

I brought my son (aged 14) to Colin at the Optimal Wellness Clinic. He was very irritable all the time, had trouble sleeping and poor concentration, he was very difficult to get along with. He would physically hit both mum and dad. He also had difficulty eating, would not eat very much and had allergies.

After having EFT (Emotional Freedom Technique) over a 5 week period he was far more in control, the Minerals and Vitamins also made a huge difference. His sleep improved, concentration was much better, he was basically calm and any outburst was rare.

He became aware of how to look after himself and knows he can call Colin who became a Mentor for him, he knows he has solutions to any problems.

S.L (Townsville)