

***The Perrin Technique: How to Beat Chronic Fatigue Syndrome/ME
(Paperback)***

by Dr. Raymond Perrin

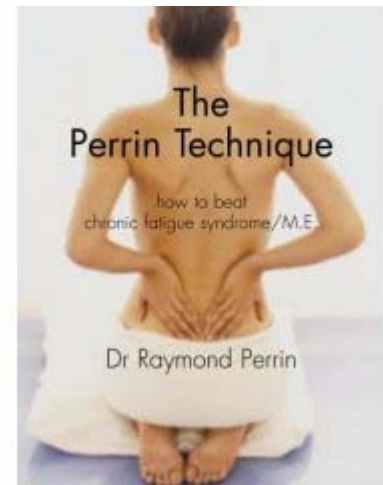
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Reviewed by Clive Lindley-Jones

With the publication this summer of this book for the general reader about his osteopathic approach to CFS/ME, along with getting his article in the June edition of JAOA¹ star billing on the front cover, Ray Perrin can have some cause to pause and reflect happily on an 18 year journey of discovery having reached some kind of mile stone.

There are not many of us in the British Osteopathic profession who are willing to make the arduous journey from speculative idea to actually sit down and write an article for our own journals which Ray did in 1993², I remember reading it with interest. But there are fewer still that can take that idea and go on to raise the huge amounts of money needed for research and do the work to test the hypothesis out through the laborious journal of undertaking a PhD. This Ray Perrin has done and now we are getting the book of the thesis.

This of course is always a challenge. How to take the long journey through the rigours of academia, with all its checks and balances and highly un-exciting need to apply the disciplines of science and academic writing, and turn this into a relatively readable short book for the interested lay public? Has Perrin managed to pull it off?

Through eleven comprehensive chapters we discover; how the Perrin technique works, What CFS/ME is, the role of the sympathetic nervous system in disease, the causes of CFS/ME, and how it is treated, defining

¹ Perrin RN. *Lymphatic drainage of the Neuraxis and the CRI: a hypothetical model.* The Journal of the American Osteopathic Association. Vol. 107. No 6. June 2007

² Perrin RN *Chronic fatigue syndrome: a review from the biomechanical perspective* British Osteopathic Journal 1993;11:15-23.

fatigue, the significance of toxins in CFS/ME, the stages leading to CFS/ME, What osteopathy is, Treating CFS/ME and finally how to manage recovery and prevention.

While, to the osteopathic audience the technique is remarkably simple, the background of anatomy and physiology on which it rests is, as always with osteopathy, mind bogglingly complex. And Perrin's challenge is to write to the lay reader without short changing the degree of, research, study and insight on which it all rests, so allowing the medical reader some insight into the depth of his labours to put his original ideas on a firm scientific basis. To a large extent he has relied on his impressive foot notes to convey something of that depth. The fact that, at times, the writing falls rather between the two is a churlish criticism of what is a major step both to hold out hope to sufferers of a miserable life denying disease otherwise ill served by 21 century medicine and, for our profession, a worthy effort to show, what we all know, that osteopathy has a far greater scope and range than "just low backs".

Perhaps it is the CFS/ME sufferers, so many of whom Perrin's work has undoubtedly helped, who are the best judge of this book. And I end with quoting one such, Matthew Hadley, reviewing the book on Amazon, when he says,

"I have absolutely no hesitation in recommending this remarkable book to anyone interested in M.E. /C.F.S., whether as a sufferer, a friend/family member of someone who has the condition or a medical professional. In a market swamped by 'me too' books on the subject, cashing in on sufferers desperate for a cure, it's not difficult to imagine this book being regarded as the definitive 'M.E. Bible' in the future."

So get it and read it or, even if you don't find the time, go on line and read his rigorous paper in JAOA and then question what you have been so busy with over the last 18 years and, at least for a moment, stand in a certain amount of awe and wonder at Perrin's single minded dedication to his undoubted personal and osteopathic achievement.