

My reflex action

Janet Tansley talks to a woman who gave up a high-flying career to help others

TRACEY Turton stunned her husband with her fancy footwork. It had nothing to do with the dance floor but the nimble moves of the former Mr Kipling manager which relieved Jim of years of agony – and launched an exceedingly good new career.

Tracey explains: “My husband, Jim, was left with a serious back injury after a car accident.

“He had had five years of agony and was still in pain despite having seen specialists and physiotherapists, and having had pain killing injections into his spine.

“He was in his late 20s and he had basically been told to live with it.”

Then, one evening Tracey decided to see if she could help, using an instruction leaflet on reflexology given to her by a friend.

“I was just messing around with his foot from a diagram because I thought it looked interesting,” she says. “But the ‘spinal area’ on his foot was sore and I thought that was strange.”

Neither expected too much from the DIY attempts at healing but, says Tracey: “The next day, the pain had gone.

“Normally he woke up at 4am in agony, but this day he didn’t. After a few days the pain came back so I did it again - and it went again. Then we knew reflexology had really helped.”

So keen was she that Tracey, 43, from Warrington, embarked on a practitioner training course to study clinical reflexology.

Reflexology uses gentle pressure on precise points on the feet, ankles and hands, which influence corresponding parts of the body, soothing away tension. Toxins are eliminated to encourage the body to revitalise itself.

But even she didn’t know how much it was going to change her life.

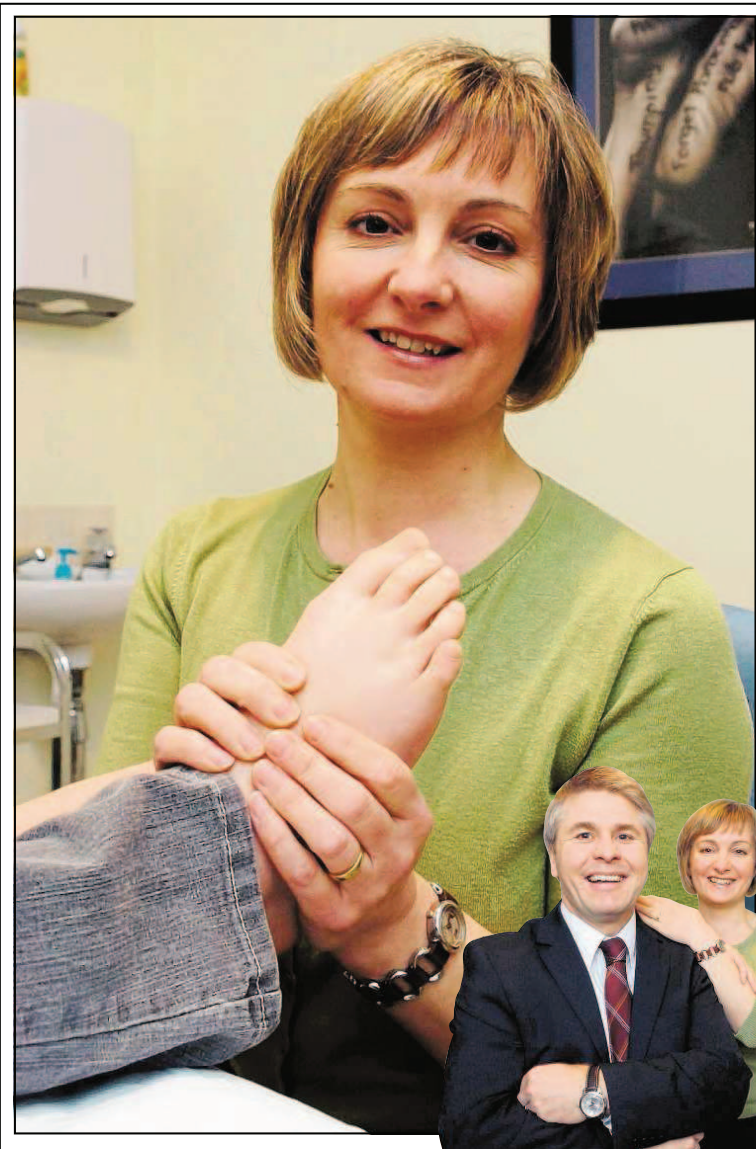
A psychology graduate Tracey had a successful career, going into production management before sales and marketing.

She has worked for Mr Kipling and Northern Foods and, at the height of her sales and marketing career, was responsible for a £16m account for Sainsbury’s.

Tracey was highly successful but her job wasn’t without its pressures.

And when she had her first child, son James, now 14, she decided that she didn’t want that stress any more.

“I loved my job and was on a very good wage,” admits Tracey who now also has a



daughter, Lydia, aged 11.

“But it was very stressful. “Priorities do change when you have a family so I handed my notice in.

“I had trained as a reflexologist so I decided that was what I was going to do.”

Tracey knew the importance of marketing herself well and contacted newspapers, created professional leaflets and gave talks about her work to help educate people about the therapy.

She operated as a mobile reflexologist and got a room in a beauty salon and then a doctor’s surgery, before adding another clinic to her increasingly busy operation.

Then three years ago Tracey set up her own clinic in Stretton, near Warrington, Cheshire Natural Health.

“As the children get a bit older,” she says, “you start to get your life back, and you have more time and energy and so I decided I could take the reflexology a stage further.”

Indeed, in three years the clinic has become a leading centre in the north west with more than 4,000 clients.

It now employs 20 specialists treating about 150 clients a week, with treatments including physiotherapy, acupuncture, homeopathy, hypnotherapy, psychotherapy and chiropody, and is used as private consulting rooms by a number of private doctors and consultants.

And, Tracey’s success in treating women with fertility problems with reflexology – she has helped almost 40 women to conceive – persuaded her to found the Natural Fertility Clinic within it.

Says Tracey: “I love the fact that I’m helping patients, helping women to have children, and also helping other therapists achieving their dream of working as a successful therapist.

“It was a gamble and only now do I realise how big a gamble it was. For the first two years I woke up every morning with a knot in my stomach.

“I can be flexible and so still be able to balance work and the family – I can still take my daughter to ballet and pick the children up from school – which was very important and why I started all this in the first place.

“But the satisfaction of seeing people getting better every week, is huge.”

And few are more grateful than husband, Jim.

Contact www.cheshirenaturalhealth.co.uk or call 01925 730 123

GUINEA PIG: Reflexologist Tracey Turton with husband Jim

Win a luxury Valentine’s break



RELAX: Enjoy a full body massage

DOES your loved one deserve a treat this Valentine’s Day?

This week, real has teamed up with Brook Hotels to offer four lucky readers a luxury weekend break.

You can enjoy a two night luxury weekend pamper retreat for two at Crabwall Manor Hotel and Spa or the Best Western Mollington Banastre Hotel and Spa, Chester.

Arrive to a champagne reception to start the luxury weekend, relax and unwind in a superior bedroom and dine to a gourmet three course evening meal for both nights followed by full English breakfast or a Continental breakfast.

Take advantage of the hotels’ spa facilities by indulging in a full body massage, back neck and

shoulder massage finished off with a manicure/pedicure followed by a Jacuzzi. The leisure facilities are all part of the pamper retreat.

The hotels have steam rooms, saunas, spa, pool, gym, bar and brassiere, restaurants and bars.

To enter just write in and tell us why the one you love deserves a treat. Include your name, address and daytime telephone number.

Winners must agree to have their photograph and story told in the Liverpool ECHO.

Entries must be in by February 4. Write to Susan Lee, Women’s Editor, Liverpool ECHO, Old Hall Street, Liverpool L69 3EB or email susanlee@liverpooecho.co.uk

Usual ECHO competition rules apply.



LUXURY: The Crabwell Manor hotel