

AN END TO MIGRAINES

TESTIMONIAL FOR BRAIN TRAINING

After over 50 years of “conventional medicine”, smatterings of alternative and holistic therapies and countless theories, drugs and promises, I was fortunate enough to find Dr. Lora Lonsberry. She is a Ph.D. in Counseling Psychology and also happens to be an excellent practitioner of neurofeedback.

After a thorough assessment together we prioritized my problems. Oddly enough I went mostly to get marital counseling and wound up confronted with my long-standing depression, anxiety, and low self-esteem and my ‘cross to bear,’ it seemed, in life; what the medical profession called ‘intractable migraines’. . . In other words they said, “we’ve tried all the drugs we can think of and the side-effects are too numerous and serious to continue and they have only adversely effected your migraines!” Their final advice, basically “Take two aspirin and DON’T call again.” As a nurse myself, I had concluded over a forty year period that no weapon in the arsenal of prescription drugs-for-everything offered by conventional medicine could help me.

When we went over my treatment plan together, I'll admit, I was skeptical but willing to try "One More Thing." After four training sessions my migraines were gone.

For the first time since I was thirteen years old I have not had even a tension headache since the day of my fourth session. It's like a whole new world has opened up for me.

As a side benefit, (which is the understatement of the century!), I have felt my confidence return and my incentive and creativity bounce back at a level of productivity I have not had in years. I look forward to each new day with curiosity and appreciation for the "little things" that used to leave me in one of my funks unaware of what I took for granted.

One morning after washing my face, I looked in the mirror and said out loud, "I'm back!!" I could see the person who was competent and full of life. It was like meeting my best friend after a long absence.

Very Sincerely,

AM, R.N.