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**From:** Jayne Lotter [mailto:jclotter@csir.co.za]  
**Sent:** Monday, July 12, 2010 4:51 PM  
**To:** Info7  
**Subject:** Re: Testimonial

Hi Sylvia,

As promised, below my testimonial:

I have been suffering with migraines for about 10 years now. My dad used to get really bad migraines, so when I started getting them I did everything in my power to cure it. I saw how the headaches debilitated my father, and I did not want the same for myself.

It started with two or three migraines a year, and initially medication helped, so it did not influence me too much. But the headaches soon progressed to be more often, and more intense. For the last +/- 4 years, I had one/two attacks **every month**, which I sometimes managed to stop with medication. However, for the last two years, no medication seemed to help either. The only thing that brought relief, was getting a drip in hospital (and for someone who does not like needles, this was not really a solution).

I went from the one doctor to the next, saw specialists, got subscriptions for Prophylaxis, used the strongest painkillers they could prescribe. Nothing helped. The medication I was using made me more sick than before, and I would get extremely nauseous after taking it. I started treatment at a chiropractor. This helped with the intensity of the headaches, but I still got so sick that I could not go to work.

My migraine attacks was so fierce that I would be off work for one / two days a month. I could not do anything during an attack, but lay on my bed with an icepack on my head, in a dark room, and try to sleep it off. My fiancé used to joke and say that he "loses" me for two days every month. He has been such a great support, and helped during my migraine attacks to keep the household going.

After another very bad migraine in April 2010, I decided that I had had enough. My wedding was soon approaching, and I did not want a migraine to spoil my wedding day or honeymoon. At this stage, nothing seemed to help, no medication, no chiropractor treatments, no amount of massages.

I had researched a lot about migraines over the years, and I had seen the website for The Headache Clinic before, but at that stage I was sceptical and

decided against going. In April 2010 I changed my mind - and it changed my life! I am so glad now that I decided to give it a try - my last resort.

The staff at the headache clinic was so helpful. They asked questions that no-one else had bothered to ask before - relevant questions. They had one mission: to cure my headaches. They explained the causes of headaches and the triggers. They did some tests, and by the end of my 4 hours at the clinic, I knew what was causing my headaches, and I had a treatment plan. The following week I returned to have my PMA (posture modifying appliance) fitted. I was still rather sceptical and expected the same results as with all my previous treatments - *it won't work*, I told myself; *treatment without medication - it is impossible*, I thought.

I had the PMA fitted on 7 May 2010. It fits comfortably in my mouth and does not affect my speech at all. I was worried about having to take it out when eating and drinking, but I soon became used to it; it is not as bad as I thought.

The first month passed - no headache! In the second week of the second month I had a slight migraine, and got very ill after this with the flue (maybe watched too many soccer games in the crowded stadiums). But since then, I have not had one attack. It is now 12 August, and I am convinced that my migraines have been cured. I have my life back! My fiance has his future wife back (full-time). I am able to drink a glass of wine every now and again, and to play sports without being worried about a migraine attack. I can look forward to my wedding day and honeymoon without stressing about getting a migraine attack on the day or in a foreign country during my honeymoon.

I regret not going to The Headache Clinic years ago when I first saw their website. I thought it is ridiculously expensive, especially for something that might not work. But I now realize, no price can be placed on living a normal life. **It was worth every cent spent!**

A BIG thank you to all the friendly staff at The Headache Clinic - you all contributed to making my wedding day an unforgettable one, and giving me back a normal life.

God bless!

Jayne Lotter