

CHRONIC HEADACHES AND STIFF HANDS

I feel so fortunate to have found this wonderful healthcare professional – Justine Vo.

My name is Alicia Clapp. I have always considered myself to be a very healthy person. I try to eat right most of the time, I exercise on a regular basis and I have always been sincerely interested in understanding my health and staying well.

Despite all my efforts to be healthy, over the past 3-5 years I have had two nagging health issues that seemed to be getting worse not better: headaches and incredible stiffness in my hands.

There seemed to be no pattern to my headaches – they did not seem to coincide with any particular food triggers, hormone cycles, sleep, etc. They would usually start in the morning as a dull pain and last anywhere from 1-5 days, often getting increasingly painful and spreading to my neck and shoulders. During the past year there was rarely a week that I was headache free.

The pain in my hands I had attributed to possibly arthritis caused by a cycling accident I had 4 years ago where my hands took the brunt of the fall. I had discussed both issues with my GP for which she suggested it could be due to stress and that with headaches she said “we will likely never find the real cause “.

I have always been reluctant to take any medication other than the occasional Advil. Having a background in pharmacology I know well that the risks of taking medication on a regular basis usually outweighs the benefits.

Over the years I have been to see a chiropractor, an osteopath and tried massage therapy – all gave me just minor and temporary relief of the headaches and really no relief from the pain in my hands. At this point I had no idea where else to go.

With the headaches I had become increasingly concerned that it could be something serious such as a cancer or a tumor.

In early May of this year I heard a friend talk about her daughter’s experience with a unique healthcare professional – JUSTINE VO.

I was very intrigued and right away made an appointment to see her. How refreshing it was to meet someone who had the interest and ability to understand the whole body! With Justine’s expertise in acupuncture, acupressure, osteopathy, massage and very importantly nutrition she is unlike any other healthcare professional I have ever heard of.

On my first visit, she identified some of the problems I was experiencing. Justine’s approach uses reflexology, osteopathy, acupuncture and massage – all in a combination that suits the particular problem.

I had 5 weekly sessions with Justine where she focused on my headaches and the stiffness in my hands...and to my amazement that was all I needed. In the four months since I last saw Justine I have had only one or two minor, short lasting headaches and I have no stiffness in my hands what so ever.

As part of her integrated health approach, Justine also conducted a seminar on nutrition where she gave me some simple but important guidelines for eating every day. My husband and two children (ages 10 and 13) attended the nutrition seminar as well as I felt this was something that every person should know about and practice.

Justine has been a pleasure to know and a life saver for me. Her integrated approach is unique and I believe this is why her results are also unique – success for Justine is keeping her patients out of her office because they are WELL!

Thanks you so much Justine.
Alicia Clapp
Mississauga, Ontario
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