

## **I feel free. Really free.**

I feel very strongly that I need to write this and I hope you will include it in your testimonial page. What I am about to say - is the entire truth of how I feel.

I turned to the Optimal Wellness and Life Success centre in total desperation. I advertised on face book, asking my friends if they knew anyone - anyone at all out in the world who could help me to feel like a human again and be pain free.

The feedback I got led to Wendy and Colin Soper. I come from a very traumatic background and I had been going to doctors for at least 14 years for 10/10 pain and chronic fatigue type symptoms. My blood tests regularly showed that my body was fighting unknown infections and all sorts of problems were happening internally but no one could tell me what or why.

I was just offered medication after medication. All of this was affecting my life, job and family. I started to withdraw into myself and stopped going anywhere except to work (when I wasn't on sick leave). I have to say - attending an appointment with Wendy turned out to be the best decision of my life!

I have had 3 one hour sessions. I am now free from my traumatisation from my past and I am totally pain free! I would not say that I am a person who believes in miracles, but I have to honestly say that I believe Wendy has performed one on me. I feel free. Really free.

Free from my past, free from pain and free from guilt, self hate, anxiety, low self esteem (all to do with my past). I am going to be seeing Wendy again soon but this time, she is going to help me lose weight.

I am so excited and I totally believe she can help me in this regard too. To anyone out there who has any kind of problem at all, do yourself a favour. invest your time in Wendy and Colin. You will not be sorry.

Janette (Townsville)