



Patients' Testimonials

I hope that you are both well.

Just a quick note to say "thank you" again for helping Carol along her journey... Her seizures have become a lot milder. Whereas in the past we attended A&E every 5–6 weeks; our last visit was on 17th March, 2013!!! Instead of the previous 8– 9 episodes per time; now they are mostly single episodes, quickly regaining consciousness within 3–4 minutes. Occasionally, she has had 5 to 6 episodes at a time, but settles with only 1 dose of 5 mg Valium, instead of 10–20mg as before.

Should you want a parent to speak at any of your meetings about the success of bio-regulation in epilepsy, I would be happy to do that.

Kind Regards,
Caroline

It was wonderful to be on the receiving end of a treatment with Dr Shakambet at the Biomedic Centre (www.biomedic.co.uk) for a change.

Dr Shakambet, is a medical doctor who rightly believes that allopathic (pharmacological) medicine and the concept of optimal health are mutually exclusive. He thus embarked on a journey to develop preventative health strategies to help the body and mind achieve an optimum state of health and well-being.

A true holistic practitioner in every sense of the word, and through his practice of bio-regulatory medicine, Dr Shakambet works at a vigorous pace over the body, palpating, massaging, needling and applying moxa to physical and energetic blockages.

While my liver was a little stagnant and my kidneys needed a little tonifying, I was fortunately given a bill of good health and told my body was strong, healthy and vital, and that I only needed to come occasionally for a top up.



Nonetheless I was given a liver detox to follow and told to take some magnesium for the muscle tension in my back and shoulders. He advised that I eat more iron rich foods – chard, artichokes, onions, parsley, parsnips, brown rice and watercress, and also an anti-oxidant supplement to support the collagen in my skin. These are small preventative changes to my diet and lifestyle that I believe everyone can benefit from and incorporate into their lifestyle in order to optimise health.

The treatment has given me release in my mid-back that has been feeling tense for some time. I feel clear and energised yet balanced and calm. A really nice space to be.

Interestingly Dr Shakambet also practices biofacelift by using energetic techniques to rejuvenate the skin and reduce the formation of wrinkles, cellulite, pigmentation, swelling and inflammations. By activating homeostasis, the body's natural regulatory mechanism, the biofacelift achieves combined botox-like and surgical facelift like effects in a safe and non-invasive way. The treatment combines acupuncture, mesotherapy, massage of the facial musculo-connective tissue and lymphatic drainage.

Kristy Cimesa

Elemental herbology blog

<http://elementalherbology.com/blog/entry/biomedic-centre>

Hi Dr Bosh,

I was thinking about you this morning and just wanted to say a big thank you for the help that you gave to me last year.

I've been sleeping very well ever since I left your care and I can genuinely say that it has changed my life.

You may remember that when we met my partner Jo had just become pregnant, in June our son Rory was born and he's a very healthy & happy little chap and I attached a couple of pictures.

Once again I wanted to express my sincerest gratitude for your help.
I hope you're well and in great form.

Many thanks

Dominic O'Connor



Hi!

I just wanted to say that I'm very thankful to have you in my life.
You are an amazing person. And one of the very very very few people I fully trust.
Just wanted you to know that :)

Catherine x

Thank you so much for the session on Wednesday
I feel as if my body has received a new battery and I am recharged.
Remarkable
You really have great skill and expertise
Thank you again
Tony

I hope all is well with you and the practice goes from strength to strength.

I feel very grateful to you for helping get me well enough to start on my marriage
and motherhood journey. Also for some very wise words that helped me manage the
early days and challenges of my relationship...

Very best wishes

Richenda

I just wanted to say thank you so much for today- you helped and inspired me so
much! It was amazing support at the right time :)

God bless you,

Serene :) x

I am always so amazed at how incredible you make our sessions. Not only do you
manage to get to the places in my body which have to give up "something" but you
also get to other places which help me formulate what I need to do and how I need
to do it. I consider myself so "looked after" by the Universe who sends you to me as



healer, teacher and mentor – how lucky am I! You always give me so much to process and "food for thought". The words of wisdom you share with me and the inexplicable way you have of just "hitting the spot" mentally – I am not sure how to put it into words, all I can say is that I left your company with a less aching body, a lighter step and enthusiasm for all the tasks I am undertaking.

Thank you for everything

Lots of love

Ruth xx

...VISION IS MUCH BETTER / no need even for pinholes!!!/ no straining/ nor eye tiredness at all!!

very best rgds,

M. Candida de Melo, DNMed

Functional Medicine Practitioner, AFMCP

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Dear Tatyana

I came to see you sometime last year. At our consultation you told me that I needed to take care of myself..! You identified that I needed to nurture my womb or some such thing, I didn't really understand the significance. However, In August I was found to have cancer cells on my cervix!! Fortunately it was found very very early and I have since had a hysterectomy and am completely cured.

I just wanted you to know, that somehow you were spot on!! You are amazing!

Kindest wishes and thank you,

Christine Y.R.

I really enjoyed our session today. It's hard to find people who understand me, where I'm coming from, humanity and beyond.

Thank you for being such an amazing being :)

Lots of love and have a great summer!

Cx



Thank you so much for the time, care and treatment that made me feel I could breathe better through my nose and I could hear my voice clearer coming out of my chest!

Thank you and see u in a couple of months

Paola

Thank you, I will relish this home work.

As always you were absolutely brilliant yesterday I can't think how I will ever manage without you and your acute perception.

I felt a huge shift after the treatment yesterday

All my best

Hugo

Just to say, thank you so much for the lovely treatment yesterday and for your time and care. I feel so much brighter and more myself...

Nina x

Gary Spratling, 38, a camera operator, suffered from chronic eczema for ten years before visiting the Biomedic Centre in 1995. In 'The Times' (Nov the 16th 1999) he says:

"My eczema had been getting worse despite all the people I had seen about it. I used to go to a Chinese doctor, who would make me all kinds of medicines that would suppress the eczema for a while. Five years ago something triggered it and it got much worse. I spent thousands of pounds on homoeopathy, acupuncture and skin therapists, I went on a diet, which involved eliminating wheat from my diet, and I was put on a huge course of steroids. I went down to nine stone and lost 60 per cent of my hair. I couldn't even shower – it was like being burnt. I looked like the Singing Detective."

"I was working on the Muppets film when I collapsed. I had to have several weeks off work. My consultant said that I had to take a further course of steroids, be on a drip in hospital for two weeks and that I'd be on medication for the rest of my life. But my body had rejected the steroids before and I don't think I could have taken any more. Some friends mentioned Dr Tatyana Bosh and Dr Damir Shakambet at the Biomedic centre. During a three-hour discussion with them they said we can cure this but it



will be hard. It's not eczema you've got to deal with, it's Gary. The outside is giving alarm bells that there's something wrong inside. During the sessions I would have homoeopathy, cranial work, acupuncture and massage. My eczema steadily improved until it disappeared. What they did was to take away the layers of problems that over the years had built up; like peeling an onion, until they got to the core where they could make a difference. You have to go deep down, back ten or 20 years, to the root of the problems that triggered the chemical imbalance. I believe it was that faulty build-up that gave me eczema. Now if I have an itch, I know how to deal with it myself to make it go away. I don't even get colds."

Lelia Pissarro, an artist, the great grand-daughter of Camille Pissarro, was diagnosed with breast cancer in 2002. Lelia is now in perfect health and back in full artistic swing. She became a great proponent of the bioregulatory approach during her cancer treatment, and even helped raise funds for the Biomedic Foundation. In an American Journal she states: *"I found help from the Biomedic Centre in London whose medical doctors treated me, holistically, and not the disease itself. This crucially helped me beat the cancer"*.

Helen Cherry came to see Dr Bosh in 2006, using two crutches to help her walk, after being diagnosed with advanced stage Multiple Sclerosis. Here is Helen's story:

"I highly recommend the gentle and effective Biomedic treatment for Multiple Sclerosis. I came to this brilliant system of medicine in 2006, having had remitting/relapsing Multiple Sclerosis confirmed in 1989. By 2006 I had had years of optic neuritis pain and a continual fatigue since 1995, which became seriously worrying. I had nausea and was extremely weak. My mobility had become poor, with a dragging left leg and electrical sensations over my whole body, having to use crutches, and stabbing pains in my head. The dysfunction of my nervous system was scary.

My symptoms changed from the beginning of my treatment at the Biomedic Centre in 2006. Despite these difficult circumstances I was gently supported and educated to effectively 'swim back' through intracellular detoxification and into the regulation of the extracellular behavior of my nerve cells. Biomedic treatment protocol also included perception changes about the disease and life in general, teaching me how to apply these changes in a non-judgmental and loving way. Gradually, my symptoms improved and my mobility has kept increasing ever since. My left leg no longer drags and I have no pain or numbness anywhere in my body -and certainly do not use crutches' any more. Here in the Biomedic I found a medical opportunity to



support myself on this health journey with unbelievable results. I am deeply grateful to Biomedic doctors and their accomplished programme and also being by my side, throughout my recovery. "

Impressed with her therapeutic results, Helen got enrolled on the course in Bioregulatory Medicine, and graduated at the British Academy for Bioregulatory Medicine in 2011.

Malcolm Brackenbury: *"I first visited Dr Shakmbet and Dr Bosh in 1991 when I had just retired from work. Prevention was not something I knew a lot about at the time, but by the time Biomedic opened in 1995 I was already becoming aware of the benefits. In early retirement I started gaining weight and my cholesterol was high. Following an active sporting life resulting in a number of injuries I suffered from arthritis periodically, in my lower back and particularly in my left knee. More worrying were early signs of Parkinson's disease which seemed to creep up at the time.*

Fifteen years on, and regular preventative treatment at Biomedic with its ingenious programme, the symptoms have amazingly gone. The skillful Biomedic doctors have looked after me in all aspects of my health and when I started detoxifying and supplementing my diet with alkalinising juices this was a novel thing in my life. I could not have imagined that prevention was going to be so profound.

The Biomedic doctors have always paid attention to my posture and balance and this has prevented further cartilage deterioration. Furthermore, they introduced healthy eating which took care of my cholesterol.

Deep into my retirement, while my friends are seeing specialists and spending increasing time in hospitals, I seem to be in perfect health. This is showing in the results of my Bupa annual check up which recorded a far better score than is normal for a person of 78.

Biomedic continues to regularly check up on my health and advise me on the vitamins and minerals I need to take from time to time. This all in conjunction with my GP, so today I get the best of medicine – and, I never developed Parkinson's!"