

## Info7

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**From:** oe ekpo [okobi.ekpo@gmail.com]  
**Sent:** Monday, March 28, 2011 3:32 PM  
**To:** Info7  
**Subject:** Re: Testimonial

Hi Andiswa,

As I told you over the phone, I used to have severe headaches almost twice every week or whenever I had some form of stress. It was a huge health challenge for me and I struggled to cope.

I always treated the headaches with normal headache medication but it got to a point when I noticed that the headache medicines were no longer working (kind of resistance!!!). That was when I presented at the headache clinic as a last resort.

After a comprehensive diagnosis, I was put through a non-drug treatment programme including the use of an oral device.

Four months after, I am now feeling very fine. I must add though, that I had to learn how to manage stress better as part of my commitment to managing the essential hypertension condition I was previously diagnosed with. While it is possible that my headaches were caused in part by the underlying hypertension, I think visiting the headache clinic was a good decision for me to get back my health. There is also the added advantage of having numerous free post-treatment follow-up visits to ensure that patients are fully cured of headaches. I have yet to go back there, simply because there is no need to do so, and I hope there wouldn't be any such need.

Dr. OE Ekpo

On 28 March 2011 12:00, Info7 <[Info7@headclin.co.za](mailto:Info7@headclin.co.za)> wrote:



cid:461511910@23022009-1AED

Good day Dr O.E Ekpo

As per our telephonic conversation, please put your lovely story to recovery in an e-mail so we can motivate other patients.

Kind Regards