

I have suffered from fibromyalgia for 25 years plus and during this time I have tried many treatments in the natural health area.

To date no treatment has been long lasting. I have had some relief from pain by eliminating wheat and most dairy products from my diet except yoghurt, a small amount of cheese and beef. Lots of water has helped to eliminate toxins and brain fog. Also I bought an infra red sauna to help this process.

Most success to date has been my own remedies by listening and being aware of my own body. This has enabled me to keep the condition under control.

Since being treated at Healthwise Energy Centre I have discovered that the success of treatment is by working with a regular programme over a long period of time. The overall pain in my body has lessened, muscle spasms are minimal, fluid retention has improved, brain fog has minimised, sugar levels have stabilised and I have more energy. The most amazing side effect of this treatment is a straighter back and better posture which is being noticed by other people. Also muscles are a lot more flexible.

I have no hesitation in recommending the Healthwise Energy Centre programme to anyone who has suffered with any illness and to date has not found a solution.

Regards
Maria Wimmers

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