

Testimonial

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Fatigue and Sleep

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I have tried to keep myself reasonably fit for most of my life, joined the gym, multiple aerobic classes and in my 40's I began to practice the martial arts taekwondo. My daughter and I joined a local Taekwondo club for just over 10 years

I hit the menopause in my late 40's which knocked me off my feet.. Thank God for H.R.T. Now at 55 I have given up on the gym and am only managing the occasional short walk.

I suffer from insomnia so I only manage to get 4-5 hours of sleep a night until fatigue hits and then I can sleep for 10-12 hours straight, this is as well as the occasional nap on the sofa when I get home from work.

When I was in my 20's I had glandular fever twice and the second bout was rather severe.

I have always had irritable bowel syndrome and have suffered with terrible bloating and pain. I've had blood tests, colonoscopies and many other tests only to be told it's irritable bowel syndrome and just to take Fybogel.

My neck pain is from working in factories most of my adult life, bent over a sewing machine. This has become much worse and has developed into spondylitis.

I have trouble with my hands going numb and tingly which progresses up my arm. I found it difficult to get up in the mornings without feeling very stiff and sour. The insomnia adds to me waking up feeling hung over.

Since trialling the SoeMac Machine for the past 3 months I'm starting to notice subtle changes. I'm not as restless during the night, my breathing seems easier and more regulated. In the morning I don't feel as stiff in my joints and getting out of bed much easier. The hangover feeling I used to get has gone as well as the bloated stomach. I'm doing a Pilates class once a week now and I don't feel so tired.

I put my machine on all night, the air that come out of the SoeMac smells like mountain air, feels lighter and easier to breath in.

My progress is steady but I feel it's definitely made a difference to me.