

Mrs. C. Marshall  
7 Fletcher Avenue  
Kumalo  
Bulawayo  
ZIMBABWE

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The Headache Clinic  
3<sup>rd</sup> Floor, 11 Park Lane  
Junction Road  
PARKTOWN  
2193  
R.S.A.

To All the Staff of the Headache Clinic,

I recently visited the Headache Clinic, in April, to see if I could find some relief from my headaches. I had suffered for many years but during the last few years they had increased. I woke up with headaches and I went to sleep with headaches, I worked with them, was a wife and a mother of two little boys, and a friend with headaches, wherever I went and whatever I did they were with me, a constant "companion". I went through bad patches of depression and exhaustion. Its like fighting a battle and there were days when I felt overwhelmed and conquered by them, sometimes I would experience panic attacks. Your heart races, you feel like you are not coping, everything seems like a mountain, you feel like you are trapped and you want to get out. There were other times when I did cope with the headaches, accepted them as a part of my life, remembering the Word of the Lord that says "My Grace is sufficient for you, in times of weakness. What was becoming a normal way of life for me was not for others a normal way of life. Its not something you advertise either and sometimes you feel alone, isolated on an island, wandering if help will ever come. When you tell someone you have a headache, to them it's a headache but for you it's a nightmare, and only those who have suffered with headaches know what I am talking about, how difficult it was just to get through one day at time. I have been in a few accidents and I did hurt my neck so I have been under a Chiropractor for some time. One in particular, was very understanding and she took me under her care, Dr. Kim Rice. I was seeing her at least twice a month and her sessions definitely helped me, I couldn't have coped without them.

My doctor thought that maybe my headaches were related to being on the pill and I decided after having two healthy little boys, to be sterilised, hoping that my problem would be solved. It wasn't, the headaches were still there. Next I had my wisdom teeth taken out (another trip to South Africa) but that didn't work either. I tried to watch what foods I ate, stayed away from too much coffee, and chocolate and cheese and while these foods definitely made a headache worse if I had one, the headaches didn't go away if I didn't. I couldn't go anywhere without carrying headache tablets with me, not paracetamol but syndol and paynestop etc.

I read about the headache clinic in a You magazine once and heard about it through a friend of the family who had been to the Headache Clinic and had a plate fitted. She said it saved her life and took most of her headaches away, she encouraged me to go. Why I waited as long as I did before I eventually made an appointment, I really can't tell you except that living in Zimbabwe makes it a bit difficult because of the distance and finding time because of work and school etc.

I finally came to the clinic and it was discovered that I had high muscle tension and you fitted me with a plate and gave me Slow Mag to take for fifteen days of each month to help with my headaches around cycle time. It took about three weeks, a week of that being on the magnesium tablets, for me to feel the difference. My headaches became less intense and suddenly I could get through a day without headache tablets. I am feeling so much better all round, suddenly the noise of my two little boys doesn't bother me as much, and my depression has improved a great deal. I am so grateful that something so simple and yet so profound, has helped to change my life and I am grateful to all the doctors, especially the gentleman who took the time, to look into finding a cure for people who suffer with headaches, and all the staff for their care and dedication to what they are doing. I know that each person's case is different, no two people are the same but for me, this was the answer to my prayers, after much heartache and pain. I will now recommend anyone who suffers as I have done to try the Headache Clinic. When I told my husband I was going to write to you, he said, don't write, tell someone else but I wanted you to know that the plate is working for me and that I am very grateful, to you all.

While I am grateful for modern technology I have to say a special thank you to the Lord who has carried me and helped me through many difficult days in my life, who has given me the strength to carry on each day. I know that there is a reason why we go through certain things in our lives and having headaches has taught me to have compassion for others, which I might not have if I had not walked through this way. You can really reach out to someone when you have been where they are.

If you wish to put up my story for others to read, I am all for it because everything that is written is the truth. Headaches were truly a reality in my life. I can now cope with one here and there but gone are the days when they were my constant "companion".

Yours sincerely,

*Carolyn Marshall*

Carolyn Marshall (Mrs.)