

1. Tell us a little bit about yourself.

Hello, my name is Johanna Flex and I am 20 years old. I am the 2nd youngest of 9 children and currently work as a nanny to 3 girls.

2. Why did you decide to seek our services?

My dad had a stroke at the end of last year and one of his therapists recommended Dr. Chula to him. My mom then thought of me, due to the fact that I have had headaches and migraines for years. We are aware that some of it stems from the structure of my neck, but we had yet to understand the other symptoms of why I was dizzy, having a lack of energy, fuzzy brained as well as having disturbance in my field of vision from the aura that never goes away. I also did have 2 car accidents in the past 4 years that I believe gave me concussions making my preexistent symptoms worse. After reading about this type of treatment my dad and I were both very excited to try out the Deveoplemtal Vision Therapy and decided to dedicate our time, money and resources to see if we could get some relief.

3. Did you find our services helpful? How so?

I have enjoyed every day that I have had to go to the office which was 2 weeks straight. The people are kind and Dr. Chula truly cares deeply for her patients and well being. I believe the 12 days of Developmental Vision Therapy was helpful during the time. At first it was discouraging because I wasn't noticing anything, and in some cases felt like I was getting worse. But as the days wore on, I noticed my mood was better and I was more happy and energetic. I noticed I was not as overwhelmed by simple daily tasks which was huge. I even had a day when my brain felt "awake and clear." I don't know if I have ever experienced that before; especially since my brain and eyes have most likely been offline since birth or early childhood. Towards the last few days of the experiment I did notice I wasn't nearly as dizzy as usual and even was able to do a dance turn that normally would have made me feel like passing out. After the 12 consecutive days of going to the office, we were given the "light therapy" to do at home. For the last 18 days I have been doing it morning and night. I want to be honest and say that the light bothers my eyes extremely and I have trouble seeing after the 20 minutes are up in each session. I have not been noticing changes and have been getting pretty discouraged again especially since those signs of progress I was making seem to

have disappeared since I started the light therapy at home. I know Dr. Chula said that with this treatment it can take up to 3-9 months before your body catches up with all the new signals it has been given. Who knows, maybe there have been some changes here and there but they have become “easy” and so I don’t realize that they are changes. I am VERY excited to see what the next few months hold as I wait for my eyes and brain to catch on.

4. Would you recommend our services to others?

Yes, I would. Even though I am not noticing any differences, that doesn’t mean they won’t come. I think the idea behind this therapy to get all your senses working together is a brilliant idea and has been beneficial for others.