

Chronic Fatigue – Sleep Disorder – Digestive Disorder – Headache - Legs Pain

Last year I started getting pains in my legs, mostly on the left side. I went to my doctor and they checked it out/tested to feel for anything unusual or uncommon, but found nothing. They told me to stop exercising, and get better shoes with better support and see how things progress from there. When nothing changed, I went back and they said I might have a blood clot(s) in my calves. An ultrasound was scheduled, and the results came back negative for clots. At this point, the doctors had no other ideas except to use pain medication as required. The doctors gave up. So for the next 10 months, I went on thinking I had weak legs, which bothered me because I've been an athlete most of my life. I kept exercising thinking that more exercise would make them stronger but they only hurt more.

I was also very tired all the time: I had a lot of difficulty falling asleep due to the pain in my legs. I kept working out thinking it would help me, make me stronger as well as make me tired, so that I could sleep. I had a hard time falling asleep, and many nights, there was no sleep for me. Getting up in the morning was difficult at best, due to lack of sleep, and the pain.

I also have had a lot of headaches due to a concussion that I received when I fell. This has been a constant source of headaches and pain, and Justine has been treating this for me as well, and now there are hardly anymore headaches.

My last issue was digestive issues. My stomach hurt a lot, and bowel movements were difficult. I either couldn't have a bowel movement, or would have diarrhoea. This made my daily schedule difficult because I either had debilitating stomach pains, or couldn't leave the house. I am a full time student at college and have two part-time jobs. I missed a lot of school and work due to this issue. I tried a lot of different things to help me have bowel movements, i.e. products, hot lemon water etc with hardly any relief at all.

When I went to Justine, she was able to assess all of my above health conditions precisely through reflexology, so precisely that I thought my grandma, also a patient of Justine, had told her about my conditions, but she hadn't. She informed me that my foods and eating habits were the root of the problem, and that I have bad circulation on the left side of my body. She recommended starting right away: two sessions a week of acupuncture, acupressure and osteopathy. My mom and I also attended a diet and nutritional class held by Justine herself. After the first two weeks of following her eating and supplement advice, I could easily go to the bathroom without pain and my stomach started hurting way less. After roughly 4 weeks I noticed my leg pains were less frequent. I could now fall asleep without taking pain medication. I no longer have any headache. I could walk somewhere for more than an hour and not need to sit down from the throbbing in my leg. After about eight sessions with Justine, my legs are in way better shape. I no longer have pain, and on most days, no pain at all. They are almost completely fine and I am relieved that I don't have to take pain killers anymore.

Justine has made a huge difference in my life, when other doctors sent me home without help. She worked hard on my leg(s), stomach and cranial and I can now eat, sleep, go for walks and I now have a normal days going to school, working, and being with my friends, instead of being in pain and depressed.

Thank you Justine ☺
Sincerely,
Grace K