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Subject: FW: Migraines and headaches

From: Petra Weimers [mailto:pweimers@polytechnic.edu.na]
Sent: Thursday, October 01, 2009 11:59 AM
To: Shevel
Subject: Re: Migraines and headaches

Dear dr Shevel

Thought I should tell you the good news. I had my last migraine about 3 months ago and I hope and pray that the migraines will stay away now. I do get normal headaches still, but believe me, some days I am totally painfree and that is wonderful! I cannot believe it! I can also now, like normal people take one or two panado's or comprals and the headaches will be gone. I am of course very grateful for that.

I know that most of the headaches are actually caused by stress. I am trying my best to avoid stressful situations, but sometimes it is just impossible. I will not carry on in the position of Head of Department in next year - that will definitely make a big difference in my lifestyle as well.

I am eternally grateful for what you did for me. Your treatment really worked for me. If I do get a migraine nowadays, the pain is just on the right side of my eyebrows - just next to the cut, but the pain is also more bearable. Not as excruciating as it was in the past.

Hope that you are still in good health and that you continue to treat people for migraines.

When I go to Johannesburg again, I will definitely pop in at your consulting rooms.

All the best for the future.

Regards to your family.

Patsy

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