

Cancer left Sheila Barrow stressed and anxious – until she discovered a natural mood-lifting pill...

# 'Now I'm smiling again'

By Carole Richardson

**A**fter being diagnosed with bladder cancer, Sheila Barrow (66) was stressed and worried about her future. Told she had two aggressive tumours, Sheila's first question was: 'Are they going to kill me?'

"I was scared stiff," recalls Sheila, a retired receptionist from Pershore in Worcestershire. Known for her optimism, she put on a brave face for the sake of her husband Tony (74), sons Anthony (46) and Nick (40), and granddaughter Scarlett (19) as she underwent treatment.

But beneath the cheery exterior, she admits: "There was a dark cloud constantly hanging over me. I'd never been depressed in my life and hate self pity, but I felt anxious and stressed all the time.

"Night time was the worst. I was exhausted but couldn't sleep. I'd lie there worrying. It all seemed much worse lying there in the dark."

Until diagnosed in the autumn of 2006, Sheila had been happy and healthy. During her battle, she did everything to give herself a fighting chance – avoiding any food with chemicals, cutting out sugary foods and red meat, and eating extra fruit and veg.

Sheila had already heard of the natural healthcare company Little Herbal set up by Les Robinson, who was featured last year in **Yours**. She contacted Les about taking the natural antidepressant Filisa.

"With Christmas coming up, I wanted to lift my spirits so that I could be lively and enjoy being with my family," said Sheila.

Filisa means 'to make better' in Zulu, and the African sutherlandia shrub it is made from was given to the widows of slain Zulu warriors to ease their grief. Sheila noticed her mood changing almost instantly when she began taking Filisa daily.

"Within three to four days, I found myself singing along to the radio again – something I hadn't done for a long time. The stress disappeared and I felt amazing!" After three months, Sheila felt she no longer needed Filisa and the symptoms haven't recurred. In February, a cystoscopy revealed Sheila was cancer-free.

Dr Andy Wright, a clinician for Bolton and Bury Primary Care Trust's chronic fatigue services, has prescribed Filisa for the past five or six years. Although he hasn't done any official clinical research or audits, it has seemed to help a "substantial proportion" of patients. "It can take several weeks and it does not work for everybody," says Dr Wright.

"Filisa is particularly good for people very anxious about their situation. It has a marked calming effect. Sutherlandia has been well researched as a safe option for people who don't want to take or cannot tolerate pharmaceutical products."

Filisa can be safely taken with conventional antidepressants, but they are not suitable if taking anti-coagulants, for pregnant women or anyone under the age of 14. Always consult your doctor before taking any supplements.

For more details call 01484 689 807 or visit [www.littleherbal-international.com](http://www.littleherbal-international.com).

**EXTRA FOR YOU**

Little Herbal is giving away 12 pots of Filisa to **Yours** readers. To enter, send a postcard with your name and address to 'Filisa Giveaway' to the **Yours** address on Meeting Place. The first entries drawn after Nov 20, 2009 receive a pot. If you do not wish to be contacted in the future by **Yours** magazine please write 'No Further Contact' clearly on the postcard.