

Phobia & Panic Attacks

I had a phobia of vomiting and panic attacks for about 18 months. I could not sleep through the night, I would have to stop driving because I thought I was going to vomit, I always had a bucket beside my bed and would often wake during the night.

I was not eating a lot as I was fearful of food poisoning. I had tried a few things however thought there was nothing that could really help me. I found out about the Optimal Wellness Clinic off the Internet and went to see Colin to see what could be done. Colin explained the Emotional Freedom Technique to me and I must say I was skeptical.

After the second session I would say I was 80 to 85% improved and all this within 7 days. We have also worked through Nutritional areas and to balance my digestion and lifestyle habits.

I felt a 70% improvement after the very first session however the third session was where I gained the most confidence that this was really going to work and be permanent.

Life now is great, I have better relationships with my partner and family, I sleep through the night and live a normal life. As an added bonus I have not had to wear my glasses; which were for distance and reading for the last month. Colin worked on Acupressure points for my eyes.

It still ceases to amaze me that such a drastic change has occurred and I would recommend it to anyone.

Stacey C. (Townsville) May 2007