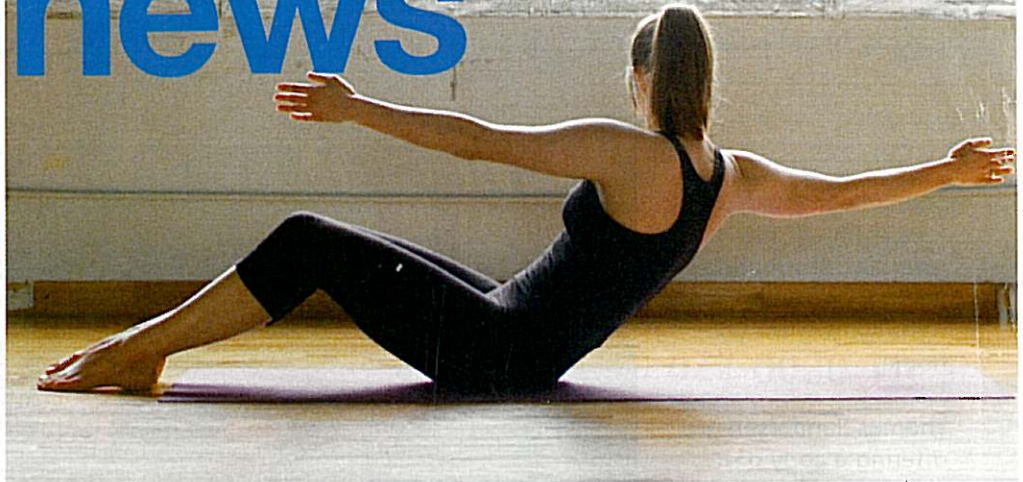


news



The healing power of Pilates

After 20 years of suffering with endometriosis, Karen Fawley hit rock bottom. Her condition, where cells lining the womb detach and build up in other areas of the body, causing pain and irregular bleeding, was unbearable. 'My stomach was so swollen I couldn't stand up straight and I was bleeding almost constantly,' recalls Karen, 44, from Sheffield. Surgery and drug treatment didn't help. Then she heard about Pilates. Six months after starting classes, she could not believe the difference. 'I had put in a lot of time at first, but the pain has disappeared,' she says. There's no research relating to Pilates and endometriosis, but Diane Hicks of Endometriosis UK acknowledges that exercise and relaxation techniques are known to relieve the pain of the condition. Find a local Pilates teacher at pilatesfoundation.com.