

# Push, Pull and on Your Bike!

*Tuina (Chinese Massage) helps Ian get back on track*



FROM  
LAND'S END  
TO  
JOHN O' GROATS

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to John O' Groats**



**Fife cyclist, Ian Donaldson, aged 51, from Newton of Falkland, recently celebrated a personal best when he rolled smoothly into John O Groats on Friday 25th June, after completing a cycling trip which started off from Land's End some twelve and a half days earlier.**

Ian, whose previous best long distance was from Edinburgh to St Andrews on a charity run for *Lepra*, said he was delighted with achieving his goal of cycling the length of the country. The real plus point for him was managing it with no grumbling aches and pains from days of long distance cycling after having thought only a few weeks earlier that he was going to have to call the whole trip off.

Four weeks before the trip Ian injured his back and was concerned he might not be fit for the journey which he was doing with three other cycling enthusiasts. One of them had a neighbour who had recently tried *Tuina* with great success and recommended Ian to Mariette Lobo of *Body in Balance*, a complementary health specialist, based in Kirkcaldy's well known *Health Food and More*.

Mariette, who was recently described as "Fife's Best Kept Secret", rose to the challenge and set to work on getting Ian fit for the trip with a combination of massage treatment and daily stretching exercises.

She was thrilled to receive a postcard from Ian to say he had made it through the whole trip with no back problems whatsoever. Ian puts his success in achieving his goal down to the massage and feels it saved the day for him.

"I was considering pulling out of the trip altogether" said Ian, "but decided to give *Tuina* a go to see if it could help get me back on track again. I was delighted with how I felt after my first treatment and as the weeks went by my back felt easier and easier"

"Cycling such a long distance day to day can be extremely challenging, both mentally and physically" he added, "but the sheer feeling of elation at arriving at John O Groats with no mechanical glitches from either me or my bike was just out of this world."

Mariette was equally delighted with Ian's progress and puts the success down, not only to the *Tuina* before Ian's adventure, but also to his commitment to following a specific programme she set out for him to follow during the cycle.

"*Tuina* is quite specific for treating sports related injuries and speeding recovery, but for best results it's good to follow a programme of stretching to maintain the benefits of treatment. Ian followed a specific programme of exercises and stretches recommended by me to support his treatment and carried on with these throughout his cycling trip. His hard work and commitment paid off and he got the results he was looking for."

Ian plans to continue with *Tuina* to support his fitness regime and keep himself in peak condition for his next cycling challenge. Meantime because he has been so impressed with his treatment he arranged for his 87 year old father to see Mariette to ease his general aches and pains.