

About the Author

Pat Reeves lives in the West Midlands region of England, an accomplished marathon runner before taking up powerlifting almost four decades ago. She has retained her National/Commonwealth/European and World Championship status powerlifting titles, both with BWLA and now BDFPA/WDFPF since the early eighties – despite the ever-present threat to her life from osteosarcoma.

Diagnosed many years ago, her cancer diversified to a degenerative bone condition, which is considered terminal via orthodox medicine: This manifested as a result of a strong genetic influence.

Because of the naturopathic criteria she has always applied, Pat is enabled to passionately pursue the practice of Nutritional and Lifestyle medicine and allied therapies both in the UK and worldwide and continues competing at her sport.

With this powerful dynamic therapy, she has reversed osteoporosis and continues in remission, despite some physical set-backs following a severe accident in 2018.

Drawing upon enormous experiential knowledge in exemplifying choices/decisions, which ill-health urges people to make, her passion to enable people to heal and her advice are irrefutable.

Reprinted July, 2023, Pat, approaching seventy-eight years young, intends to raise her World dead-lift record this coming September.