

Son's Sadness

"My eight year old son was overwhelmingly sad each night when he was in bed. It progressively got worse and my normally happy, outgoing boy was so sad he wanted me to sit with him (so he could touch me) until he went to sleep each night. When I asked him what was making him sad he would say he didn't know, it was just a feeling. It got to the stage where we were both dreading this night time ritual.

Having suffered depression in the past myself I didn't want him to suffer what I had. Being so young I certainly did not want him to be on medication to control his sadness so I searched for an alternative treatment. I found out about the Optimal Wellness Clinic and decided to give it a go. We went along to see Colin and the technique was very simple and did not take very long.

Colin said sometimes just one visit would do the trick and seemed quite confident that he had helped my son. I thought that was a pretty tall order, but kept an open mind. To my absolute amazement that night my son had no sadness and I was able to walk out of his room after I had given him a goodnight kiss.

I almost cried with relief. He occasionally gets sad at night, but nowhere near to the same extent as before. I go through the technique with him and he is fine again. Colin has a wonderful, easy manner about him and I can't thank him enough for what he has done for my son."

Linda C. (Townsville)