



## Laura Berndt With Body-N-Soul Healing Testimonials

I am a lifelong migraine sufferer. My monthly migraines would put me out of commission for a good three days, making it nearly impossible to focus on the task at hand or to retain my thoughts. On one such day I was visiting Laura Berndt from Evolving Wellness. She immediately noticed and after asking a few questions, ushered me into her therapy room for a treatment session with Alpha Stim and a neck massage. I had never heard of Alpha Stim before, but truthfully, my migraine hurt so bad, I really didn't care what she did. And I have never had a massage to eliminate a migraine before. We did a 30 minute session and the results were immediate! My migraines dissolved! I was able to go about the rest of my day and be productive... and best yet... it didn't return! I am looking forward to utilizing this Alpha Stim treatment option along with an amazing neck massage next time I am beset with a migraine! It felt like she was massaging the migraine right out of my eyeball as she massaged the muscle in my neck. It was a pretty cool experience I am so thankful for Laura for recommending this treatment and I encourage anyone suffering with migraines to consider a visit with Laura for a massage and Alpha Stim treatment Kim S.