



TERISHA TATTER CHANGED MY LIFE

Migraine headaches started for me when I was in 4th grade. Both my parents suffered and doctors said heredity was not my friend. For years I endured the pain and took daily medications. As an adult I tried to wean myself off the prescriptions and try a holistic approach. Sometimes it worked, sometimes it didn't.

My life changed when I met Terisha. She educated me on the "migraine mimicker" muscle. She demonstrated how I could massage this area myself when I had a headache or felt one coming on. What I came to understand in that 60-minute session relieved decades of suffering. While there are times when migraines still plague me, when I feel one migraine coming I simply preform the technique Terisha taught me. The majority of the time my headache eases or disappears completely.

And now for the rest of the story... my dad stopped in for a short visit last week. We only had an hour to spend together and I was sad when he told me he wasn't feeling well. When he told me he had a headache, I showed him Terisha's technique. What a funny sight to see my shy father massaging his neck in the middle of a restaurant! While massaging his neck said his headache was gone but asked,

"What happens when I stop massaging?"

I said, "hopefully your headache is gone."

After about 60-seconds, my dad stopped massaging his neck and said, "my headache is gone!" It was so fast I thought he was joking.

Instead of suffering with a headache through dinner, my dad and I had a wonderful visit. That was one week ago. Tonight my dad called to let me know he is still headache free and to please make sure I tell Terisha he's grateful.

Such is the "**Magic of Terisha.**" Her massage and willingness to share her knowledge gave me hours of my life back. Hours I spent suffering from headaches are now spent living, working, playing! Terisha gave my dad and me a wonderful dinner together.

It is without hesitation I wholeheartedly endorse Terisha as the most amazing massage therapist!

Sincerely,

Joan Arkins
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