

**DR DIEHL @ NATUREWORKS**

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Tester: Jessica Hines



**WHAT IS IT?**

B.E.S.T. (Bioenergetic Synchronisation Technique) is a gentle non-intrusive and non-manipulative chiropractic method suitable for any age. It can be used to treat any condition from headaches, back pain and indigestion to 'non-specific physical malfunction'. Think of it also as a holistic programme to promote general well-being.

**WHAT IS IT FAMOUS FOR?**

Dr Diehl's ability to delete pain or problems as if they are computer files merely by gently touching strategic parts of the body. Originally trained as a chiropractor; he has developed a treatment that does anything but crunch the vertebrae. Instead lower back pain is treated by addressing the memory of the initial physical trauma - so no yanking your head to touch your ankles. It may feel as if he's merely poking you while you hold your breath but the absence of pain and feeling of inner calm should convince sceptics that it's not just random prodding.

**MORE DETAILS PLEASE**

Dr Diehl believes that health depends on the body's ability to adapt to changes in the environment - physical or emotional - rather than the presence or absence of discernible symptoms. The body, he believes, is designed to reproduce and survive. Disease results from physical disharmony in the environment when your defence physiology (your physical response to threat) is activated. Worrying about a potential danger situation, however, will replicate the defence physiology. So if a memory of a past trauma, such as a car crash, is triggered it will feed a cellular reaction and snap the body into defence mode, even if you don't flinch and cry out in terror. When this happens all other maintenance and repair

stops, resulting in a weakening of the body's immune system.

**SO DOES HE REALLY SAY THAT THINKING ABOUT PAST EVENTS CAN MAKE US ILL?**

Yes. If we fail to reprogramme our nervous system. But if inappropriate stored patterns are cleared the nervous system can be updated and past physical or emotional traumas will not trigger reactions in the present. Ultimately an equilibrium as life peaks and falls will be yours.

**HOW LONG AND HOW MUCH?**

Dr Diehl practices at Nature Works off Oxford Street and with sessions lasting only half an hour you can easily fit in a bit of nervous system file deletion and essential reprogramming around a bit of lunch-time retail therapy at Selfridges. It usually takes about three or four sessions, costing £40 per 30 minutes, to update your responses and head for lasting health.

**ANY DRAWBACKS?**

You must be prepared to treat your lumbago with something more powerful than a couple of hot towels. As Dr Diehl warns: "I get results. Your life may change so you have to be prepared for that," which might prompt you to call the New Age psychobabble police. During my first session to treat neck pain his gentle prodding prompted tears - a good, if extreme, expression of release. Then on leaving the building, pain free, a chance encounter with the ex-husband was efficiently dealt with using Dr Diehl's defence physiology. Instead of a nippy-sprint-and-hide approach I switched into calm walk-on-by mode. Proving, you may think, that the ex-husband car crash was most definitely deleted.

**RELAXATION RATING ZZZZ**

Z all too alert ZZ couldn't forget the overdraft ZZZ nicely doxy ZZZZ dropped off ZZZZZ comatose

