

## **Severe Depression, Anxiety and endless Stress**

The past 16 years have been a very negative downward spiral for me. Some 4 years ago when I had hit my all time low, I had severe depression, anxiety, endless stress, didn't even find peace in my sleep. I was enduring constant suffering and I was just 22. Around this time I started seeing a few psychiatrists, where I was then placed on tranquilizers and antidepressants. I can recall a point of being on 12 pills a day.

The side effects were very strong and I felt the pills were just hiding my problems, forcing a smile on my face when underneath all the pain and darkness still remained. Eventually I put a stop to taking all the medication as I felt very strongly that it was not the answer I was looking for.

What I did dream for was to be able deal with any issue that came my way, become healthy, happy, strong, sleep, be calm and to sleep well. Most of all I so much wanted peace, inner peace. Come February of this year, a friend referred me to the Optimal Wellness Clinic and shortly after I had begun working with Colin, which looking back now was the end of my downward spiral.

Now I do have inner peace, am so much calmer, smile often, sleep well, feel good emotionally and physically and looking very much forward to the future. That's not all either! As more time passes, I sense more positive change within. What was once a dream now is real.

A few weeks ago I started The Goal Achiever program, it is teaching me so very much, the tools and awareness to reach any goal I so desire. Now I know I can achieve whatever I wish, I can and in time I will.

During one of my sessions with one of my psychiatrists years ago I was given a report of my progress to give to my doctor, it wasn't sealed in an envelope and so being allowed to read it. There typed out in bold under my long list of negative illnesses was the word permanent. My psychiatrist believed I would always be depressed, stressed and on edge.

I'm so happy and grateful to say, that with the great help of Colin and Wendy, my psychiatrist's conclusion was incorrect!

**Christina E.** (Townsville)