



## Case study

### Mr Yvan Rioux

*Yvan Rioux, aged 63, lives with his wife, Gabriel Millar in Gloucestershire. He has lived in this country for 20 years. He is a biologist and lecturer by profession and has worked with youngsters with learning difficulties.*

● *Yvan Rioux with his little grandson*

specialists and then, after a year and a half, I was referred to a neurologist, although none of the medical experts seemed to know what was wrong or that it was associated with dystonia.”

Contractions continued in the eyes but started to move down to the mouth. Eventually Yvan was diagnosed with Meige syndrome at University College in London and was given botulinum toxin injections on three occasions until the toxin seeped into the muscle of the face that allows us to smile. He underwent detoxification for three months to help recover his smile! He also tried several drugs that didn't help. Acupuncture, homeopathy, removing mercury fillings and a long detox, also made no difference to the contractions.

Yvan continued: “My condition is still progressing and does affect my breathing. When I talk or hum I tend to get rid of any contraction, although walking seems to increase the contractions, so I have to be careful when I walk or do my shopping. Taking valium in the evening does help, especially when I concentrate on other things, like *Radio 4*. By tapping my head and breathing in a rhythmical way when I am lying down, I can make the contractions stop. When I wake up in the morning, the contractions begin only when I start to move. I'm not giving up but am still exploring new avenues of healing.”