

I really looked forward to my trips into Healthwise each week as being "a bit of a worry wart" in a rather stressful job, I'd arrive very wound up, got it off my chest (as well sharing some of Graham's latest experiences) have a bit of muscle tweaking and totally relax. I would leave a totally different woman!

Graham has helped me relax my jaw muscle and taught me a lot about self help - from keeping up the water intake to prevent dehydration, breathing for oxygenating the brain and relaxing me, iodine replenishing, morning honey and cider vinegar to name but a few. The fascinating electronic body monitoring set them apart.

Pamela B, Wellington, 2009