

## TESTIMONIAL FOR WELLNESS AT WORK

In October 2010 I started having increased headaches. These were becoming increasingly more frequent and lasting on average 3-5 days. My GP had diagnosed them as tension headaches. I was given diazepam, which although making me feel drowsy did little for the headache, I followed this with physiotherapy to my neck, back and shoulders, which in the short term gave some relief, but within 3-4 weeks the headaches were back. This time when the pain became severe I was given pethidine, again with a similar drowsy effect (and now added nausea) but little effect on the headaches.

I was becoming more and more unhappy in my everyday life as I was having to take time off work, the headaches were increasing in frequency and intensity and I couldn't seem to get any relief with simple or strong analgesia. Finally at 5am one Saturday morning when the pain had kept me awake for almost 24 hours and had become severe I attended an accident and medical centre where I saw a locum Dr who again diagnosed tension headaches. This time, when I asked what I could do to give me some relief I was told that analgesia would do little for the headaches as I needed to treat the root of the problem which he believed to be from a back injury I had sustained 11 yrs previously and had been having problems with since. I had been having physiotherapy for this 3-4 times a year for at least 5 years.

The Dr suggested several different options to me one of which was deep tissue massage. From the little he told me I felt the reasoning behind deep tissue massage made sense and to be honest I was at the stage where I'd have tried pretty much anything for some relief.

So I was given Chris Toal's name and contact details.

Within a week I was booked in to see Chris for my first deep tissue massage. The first session was pretty painful but by the end of this session I could already notice my headache was markedly improved. Within 24 hours I would say the headache was all but gone and I was starting to feel much happier. I was actually looking forward to the next session. I had 2 further sessions of deep tissue massage and since then I have not had any further tension headaches, in fact I can't think that I have had any headaches. The back pain I had lived with for 11 years has all but gone. I have had no time off work due to either headaches or back pain and I no longer think about the pain, which in hindsight took up a lot of my time and energy.

At the initial session Chris had asked lots of questions and during this we discussed a very unsightly scar I had on my abdomen from surgery when I was 3 months old. This scar was deep, solid, and did not allow any of the skin around it to move or stretch. I have always just lived with this as I did not think it was particularly significant or that there was much I could do about it. I also explained that I had been diagnosed with Polycystic Ovarian Syndrome (PCOS) since the age of about 15. I was having around 4 periods a year and had been told that at 37 years old should I try, my chances of conceiving naturally were slim.

Chris advised me that he could work on my scar and on the PCOS at the same sessions when I was having deep tissue massage on my back. After just one session where Chris used the ScarsAway for a short time the difference in appearance was noticeable immediately. The scar appeared to be dis-attaching from the underlying tissue and instead of the 'normal' redness I was used to, the scar was whiter and less visible. When I showed my partner and sister they were amazed at this change in such a short time. Chris also worked on my PCOS at 2 of these sessions and advised me that for the first time ever, I should start to have a normal menstrual cycle. After the second session of working on my PCOS, Chris warned me to be careful if I did not want to get pregnant in the next month as I would be very fertile.

I was due for one further session with Chris on my return from a trip overseas for Christmas, however I had to cancel this appointment as Chris was right to warn me....I had fallen pregnant the first time we tried! My skepticism at Chris' warning was put well and truly into check and my partner and I are over the moon as we had truly believed we would be looking at a future of fertility treatments.

I am now 25 weeks pregnant, my scar I would say is 80% better than it was in appearance, I have no headaches, my back pain is almost gone ( I will have that final session after this pregnancy).

I feel like I have my life back. I know that sounds like I had no life before, but so much time was taken up with managing pain, backache and headaches and attending physiotherapy that not having to do this and enjoying pregnancy is wonderful.

I have told many people about Wellness at Work and the changes I have experienced through deep tissue massage and ScarsAway and would have absolutely no hesitation in recommending their services.

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