

## **Press Release September 2012**

### JOINT HARVARD AND KING'S COLLEGE STUDY INTO LIGHTNING PROCESS

After the XMRV, is this good news for ME/CFS at last?

The Lightning Process (LP), developed in the 1990s by British osteopath and personal development expert Phil Parker, has been the subject of a qualitative study by researchers at Harvard and King's College, London, published in British Journal of Health Psychology.

In this independent study of 9 young people, who had CFS/ME and used the LP as an approach, researchers reported that, 'In summary, the majority of the young people participating in this study reported largely positive experiences of the Lightning Process, despite all having experienced unsuccessful treatments for CFS in the past and typically having lived with CFS for a number of years with significant disability.' Additionally they stated that, 'Two reported dissatisfaction and no improvement, while seven were satisfied and were much improved.' This comes a week after the initially promising studies into the XMRV virus were dismissed as un-reproducible.

This is the first published peer reviewed research into this technique, although it has often been reported as helping thousands of people worldwide.

A survey published in 2010 by the ME Association showed that in answer to the question 'What were the affects of the approach on the symptoms', in the category for 'greatly improved', the Lightning Process was rated top.

In a survey by the Lightning Process of 1092 who reported they had CFS/ME, 888 (81.3%) said that they no longer had the issues they came with by day three of the

LP course.

This research is very encouraging, and supports the need for a quantitative study (Random Control Trial) to be undertaken.

Phil Parker is quoted as saying “I very much welcome this research. I am pleased that serious researchers are taking an interest in CFS/ME and the LP, although the Lightning Process is described wrongly in the paper as ‘working by denying the limitations of this illness’. This is not correct, instead we work with this serious physical illness by teaching people to use the connection between the body, brain and mind, to help their body to recover before they can start doing more. Equally the paper mentions one individual feeling blamed for not getting better; this is upsetting as it the opposite of the Lightning Process approach, as covered in my book ‘Dû – Unlock Your Potential With A Word’ and unfortunately shows that they didn’t quite understand what they were being taught. We are looking into how we can make this even clearer. I think the study is a great result for those suffering with CFS/ME.”

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<http://onlinelibrary.wiley.com/doi/10.1111/j.2044-8287.2012.02093.x/abstract>

[www.lightningprocess.com](http://www.lightningprocess.com)

For more information or to arrange an interview with Phil Parker please call Lydia on 020 7374 0233.