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My name is Johanita van Dyk, I am 31 years of age. I have been suffering from migraines as long as I can remember.

Being a migraine sufferer I lost out a lot in school and could not participate in any sport. I always had to watch at what I eat because I was too scared of getting another migraine attack. It is something that I do not wish upon my worst enemy. No cheese, chocolate, hamburgers, Vienna's, coffee and the list just goes on and on and on.

After I had my first child, my migraines seemed to ease off a bit. After 7 years I felt pregnant with my second child. Before even knowing that I was pregnant I started suffering from the one migraine attack after the other again. It continued even after my child's birth and just became worse.

I had to drink migraine cocktails every day like one takes your vitamins in the morning. I actually had a migraine attack 5 out of 7 days a week. It started affecting my family life and my work. I started falling into a depression as I was sick all the time and could not enjoy going to the beach with my family. Being a rep and on the road you cannot afford to fall sick all the time as we all know competition is really tough out there.

My Director called me in one day and told me that I should speak to one of his friends wife's as she was also a migraine sufferer and she is totally better after going to the Headache Clinic. Well what do I have to lose?? So I phoned her and she told me that she had a little plate that she had to keep in her mouth all the time.

I called the 0860 number and made an appointment. In the back of my head I thought that this was just one or the other money making racket because how can a little plate in your mouth heal you from migraines???? Since I can remember I have been from one doctor to the other. They even said that I should have my eyes tested as they think that my eyes were the problem.

Today, I am a living advertisement for the headache clinic. I have been telling everybody from this wonder full cure. It has changed my life right round. I have even lost weight as I no longer need any depression tablets or any other medication for that matter.

I honestly recommend anybody to go to the Headache Clinic, it really solved my problems.