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To Whom It May Concern:

It is almost a year now since I first visited the headache clinic.

I had been suffering with headaches for years, popping my Myprodol and trying to keep up a full time job and support the rigorous demands of my two teenage son's extra mural activities.

In 2007 my headaches started to get worse, yes I had suffered the odd migraine now and again and so I know the difference between a migraine and these headaches. A migraine put me in bed for 24 hours these headaches were so bad that I was in bed for days.

My husband mentioned the Headache Clinic but I was very skeptical and scoffed at the idea of making an appointment. My solution was to resign from my high pressure job in finance and reduce my stress levels.

Unfortunately, resigning from my job did not appear to be the solution and during December 2007 I suffered the worst headaches of my life.

So, in January 2008 my husband phoned the Headache Clinic and made me an appointment. I reluctantly went along to the Clinic in Johannesburg and was fitted with a PMA.....

While I continue to wear my PMA my headaches are history but I must admit that I have cheated a few times and not worn it for a week or so, and yes you have guessed it, I get a headache! It definitely does work for me.

My thanks go to Dr Shevel and the Team you have certainly changed my life for the better.

Val Cooke

November 2008