

Dear Lee,

I was sixteen years old; it was late in the year in December 2010. I felt dizzy tired and had a headache. I experienced migraines very often after that, almost daily. Yes, I did go to the doctor and he gave me pain killers, stress medication and medication that is used to treat people with epilepsy. I only tried the solutions given to me by the doctor and nothing else. I never knew what triggered my headaches. It affected my life badly, I stayed in the house for most of the time sleeping and I stopped attending school.

I went to The Headache Clinic because I thought it would solve my problem. They gave me a PMA which helped me. I still get a few headaches, but not as aggressive as the ones that I experienced previously. My life has improved, because I now attend school again, can study and able to do my home work. I am seventeen and live in Virginia in the Free State.

Thanks,
Nhlanhla Maduna