

Vietnam Veteran - Chronic Pain, Headaches and Nightmares

Over 30 years ago in South Vietnam, I received fractures to vertebrae in my neck and back. Since that time I have suffered from chronic pain and headaches, which worsened as the years pass.

Also as the years passed, so the list of prescription drugs I was given grew proportionately. As almost every conventional western drug has side effects, I found that the medication I was taking to ease my pain, stress and nightmares, created as many problems as they were supposed to cure. I decided that I was sick and tired of living on drugs which produced no tangible benefits to me, and that I wanted a drug free, better quality of life.

I have always been open minded about alternative therapies and started "shopping around". When I tried EFT (Emotional Freedom Techniques) with Wendy and Colin I couldn't believe the changes to my well-being.

After just a couple of visits and instructions on exercises to do at home, I find that I can now control the pain myself, without the aid of anti-inflammatories and pain killers, I have almost weaned myself off antidepressants (which were causing/co-occurring with massive migraine attacks) and my night-mares have abated considerably.

I still have a long way to go yet but I am convinced that this therapy will give me the drug free and pain free life that has eluded me for three decades. THANK YOU WENDY
John B. (Townsville, QLD)