

Transformational Migraine Therapy: Recovered Time and Quality of Life

I never thought I'd find a way to function as someone who experiences chronic migraines without relying on— and suffering the consequences



of— increasingly intensive medication. I'd been enduring migraines for about half my life and was alarmed at the exponential increase in their duration, frequency, and intensity as I left the resilience of my early 20s behind.

A family member and fellow sufferer saw Keith for a number of sessions. She could not say enough about the effectiveness of his treatment (the Watson Headache Approach), most importantly, but also about his genuine passion for both his craft and the health of the human beings he serves. I was one of the many, many people she urged to book a consultation with him. I could not be more grateful to have connected, by chance, with Canada's only Watson Headache Certified Practitioner.

Within a very small handful of treatments, my migraines were reduced from at least a twice-per-month, 3-day, 4 to 8/10 pain event (depending on how early I medicated) to a once-per-month/five weeks, half-day, 1 to 4/10 ache (a 4 being pretty rare). As we continue to taper our session frequency and I continue to assign our very quick, simple exercises to daily habit, my condition continues to improve.

Now, the slight twinge of an oncoming migraine no longer means that I'll need to plan for multiple days in which I'm virtually unable to function socially or at work. I no longer dread the consequences of blessed sleep-in mornings, which were my #1 trigger; I forgo setting an alarm to pre-emptively medicate and instead sustain a full, deep rest. I no longer experience chronic heartburn, queasiness, and stomach-tightness from the considerable number of analgesics required to keep my migraines at a dull roar... my gut biome is left in peace!

Keith's refreshingly thoughtful, patient, curious, and compassionate attitude towards chronic pain treatment in combination with his masterful technique and passion for ongoing study make his sessions worth their weight in gold.

10/10 recommend!

Aurora Kruk