

## Chronic Headaches

Before seeing Dr. Jamie, I suffered from chronic headaches for at least five years. I had been in and out of two different neurologists office's and both just sent me on my way with different medications. I tried different meds for about a year with none of them helped. Finally I decided to stop them because I didn't want to be on medication in the first place. I started going to a chiropractor in the middle of all of this and his methods were just not working. I guess he wasn't "hitting the spot" because once I started with Dr Jamie, within two weeks I was **headache free!!** Dr. Jamie has lessened the severity of my headaches and how often they occur. When I first started I was going three time a week and now after four and a half months I go one time a week! That should tell you something!!!

Laurel D.