

M. RICHARD Karl-Frédéric

Gesret practitioner in London

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Who I am?

My name is **Karl-Frédéric Richard** and I am a practitioner of the **Gesret method** in London.

What is the Gesret method?

The Gesret method is a solution for respiratory problems such as asthma, allergies and chronic bronchitis as well as skin problems like psoriasis and eczema. It is a French body-manipulation technique that helps to reduce the frequency of asthma attacks or skin disease to the point where many sufferers consider they are finally cured after several sessions. The method is appropriate for adults, children and infants.

My story

When I first heard about this method from a friend and colleague, it was a revelation. The logic, the simplicity, the precision and the efficiency of the theory made of me a follower of Jacques Gesret, the founder of the method. It is with much enthusiasm that I studied and practiced the techniques. I have now practiced the method for 10 years in France.

Having treated many patients, I continue to be amazed at the joy that each case brings me. I am gratified to have helped so many people, and that they got redeemed from their asthma, allergies or skin disease. I am never tired of hearing my patients sharing their happiness of breathing correctly again, being redeemed of their allergies, or having a brand new skin.

The method has been practiced successfully in France and in other countries for over 20 years. So far, it has crossed many seas but not, as yet, the channel! This is why I have started to practice the method in England. At least twice a month, I spend time in London treating patients with the Gesret method. My goal is to make the technique better known in England and to help to train other therapists so that more patients can benefit from the results.

For more information

For more information concerning the efficacy of the Gesret method, you can visit this website:
asthma-reality.com.

It offers more information on the method, as well as a forum for interested patients and visitors where Jacques Gesret himself or Gesret practitioners respond to individual patient questions in English and in 10 other languages. Feel free to ask questions!

Contact

For more information on the method or to inquire about appointments or costs, please contact me:

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