recognition that, “good health, energy and enthusiasm for life, fulfilling relationships, creative freedom, emotional and psychological stability, a sense of well-being and peace of mind”, are the foundation of our personal happiness and fulfilment.



Perhaps if we choose to remember that that we can bring a gift wherever we go and to whoever we meet in the form of a generosity of spirit and willingness to circulate understanding and kindness to each other. “Each time I meet someone, I will silently wish them happiness, joy and laughter.”



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## Coming Up.....

**Recovery Webinar:** Wednesday 13<sup>th</sup> January – 10.30am – 11.30am – Click here to register: <https://attendee.gotowebinar.com/register/8878242305258438658>

**Practitioner Webinar** – Becoming Facebook Savvy: Thursday 21<sup>st</sup> January at 7.15pm hosted by Jackie Webster and Su Winsbury details to follow via email.

Upcoming Training dates for Our January **Foundation Level Training**  
Only 4 spaces remaining check out the content here

**Find Out More: Foundation Training Over view:**

**Or Book Your Training Space here:**

We now have our M.E, CFS and Fibromyalgia Research Series available for purchase for the special price of only £47 (usual price £97) raising funds for the M.E, CFS and Fibromyalgia Recovery Association. If you missed these incredible, knowledge bursting webinars which explained in more detail the latest research discovered in the PACE Trial and hosted by Elaine then visit the webpage to order your copy and listen to our wonderful experts in action: <http://www.thechrysaliseffect.com/researchseries>

### **Webinar 1 - Systemic Recovery from Chronic Exhaustive Conditions - What Does it Take?**

**With Naturopath Ruth Tansey Nutritional Therapy DIP CNM**

Ruth is a Nutritional therapist who qualified at the College of Naturopathic Medicine and is a specialist in IBS and colon health. Her passion for ME, CFS and Fibromyalgia recovery was ignited from her own health issues with adrenal fatigue and hypothyroidism. Ruth is now glowing with health and works to ensure clients learn how to live a life free of illness and full of vitality.



### **Webinar 2 - Is GET really the Answer? Understanding The Patho-Physiology of Pain and Weakness in ME – With Margaret Papoutsis GOSC, BANT, IMMh**



Margaret Papoutsis is a gold medal osteopath and nutritional therapist to the stars. Her international career in performance medicine includes London Festival Ballet, English National Ballet and School Royal Danish Ballet and School. She lectures on aspects of performance medicine she sees first-hand the impact of 'pushing the body beyond its limits'

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**Webinar 3: - Stress, Trauma and Unresolved Emotion and its effects on mitochondrial function - With Patricia Worby MSc, Research Scientist, Hypnotherapist and Holistic Therapist**

Patricia's background in clinical research science with Southampton University NHS Trust, is the perfect expert to evaluate Professor Sharpe's Findings. Her PhD studies in emotional drivers of chronic pain has influenced her book 'The Scar that Won't Heal' Patricia runs a specialist practice for ME, CFS and Fibromyalgia Recovery integrating Hypnotherapy within her holistic approach.



**Spring Board Launch!**

**We are so excited about the new changes that we are making here at the Chrysalis Effect.**

As many of you may have seen on the Facebook Forum, Elaine and I have spent most of November and December re-writing the Recovery Programme ready to re-film all 40 videos featured in each session. These will be ready for us to re-launch the recovery programme in early 2016. So when you have had issues with watching the videos or downloading them onto iPads etc, we heard you! All the new videos will be iPad and iPhone friendly! We have been re-filming the sessions with the TV Training Academy based at Pinewood studios, and although we are not quite at the stage where we have our own executive trailer with our names on, it has been extremely exciting, nerve-wracking and hard work all at the same time! We have been on set and in makeup by 7.30am most days ready for the actual filming and we are really proud and excited at the final finish. When the videos go live it will be a brilliant opportunity for you to revisit sessions that you may have previously missed. We are aiming to make many improvements in stages starting with the videos and followed by the recovery programme sessions, those cheeky typos will be a thing of the past!



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## **Referral Project 2016**

### **Practitioners Transform Lives - Join the Referral Project 2016**

As award winning leaders in recovery, our cross referral approach transforms client results and grows your practice. Are you passionate about your therapy and would love to join our referral team in 2016? contact us for details on

All that remains to be said is that we would love to wish you all a relaxing and merry christmas and a health and happy 2016.

We are all looking forward to what 2016 will bring!

**Love and Belief**

**Kelly B and The Chrysalis Effect Team**



### **Chrysalis Effect Christmas and New Year Office Opening Times**

**Christmas Eve: CLOSED**

**Christmas Day: CLOSED**

**Boxing Day: CLOSED**

**Monday 28<sup>th</sup> – Monday 04<sup>th</sup> January: Skeleton staff – emails will be checked intermittently**





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P.S – We wanted to leave you with some Festive inspiration and then this came in from the Wonderful Specialist Practitioner Cheryl Edwards – Merry Christmas and Enjoy!

When Elaine asked us practitioners if we wanted to contribute something to the Christmas newsletter I started thinking about what I could write that was in keeping with the Christmas feeling. It then came to me about how we can remain spiritual amongst all the hassle and bustle of Christmas shopping and planning.



And so I decided to write about a practice I've been using since I went to do a meditation course with Deepak Chopra earlier on this year. It was loosely based on his book 'The 7 Spiritual Laws of Success', a book I read many years ago but has since become a steadfast guide to me these last few months.

It was written to quench the thirst for something more than just the material world we live in and nowadays it is even more necessary with all the material trappings of Christmas. Do read the book if you would like to know more as it goes into a lot more detail and I have adapted its teachings to be relevant to all of you.



What follows below is a synopsis of what the seven spiritual laws are about and I hope that you find them helpful guidance throughout the Christmas season and into the new year and beyond.

Day 1: Sunday is the day you remember that you are full of potentiality. You can be do or have anything you want. To help you remember this spend some time in silence sitting quietly meditating or simply watching you breath for a few minutes.

Spend time in nature and its creations, even if it is only a few

minutes if that's what you can manage. Let go of all judgement of yourself your situation and others. Allow everything to be as it is.

Day 2: Monday. This is the day you give and receive. Make sure you are open to receiving as generously as you are to giving as recovers are always giving more of themselves then they allow to receive for themselves. When you allow yourself to receive you are opening up to your healing.

Day 3: Tuesday. Today practice witnessing the choices you make and the consequences of those choices. Did that choice feel good or bad? This way you can be attentive to your body signals if they are of comfort or strain.

Day 4: Wednesday. Today we practice accepting everything as it is. Accept your body as it is. When you do that it will make it easier to feel better as you are not pushing yourself as you may have been

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used to doing. When you practice acceptance you are taking responsibility for yourself and for maintaining your balance, and you will discover it is not as scary as you think.

Day 5: Thursday. This is the day for setting your intentions about your desires and then releasing them rather than hanging on to them which causes strain. Try being aware of what you're doing and why you are doing it cultivating your mind to be able to focus again without strain.

Day 6: Friday. Possibly the hardest thing to do is to accept the uncertainty of this illness and not knowing how your future will pan out when you commit to something that is this recovery process. You have to give certainty of knowing when that's going to happen. When you except uncertainty you are opening up yourself to being okay with not knowing and you except the potentiality of what might become.

Day 7: Saturday. Getting to know what you really would love to do when you are fully recovered will really help you to let go of some of the things that caused you to become unwell. This day is about fulfilling your true hearts desires and nurture your soul. Discover your unique talents and try to approach it from an attitude of been 'in service'. When you express yourself through your true talents you will be empowering yourself and regain your energy and well-being.

If you always gave and did things to please others try letting this go and start thinking about what pleases you, the real you, the one who is recovering and learning more about his or herself. Your purpose in life is what brings you joy, you just have to discover what that is.



Wishing you all a very peaceful beautiful and joyous Christmas and New Year.

Cheryl runs The Nightingale Clinic and is based in Middlesex, If you would like to contact Cheryl for more information please email her on: [cheryledwardshomeopath@gmail.com](mailto:cheryledwardshomeopath@gmail.com)



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