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19<sup>th</sup> September 2007

Anne Whybrow  
The Opal Centre for Stress Management  
Stockett Lane  
Coxheath  
Maidstone  
Kent

Dear Anne

When you told me I should have a massage before my recent operation I was, to say the least, sceptical. Thank goodness I listened to you. In the past I have come round from an anaesthetic feeling as though I had been hit by a truck. What a difference this time. No aches and pains in unexpected places, no muscle cramps from being still for so long. I actually felt as though I had had a good night's sleep!

You did explain all the technical reasons why my muscles take the strain so much better after a massage. All I know is it really works. Everyone should have a massage before surgery. I feel sure that if you were available on the National Health Service recovery times would be much faster.

Many, many thanks.

Kind regards

A handwritten signature in black ink, appearing to read 'Alice Spink', with a stylized, cursive script.

Alice Spink