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The Headache Clinic

I began suffering from migraines about two years ago. I had never had one before but had an idea of how debilitating they can be from seeing the effect on my mother.

At first they were infrequent but I began getting them more and more often, usually over a weekend. Soon they were dominating my life and I found myself dreading the approach of the weekend because it was inevitable that I would spend it with a crushing headache and an inability to accomplish anything. Painkillers were useless.

Family members encouraged me to try the Headache Clinic. I had my initial diagnostic visit in mid-December last year and began treatment at the beginning of January. My problem was diagnosed as being stress-related with a possible hormonal component. I was given a plate to force me to relax my jaw and a prescription for Slo-Mag. Just knowing the cause also motivated me to reduce the amount of stress in my life and to relax more. The difference is dramatic. I still get a migraine about once a month but with nowhere near the intensity of previous attacks.

I can't believe that I suffered so much for so long or that the solution was so simple.

Visiting the Headache Clinic was the best decision I ever made.

Thank you,

Wendy Bihl