

# SWIMMING THE CHANNEL WITH BIOFLOW

The English Channel  
butterfly world record holder  
is off again.  
This time it's a 2-way relay swim.

It's 'Channel Season' again and once more I will be venturing across those waves, this time with a team of 6 ladies (including myself). You will remember from last August, 2002, that I successfully swam the English Channel butterfly in 14 hours 18 minutes, becoming the first British person to do so and achieving the world record, knocking 9 hours off the previous 'fly' record held by a Canadian.

## One hour at a time

This year, it's a 2-way Relay -the goal ENGLAND-FRANCE-ENGLAND in world record time. Of course it's all dependent on the weather and tidal conditions, but we aim to have a good crack at it. Each of us will swim one hour at a time, rotating in order. Again I'm hoping to raise a substantial amount of money for my charity, *Rainbow Children's Hospice*.

That's one of the great things about my Channel and long distance swimming, using my talents to raise money for such worthy causes, as I have always done. I'm sure you will all read about it in a future edition of this swimming magazine

For now though, I want to bring to the attention of all you swimmers and athletes out there who have injuries and resulting pain; "*Don't suffer any longer.*"

## With French soil in view I had to quit

A couple of years ago, August 2000, I was forced to abandon my butterfly attempt across the English Channel when only 2 miles from France, and an attempt for a world record. This was due to a forearm injury (tendons and ligaments), preventing the arm recovery action and causing me much pain. Indeed, my arm the next day swelled up so much that it was the size of the bottom of my leg!

After twelve and a half hours in the water, I had to make a difficult decision to stop or risk long-term injury as



I was down to swimming with nearly one arm. So 'live to fight another day' it was - and I have, thanks to my Bioflow.

In February 2001, I was still suffering pain in my arm and had not been able to do butterfly. Then, I came across this product sold by a company called Ecoflow. Bioflow is a form of magnotherapy and is used effectively by both people and animals. It's a central reverse polarity (crp) magnet - a magnetic bracelet that looks like a watch

strap. The magnet is safe (watch face size on mine) and mimics pulsed electromagnetic fields. As a result the blood is agitated and circulation increased - cell permeability is influenced which means blood cells can take in more oxygen and nutrients, and the removal of waste products is speeded up.

There are various products manufactured, but the one I bought - bioflow 'jazz' - resembles a sports watch. After wearing it,