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Therapy improves learning

by Christian Taylor

A THREE-year research study of the effects of a natural non-invasive therapy developed by a Guildford man on 61 underachieving children has paid off with dramatic effects.

The Sunflower Therapy, pioneered in the mid-1990s by Guildford osteopath and natural health practitioner Mark Matthews, was created for children with dyslexia,

dyspraxia and other learning difficulties.

At a recent seminar for the Sunflower Trust the results of the research study, jointly funded by the Roehampton Institute, part of the University of Surrey, were revealed.

Mr Matthews, said the children were assessed in detail, then underwent the therapy.

When they were reassessed those treated with the Sunflower Therapy showed significant improvements in their condition while all the

others remained static. A large proportion of the research was carried out at the Reve Pavilion, a clinic in Guildford, where the therapy is practised by Mr Matthews and his colleagues.

And it is also hoped the therapy could bring vast savings to health and educational services.

At the seminar, one of the participants, Henry, 11, told how he was so disruptive at school, could not concentrate and spent most of the time in

the headmaster's office. He said: "Now I concentrate so much better, sleep better and achieve far more."

Teenager Katie said she particularly remembers being told by her Sunflower practitioner, among other recommendations, to remove chocolate from her diet.

"Just before Easter, that was going to be a challenge," she said. But she rose to the challenge of her reformed diet, encouraged by her feelings of vitality and good health.

Her self-confidence has continued to grow, her school work and social life have improved beyond her wildest dreams.

Mr Matthews describes treating the human body as a totally integrated system and learning difficulties are a sign of neurological confusion.

They are associated with a large number of other factors, all controlled by the nervous system. When the underlying disturbances are addressed, many of the difficulties are

resolved and children are much more able to take advantage of their educational opportunities.

He compares optimum health to a three-legged stool – the legs representing the structural, nutritional and emotional elements. All three need to be strong to achieve full health and vitality.

Full details are available at www.sunflowertrust.com, by calling 01483 531 498 or by e-mail at enquiries@sunflowertrust.com