

# Jane suffered from persistent reflux – IQoro® was her saviour



Jane McFall

When Jane was suddenly hit by heartburn, nausea and reflux, both she and her family grew worried. As her symptoms worsened and her voice became increasingly hoarse and strained, Jane began wondering whether the time had come to write her will. Then she received an unexpected tip about a new treatment method, IQoro®, a neuromuscular treatment, that gave Jane her old life back.

Jane was eating lunch one day when she was struck by intense heartburn. She recalls that episode: “It was extremely unpleasant and returned several times during the week.”

The problem worsened and, moreover, she became nauseous, her voice was rendered hoarse and croaky, and food she had just swallowed started to run back up into her pharynx.

“I raised my head on pillows at night, but it didn’t help. I was always tired and hardly slept at all.”

Jane lost her zest for life and became apathetic. Eventually she visited the doctor, and ended up returning home with antacid medicines that seemed only to worsen her condition.

“The medicine was terrible. I felt so bad and the tablets gave me stomach upset,” she said.

Jane’s family grew increasingly concerned. They could see her suffering, as well as her dramatic weight loss – eight kilograms in just a few weeks. During another visit to the doctor, Jane underwent a gastroscopy, and was diagnosed with a hiatus hernia. But the formal diagnosis only led to different medication, which eased the symptoms somewhat, but did not restore her to her previously sound health.

Around this time, she was feeling desperate, and turned to the internet. Jane recalls:

“I came across a Facebook support group of people with the same health issues. And from there I learned of a woman who had been hugely helped by a Swedish treatment method.

I visited the company’s website, and was encouraged by what I read.”

The method was based on research and Jane felt the information on the site was reliable. IQoro treated the underlying problem causing the symptoms – the actual hernia itself – not just the symptoms.

“That really caught my attention,” said Jane, “so I ordered one.”

A few days later Jane started her training with IQoro. After just a few weeks she felt that she had turned a corner.

“The horrible sensations of nausea, heartburn and the reflux went away,” she says. “Furthermore, I could keep my food down, and finally sleep, and could stop taking the not-very-useful medicines. I hardly dared believe it, that I had overcome this. But time proved that I had. It might sound like a cliché, but I have got my life back again – thanks to IQoro.”

## Effective help with acidic reflux (LPR), snoring and sleep apnoea

The untold number of people that suffer from swallowing difficulties – dysphagia – is huge. As is the number with acidic reflux, snoring and sleep apnoea – sometimes in conjunction with dysphagia. Difficulties like this can hit anyone, and at any age. Now there is a neuromuscular treatment, IQoro®, which trains the slack internal musculature and allows people to regain their former quality of life.

Many people experience swallowing difficulties, facial or throat paralysis, speech difficulties, snoring, apnoea, acidic reflux (LPR), heartburn, nausea or a sensation of a lump in the throat or chest. IQoro® addresses all these issues simply, effectively and without surgery.

IQoro® is a neuromuscular training device and regime that strengthens the affected muscles and activates the nerve system to and from the brain, thus allowing it to improve, rebuild and regain its control over functions to enable you to breathe, eat, smile and talk normally again.

The method is well-known in Sweden, and now available in the UK too. Training with IQoro® takes 1½ minutes per day, can be performed at home and can be used with an assistant for those currently lacking the necessary muscle function.

Visit [iqoro.com](http://iqoro.com):

- Useful information on your symptoms
- Patient histories
- Training videos on ‘How to use’



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