

Sports Injuries “Miracle Worker”

Saturday 11th May 2013



When Markinch man Liam Baillie, 36, was made partner of a prestigious wealth management company, it set in motion a chain of events that was to see him overcome extreme pain to complete the London marathon for charity.

The key to Liam’s success was Mariette Lobo, a Dysart-based complementary health practitioner who is gaining a reputation as a miracle worker for sports injuries.

Liam was invited to become a partner at St. James's Place wealth management company (SJP) in late 2011 and soon after attended their annual conference in the Royal Albert Hall, London. During the SJP Foundation video clip he made a conscious decision to start giving something back and that his 20-year business plan would include a yearly fundraising target to support children who were less fortunate than most. At once, he set up a monthly covenant to the SJP Foundation, but still felt he wanted to do more. When the opportunity to run the London marathon in April 2013 came up, he immediately applied and was selected to take SJP Foundation’s only running place.



At this point, Liam contacted Mariette Lobo, of Body in Balance, as he knew that this would be one of the most challenging activities he had ever attempted, having only run 2 half-marathons in the previous 5 years. Mariette constructed a therapy schedule to run alongside Liam’s training to get his body in the best shape for the forthcoming race. Mariette is

an expert practitioner of the ancient healing art, Tuina (“tweena”), which helped China to the medal table at both the Paralympics and Olympics in London last year. She used this art to propel Fife cyclist, Ian Donaldson from Land’s End to John O’ Groats, despite a threatening back injury.

His therapy schedule included 3 pre-marathon sessions and 1 post-marathon Bowen Technique treatment. It was in week 10 of his training, less than 2 weeks from the marathon, that disaster struck. During a 21-mile run Liam went over on his ankle and was in so much pain that he didn't think he would be able to compete.



Mariette immediately stepped in and carried out a Bowen Technique strapping on Liam's ankle. A further 2 sessions of intensive treatment followed, to great success: Liam went on to complete the marathon in a respectable 4hrs 37 mins. Liam said:

"I firmly believe that without Mariette I would not have been able to complete the marathon on 21st April. But I did, and I raised almost £3000 for the SJP Foundation which St. James's Place have matched and doubled to nearly £6000. This will go to a children's foundation that



predominately helps children with cerebral palsy."

Mariette Lobo runs Body in Balance, a complementary health studio and private health college in Dysart.

PR: Proof of Fife

Photography: John Gilmour

For further information contact:

Mariette Lobo, Body in Balance Therapy Training Centre and Clinic, 07770 800 014, info@mariettelobo.com