

JANE'S FLASH RECOVERY



When nurse Jane Flowers (left) was bedridden for a year with severe ME, she was convinced that she would never get better. Then she

discovered the Lightning Process...

Report ANGELA NEUSTATTER
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Jane Flowers, 50, jumps up from the window seat of her Brighton home, the large family dog she has just walked for two hours beside her, and opens the front door. She makes coffee, chats animatedly and laughs a lot.

Nothing unusual in this, you might think, except that three months earlier Jane was bedridden with such acute ME that she had not been able to go downstairs for the past year. Crossing the landing to the bathroom left her on the point of collapse and taking a shower was out of the question. Her eldest daughter Sally, 17, bed-bathed her and washed her hair. Jane's eyes hurt if she kept them open for more than a few minutes and a raised

noise seemed to tear her head apart.

'I was terrified. I thought I would never get better,' she says. 'The family went into freefall. My 11-year-old daughter Louise asked me if I was going to die. My husband Adam was devastated by what seemed the unlikelihood of my ever being well, or us ever getting back our loving relationship.'

It was in January 2006 that Jane, a highly qualified pain management nurse, and daughter-in-law of the renowned London art gallery owner Angela Flowers, reached the point where she retired to her bed for the next 12 months. She'd had a particularly bad dose of flu and, although she got better enough to