

# Hompes Method

## Jack Walton



Back in 2010 I considered myself fit and healthy, enjoying training and challenging activities like fell running and climbing. But beneath my fit exterior, there were some symptoms and little nagging health challenges that were concerning me.

On three occasions I experienced discomfort in the right side of my abdomen. The pain would always start in mid-afternoon, gradually build to a dull ache in the evening and lead to a poor quality and uncomfortable night's sleep.

The following day I'd be shattered and far from my best, but the pain would be gone. This symptom was pretty confusing. I was also experiencing night sweats for 2-3 nights in succession. My body temperature would soar and I'd wake up feeling like someone had poured a bucket of water over me!

I visited my GP and after some prodding of my abdomen and their versions of stool and liver tests, I still had no answers as to what might be causing my symptoms. As part of my functional medicine training with Dave Hompes I ran a comprehensive stool test with a private laboratory.

The results identified a parasite called Entamoeba, which is linked to liver problems, pinworm and another parasite. My "good" bacteria levels were also quite low. Upon finding these bad bugs, I immediately followed a specific herbal program to remove them, and made sure I replaced the good bugs using probiotics.

Within the first 30-days my night sweats had completely stopped and at the time of writing in 2013 I have not experienced the abdominal discomfort either. I became a Hompes Method Master Practitioner because I wanted to be able to deliver a system that enabled me to help other people achieve great results, like I did.

### Jack's Qualifications and Experience

- Hompes Method Master practitioner
- B.Sc Applied Biology
- M.Sc Sport and Exercise Science
- Functional Medicine Student (FMU University, Carolina USA)
- Certified Metabolic Typing Adviser Level 2 (Healthexcel, UK/USA)
- Bowen Technique Bodywork Therapist
- CHEK Practitioner/Rehabilitation Specialist, Level I (CHEK Institute, California USA)
- Poliquin Strength Coach (Poliquin Education, Rhode Island, USA)
- Biosignature Nutrition and Lifestyle Modulation Coach (Poliquin Education, Rhode Island, USA)
- Post Graduate Certificate in Education
- Sport and Exercise Science Lecturer
- Pain Management Team at NIHP North East England