



Important notes for journalists.

The full title of this process is “The Phil Parker Lightning Process”, and should be used at least once in articles for accuracy. The shortened Lightning Process or LP is also commonly used in articles once the full title is mentioned once.

The process is trademarked and the intellectual property of Phil Parker. For legal reasons we find it useful to check any articles for factual accuracy (not for opinions) and to avoid any copyright infringements

What is it?

It is a 3 day training program, designed by Osteopath, and personal development expert Phil Parker that teaches your brain and body to work together to powerfully influence your health and life.

What does it do?

Key components of the training include participants learning exactly how their brain and body have become trapped in a number of damaging unconscious responses, which have blighted their health and stunted their lives. Then using a powerful combination of techniques uniquely developed using the philosophies and research of NLP, osteopathy, self hypnosis and life coaching, they will be extensively trained as to how to successfully replace those old unhelpful responses and start to regain their health, sense of self and their future.

How does it achieve that?

Using the LP's technique of combining particular body movements and postures with a set of precisely targeted questions many people have got their health back into balance, quickly and successfully recovering from real illnesses that had troubled them for years.

The process is specifically tailored to an individual's needs and abilities, and the trainee is supported and assisted by an experienced trainer throughout the seminar and afterwards as required.

Key Facts.

1. It is a **training** and not a therapy or treatment.
2. Designed in 2000 by **Phil Parker, osteopath and self help expert** who has been working in the field for 20 Years
3. Phil is also the principal of the European College of Holistic Medicine, the author of a number of books, and involved in **research in to the LP** with Professor Findley M.E expert and consultant neurologist, at Oldchurch Hospital Essex, and Dr. Bruun Wyller, paediatric researcher in Oslo.

4. Success rates are very high- **current survey data shows over 86%** of participants felt they had recovered after the 3 day training. More detailed research is being undertaken to confirm these findings
5. The LP is not just for M.E, although it is now well known for working successfully with this condition.
6. It can be used for working:
 - a. to positively influence the immune system and therefore many illnesses.
 - b. with primarily psychological conditions, such as depression, anxiety, o-c-d.
 - c. to enhance peak performance in business and sports.
7. Like Dr. Ramsay, who first defined M.E, the LP considers M.E to be a **real, physical**, multi-system disease, affecting the **nervous system, hormonal and muscular systems** amongst others. It is **not a talking cure**, and **does not consider m.e “to be all in the mind”**.
8. **Modern medicine considers M.E to have no cure, recovery to be slow and relapses common**- the personal experience of thousands medically diagnosed m.e sufferers, who have recovered using the LP program suggests **these opinions are outdated**.
9. LP Register. There is a Register of trained Lightning Process practitioners. It has a code of conduct, a complaints procedure and a database of practitioners. It also funds research.
10. Fees. The LP is not currently available through any public funded agencies. The practitioners therefore have to charge for the Process. The fees are around the £500-1000 for a 3 day seminar which last between 12-16 hours.
11. Last year around **1500 people used the Lightning Process to recover** from their issues.
12. Phil's latest book An Introduction To the Lightning Process (**ISBN 9780955648205**) for £20 is available from bookshops and the website www.lightningprocess.com

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