

Joy's Story



For the last eight years I have been suffering from headaches that ranged from minor to migraines. I was seeing a chiropractor who was helping to alleviate my headaches but it seemed like no matter how often I was adjusted that the headaches kept coming for no rhyme or reason. Over the last year the frequency of my headaches and the intensity of my migraines had grown, I had no energy and wasn't able to sleep through the night. I resigned myself to accepting that this was just how my life was going to be. This bothered my mom who said that at 25 I shouldn't be feeling like this. About a year and a half ago Mom started seeing Dr. Kolodjski at the recommendation of our

Chiropractor. As she started to see positive results with her overall health, and convinced that Dr. Kolodjski could help me find the other causes for my headaches, she encouraged me to make an appointment. However, despite this, I put off making an appointment until Christmas Eve of 2008.

As we went through my lab work and past medical history Dr. Kolodjski was convinced that a medication I had been taking for almost a decade was part of the problem but told me that going off of it was my choice, he was simply going to give me all of the information and the long term side effects. We also discussed running the ALCAT to look for food allergies that might trigger some of my headaches. Treating my headaches was going to be a full scale assault from several different angles to capture all of the causes.

In early January 2009 we received the results of my ALCAT. Apparently I was allergic to everything, well not exactly, due to some of the other things going on in my body I was reacting to a lot of foods in the panel. I went on a strict 30 day diet that eliminated about 80% of what I normally eat. I was discouraged, sure that I couldn't do it and that I had been asked the impossible, I referred to it as the no taste, no fun diet. With some encouragement from Mom that she would do the diet with me, we set off on a new adventure. During that month I had one migraine that was triggered from one of the foods I ate, I started sleeping through the entire night, I had more energy, I started losing weight and discovered that I liked some new foods.

It's been five months since I started seeing Dr. Kolodjski, I haven't had a migraine since we found the first food trigger, and my minor headaches have dramatically decreased as well. I am no longer on the medication that is partly to blame for my headaches, and we are working on treating the problem naturally. I am still working through my ALCAT panel results looking for other food triggers, and paying attention to how I react to new foods. I am more in tune with what is going on with my body and working to balance my diet. Working with Dr. Kolodjski has opened doors for me to talk to my co-workers, family, and friends about the Natural Health Center as they have seen the changes taking place. I'm thankful for the dedication of Dr. Kolodjski and Jan to helping people find a natural way to treat the things that life throws at us, and to my mom for pestering me until I finally made the appointment to go in.

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