

## **A Tough 15 Years**

I am only in my mid 20's and yet I have had a tough last 15 years. I needed to leave a light on to sleep, had nightmares, busy dreams and very low self esteem and confidence.

With Colin at the Optimal Wellness Clinic we worked through traumas within my family life, relationship issues, and a serious horse riding accident. My sessions have also been interspersed with some relaxing massages.

Within 3 months I can now say that I no longer need a light to sleep, my nightmares have diminished significantly, I am calmer and stabler emotionally, feel more confident and I am handling everyday life more easily.

**J.B.** (Charters Towers)