

Dear Dave:

I am a 62 year old female who began having migraine headaches in 1958. By 1999 the migraines along with light sensitivity, muscle jerks and nausea increased in severity and frequency, rendering me unable to perform normal activities of daily living. In August of that same year, I was diagnosed with essential tremors and was unable to feed myself without holding my hand.

From that time on I tried many treatments such as Calgot Midrin, Ucedin, Amitrex tablets and Amitrex nasal spray - all without relief, plus others I had taken throughout the years. Certain nerve blocks, amitrex injections along with Loiecal, and Lidocaine nasal and Lidocaine IV treatments were the most effective, but I took so many amitrex injections that it ceased to relieve my pain. In addition, the effectiveness of the best treatments was of short duration and frequently I would wake the morning after treatment with a full-blown migraine.

After having so many migraines, I began to log them, beginning Jan. 1999 and here is the results:

Year	Days of Migraines
1999 . . . . .	70
2000 . . . . .	122
7/8/2001 . . . . .	111

In 2001 basically 60 of those days was continuous migraine and 46 of those days was another continuous migraine.

Since July 8, 2001, I have had no migraine medication. Praise the Lord! On July 11, 2001, my life changed, I began to exercise! I continued each morning for 10-20 minutes and had no migraines for 11 days.

On July 23, 2001, I woke with a mild migraine, but was determined to exercise, to see what would happen. After 20 minutes, the migraine and all the symptoms were totally gone! The same scenario continued for 5 mornings and . . . . .

In the month of August the scenario again repeated for 7 mornings, otherwise, I was migraine-free and noticed one morning that the essential tremors had ceased!

This past September I was completely migraine free and to this date have no tremors. From September 1 to November 5, I failed to exercise a total of 8 days. There was four mornings I have had mild migraines - all relieved by cellercising.

Some of the other great benefits of cellercising have been: No asthma attacks, a dramatic weight loss, increased muscle mass, and strength, and sometimes that I receive from others, saying, "How much better I look!"

I must say, that I have a life now! I still have strength to gain and am looking toward to the day when I will have even more energy. I'm confident that will happen.

Another big step since cellercising: I'm driving again something I haven't been able to do for four years! I just praise the Lord for the opportunity He has given me to listen to your presentation, to actually have a cellerciser in my home, and for the idea and determination He gave me to get on it for the first time with a migraine.

The enthusiasm for cellercising and the joy of two pain free, has led me to keep my eyes and ears open for any opportunity that I may have to share with others having physical problems. That is because I've had such a wonderful, unexpected and exciting gift given to me! I want everyone to experience the gift of being pain free, living a life without mig. and other physical ailments!

Since having such great results physically, I'm feeling so much better mentally. First I give thanks to the Lord, and thank Him for you, your work Dave, on your development of the Cellerciser! How much pleasure and satisfaction you must receive from your work! Thank you so much. The cellerciser has given me a new lease on life.

yours truly,  
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