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Subject: FW: Follow up on treatment

From: Nadia Russon - MWEB [<mailto:nrusson@mweb.com>]

Sent: Monday, March 03, 2008 10:02 AM

To: The Headache Clinic

Subject: RE: Follow up on treatment

Dear Henry,

Thank you for your email.

Please advise Dr Shevil that I would like to commence with my dental surgery. Please advise of the dates as I am looking forward to the next phase of my healing, not the pain though!

Testimonial:

I was a migraine sufferer for more than 7 years, but over the last 4 years it just seemed to be getting worse. I was a slave to strong painkillers, but much to my detriment as then ended up at the Gastroenterologist table. After extensive bills and 3 scopes later, I had a rolling hernia and permanent heartburn; my doctor suggested that I treat the source of my pain as it was a leading factor to my current health. I ended up under a CT scan, and numerous visits to my Neurologist. We tried various drugs, but when I ended up at the Emergency room after the trephine cause my childhood asthma to return, I knew it was time for a different approach. We then took the next step towards Epilim! I just could not get my head around taking the drug, but tried never the less. This continued for 4 months but I knew in my heart that I could not keep up the bills or keep on taking pills that could cause harm, when I remember a bill board I saw at my community Medi-clinic in Langeberg.

I call the number for the Headache Clinic, and within weeks I was on their program to recovery. Not once was I asked to take a pill or have I felt that I was at any point doing more harm than good to my body. My first visit was the assessment and I was amazed at the technology that was used to identify my problem. I had severe pressure in my face and the back of my neck which was causing the muscles around my face and head to contract. The contracting cause pressure on my nerves and head! Finally the answers that made logical sense and helped me identify the core route of my problem. I have taken their advice and use a spacer or a plate between my palette and my tongue which helps to draw my jaw down, which pulls the taught neck muscles away from the base of the head. (I think) Finally I am migraine free, consultation free, medication free. The plate has given me a sense of control over my own healing and not just now, but for as long as I require without the bills!

Thanks to the friendly service and good sound advice at from the Headache Clinic staff, nurses and doctors. I have control, freedom and the intellectual capital to heal.

Warmest Regards

Nadia Russon