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Fax number 086 500 9944
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Dear all

I can remember as far back as to when I was in Standard 3 (in those years), I used to ask my sister to carry my school bag, 'cause I had a headache, my neck was aching and I was bilious, and needless to say that I had to spend the rest of the afternoon in a dark environment not to mention the horrible after effects that lasted for as long as 3 days.

Being at such a fragile age, the weirdest thing is that I was under the impression that no one believed me as it happened so often and maybe I was using this "condition" as an excuse?

Many years later someone gave me a "migraine diet", which obviously excludes all inviting things such as chocolates, cheese, coffee, tomatoes and so on and so on... Must be honest in saying that when you stick to the "boring" stuff that's left, it does help, but not always.

I had my eyes tested, I tried out a lot of medicine during the past plus minus 46 years, and spent, or shall I call it wasted a lot of money, but to no avail.

In January 2009 a colleague at work suggested that I call The Headache Clinic and find out what they are all about. I must confess that I was a bit skeptic due to the fact that almost nothing helped so far. To my surprise, I found people who were really interested in my problem!

While I was undergoing all the various tests I thought to myself yes!, these people are doing everything in their power to pin-point where the problem lies.

Stress was found to be my biggest problem and after having considered it carefully, I decided to try the "mouth-piece", as I call it. At first I was aware of it in my mouth, but I got used to it. I realized that it was helping tremendously

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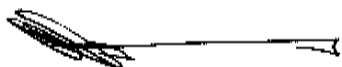
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to prevent the ongoing, irritating migraines and headaches and without any medication and no special diet!

I have now cut down on the intake of a certain headache powder from at least one every seven days to mostly one in 7 days! What a relief!

I want to make use of this opportunity to thank all the friendly people at The Headache Clinic for helping me to be able to enjoy a more normal life!

Kind regards



Esmé van Loggerenberg

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