

**Info2**

---

**From:** Noma Maimela [nomamaimela@yahoo.com]

**Sent:** Monday, September 21, 2009 9:07 PM

**To:** Info2

**Subject:** My Testimony

**To the entire Headache Clinic team**

Im a 19 year old university student who has been struggling with terrible migranes for the past 3 years. The headaches started off rather mildly but they ended up controlling my mood, my schedule, my life, affecting my studies, i started changing as a person and many times i had to master the art of letting life go on even when in pain. For the past 2 years or so i have suffered from a headache about every second day, that could only be relieved by ibrufen coupled with sleep till the pain subsided. This healing process would sometimes keep me indoors the whole day and night. I then discovered that i am allergic/intollerable to certain foods that i love (wheat, dairy, soya) and so I cut these out of my diet. For a while the headaches decreased but as time went on i would get random bad headaches of unknown origin. I had also tried various herbal bitter teas that seemed to help for a while but their magic turned out to be short lived as well.

I recieved the PMA device on the 2nd June 2009 and it is now the 21st September 2009. With the PMA device, together with chiropractic treatment, frequent exercise and learning to relax, the headaches have improved to about 80%. The improvement really feels huge. I would most definitely recommend anyone who suffers from headaches to try the PMA because it really does improve your quality of life, drastically. Though i still experience headaches they are far less painful and they normally bother me only once every week or 2 weeks. Finally life can go on and i can stop stressing about what the mysterious cause of my headache is. I am happy. Now i can focus better on my studies and living life the way God intended me to be (pain free).

So I would really like to thank everyone who works so hard to explain all the procedures to us. I would like to also thank the entire friendly staff that make sure we aren't in pain, that kindly repair the devices when they chip or break, and those who give us a reason to smile when we walk in. For all those that help us get back to living life to the fullest. You are all wonderful blessings from God, may He bless you all!!!

Thank You all so much  
Nomathamsanqa Resegofetse Maimela

Internal Virus Database is out of date.

Checked by AVG - [www.avg.com](http://www.avg.com)

Version: 8.5.374 / Virus Database: 270.13.61/2313 - Release Date: 08/19/09 06:03:00

9/22/2009