

I believe there is a cure for ME - I've tested it



Relief at last: Zena Gibson no longer suffers from ME

ESTHER RANTZEN refers to her daughter's illness as Chronic Fatigue Syndrome and not ME (Letters) because that's what it's called in medical terms. In 1994, after a time of great stress, I had a series of viral infections which resulted in ME (as it was then called). I was diagnosed by a specialist at St George's Hospital, London, in early 1995. I later took part in medical trials for ME and again my illness was confirmed. I had to give up work and my social life declined to almost nothing. The only advice given by the medical profession was to 'manage' my illness, which I did for 12 years. I never tried any alternative procedures or medicines because I reasoned that if they worked, we would all get better. In January 2007, a friend told me about the Lightning Process (LP) and how it

had 'cured' two relatives of hers. I wasn't impressed; in fact, I was rather irritated because over the years many cures had been suggested. Then the Daily Mail published a double-page spread on LP and linked ME to adrenaline. I'd already had a feeling about this connection because I felt ill after excitement and joy as well as negative stress. I went to the website and it seemed too good to be true, so I asked several friends to look, too. Between us we decided it was worth a try, even if it only helped me cope with the ME. I took the three-day course in February 2007 and was astounded that, despite my scepticism, it worked. First to return was my energy, then all of the rest of the symptoms went.

Since then I have had two 'blips', each occurring when I have been stressed, but when I felt my symptoms returning, I have carried out the LP and on each occasion they have cleared up in about a week. It's hard to believe that all the very real physical symptoms we suffer with ME can possibly be caused by raised levels of adrenaline, but they are. This is not an imagined illness; it is very real. It is not 'in our mind', but is the brain's reaction to stress. They called it yuppie flu and that is the key - if you are laid-back and don't care if you miss work, you won't get ME. My GP said it was caring, conscientious people who got ME. Call it what you will, CFS or ME is within your control. You can get rid of it and keep it away.

ZENA GIBSON, Milford-on-Sea, Hants.

ing year, says there is no need for the apostrophe in expressions such as ifs and buts, MPs, the 1920s etc on the grounds that the reader can see that it is a plural.

'Unless the reader really needs help, it should not be thrust upon him,' he says. But he doesn't say the construction is wrong.

On 'visitors toilets' the obvious point is that a vulgar word such as 'toilet' should never be seen in print. Leaving that aside, the lavatories in question don't belong to the visitors, they are there for the use of the visitors. As there is no possession, there can be no possessive apostrophe.

Similarly for ladies social evening, boys school and parents association, ladies, boys and parents are adjectival, not possessive. Gowers,

Partridge and Henry Fowler all agree on this.

JOHN WARD, Bristol.

Hats off to Utley

I'M GLAD Tom Utley is the proud owner of a handsome grey trilby (Mail). I've been wearing one for five years, but I'm old enough to get away with it. I usually wear it with jeans, so I don't look like a retired Fifties company director.

There was a surge in interest in smart headgear in the early Sixties, prompted by Rex Harrison sporting a trilby in My Fair Lady and some young chaps were influenced by Frank Sinatra's Rat Pack, who wore smart trilbies.

Sadly, when The Beatles arrived on the scene, trilby wearers were perceived as 'prats in hats'. As Tom

suggests, wearing a hat could presage a welcome return to old-fashioned courtesy and civility should be encouraged.

W. T. GREEN, Lydiate, Merseyside.

Drivers are wronged

LORD BACH'S argument about legal fees (Letters) gave me cause for a bitter laugh.

To quote him: 'The proposal that speeding drivers should pay even if they go to court and win...' If they go to court and win, then they were not convicted of speeding!

How dare he presume guilt even when a driver is found not guilty? How dare he insist that defendants should pay their own legal fees for proving their innocence? Defendants don't charge themselves. This neatly demonstrates the Govern-

ment's blinkered attitude towards motorists.

JIM WALLBANK, Donisthorpe, Leics.

Dance party

LORD MANDELSON has shown a lively interest in taking part in Strictly Come Dancing, and Vince Cable very much wanted to take part, but was turned down as it would seem a political move.

The problem would be solved if David Cameron could put forward someone - possibly William Hague. It would be fair representation and a joy to see.

Apparently, David Dimbleby is sprightly on the dance floor, too. Should the makers of the show begin to welcome slightly older contestants?

Mrs PAULINE YEANDLE, Ascot, Berks.

DEBATE Is reaction to Ross and Brand a matter of age?

WHEN it comes to bad language on TV and radio, many people were struck by the difference in attitude between the under-30s (who can't see what the fuss is about) and the over-50s (who think it's disgusting).

This difference, simply and clearly, outlines the falling standards in public and private behaviour in less than a generation. It's normal these days to hear and see under-30s constantly using foul four-letter words, loudly in public, even though there is a law against it.

My generation (I'm 64) wouldn't use this language, even in private. Is 'cutting edge' simply scruffy people saying 'f***'? I think Monty Python in the Seventies shows this isn't so.

D. B. WOODS, Poulton-le-Fylde, Lancs.

I AGREE with Channel 4 boss Julian Bellamy: we shouldn't let 'cultural conservatism' stop swearing on TV. In recent weeks, Jonathan Ross and Russell Brand have allowed their extreme language to catch the eye of government ministers and the public, but Channel 4 has always been an 'extreme' channel, pushing the boundaries of acceptability on air. Its main target audience is the younger generation of viewers. Programmes such as Big Brother, Ministry Of Food and The F Word are in the limelight for containing fruity language.

It makes them more realistic to their target audience as this is what happens in real life. Instead of making

things look happy and jolly all the time, they show the reality that people go through.

Anyone with any sense could see Ross and Brand went a step too far, but we don't want to see many loved and enjoyed dramas, documentaries and films such as Heroes, Spooks, Frost and Kitchen Nightmares changing. Big Brother, regarded as the 'worst culprit' for bad language, started in 1997 and has the same amount of swearing as when it started.

So it would appear to be the level of complaint that has changed. Has this entire situation been seriously over-rated?

ALEXANDER NEVILLE-PAYNE, 19, Minehead, Somerset.

Straight to the POINT



■ I SEE Russell Brand is to appear in *The Tempest* (Mail). Is he playing Caliban?

DAVID RUBRA, London N8.

■ NOW if McCain had chosen John Sergeant as his running mate...

ROBERT BEN-NATHAN, Denham, Bucks.

■ BORN-TO-RULE George Osborne took speech lessons to tone down his plummy accent, but to be a genuine diamond geezer he'll have to grey his hair, add 20 years to his age and change his name to David Davis.

ALAN AITCHISON, Wakefield, W. Yorks.

■ WHEN you're in a hole, you're supposed to stop digging, but Brown has just ordered a bigger spade.

ALAN SHARPE, Melton Mowbray, Leics.

■ REPORTING events in the U.S., the Middle East newspapers showed pictures of Obama, German President Merkel and Russian President Medvedev - with no mention of Gordon Brown. Strange, when we were told he was orchestrating events.

BARRY BURTON, Fareham, Hants.

■ I'D LOVE to join in the protest against the BBC not buying a TV licence. Unfortunately, I am over 75.

DAVID WARDLE, Formby, Lancs.

LETTER OF THE WEEK

FILOFAX



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