

I was referred to the Optimal Wellness Clinic by a friend my daughter at 9 years of age would wet the bed 3 to 4 times per week and would always be going in to her brother's room at night.

I decided to give the EFT (Emotional Freedom Technique) a go even though I was extremely sceptical.

I was shocked to see that it worked, after only 2 sessions my daughter had stopped going into her brother's room during the night and the Bed Wetting had abated by 80%.

We felt we didn't need to the third session due to the level of improvement.

Valmai C. (Townsville)