

In the October 2013 storm, I fell over a wheelchair access ramp to a townhouse, which I had not seen as it was pitch dark. I fell without holding out my arms, and hit my whole torso and it really hurt. The following days I was black and blue and very sore.

Approximately 14 days after the fall, I start to get sensory disturbances all over my body, which moved all round my body almost non-stop. A few days later I went to the doctor and told him about my fall, but the doctor thought it was migraine with aura. I have had this migraine for almost 40 years so I know it inside out, and an attack lasts approx. 20. min.

Over the next few weeks and months the following symptoms appeared:

- Extreme back pain around the neck/shoulder blades which felt like a sharp object stabbing me in the back
- Extreme dizziness
- Visual disturbances
- Tinnitus
- Muscle cramps and tension, especially in arms and legs and face/eye muscles, occasionally so bad that I could not walk due to the pain.
- Cognitive disorders: switching concepts
- Pain that felt like electric shock, especially in my feet when I had to bend down.

I went to my doctor's several times as I naturally could not live with the pain and mentioned my fall several times as a reason for the symptoms. I was sent to various examinations for everything else except whiplash and concussion.

The solution came in the summer of 2015 where 2 people had an influence:

1. A physiurgic masseur, who I told about my pain and the fall, thought it was whiplash. She said she would give me a treatment and if the effect was a good then it was because I had whiplash. After (1) treatment, I was so symptom-free that I would say I had recovered 60%.
2. After that Marianne entered the picture; she was recommended by an acquaintance.

Marianne's insight into how magnesium affects the muscles has been a saviour for me. Finally, I was free from the muscle cramps and the "electric shocks". The dietary guidance was really useful too. Eye gymnastics (vision training) that made my strained eyes fresh and relaxed again.

I would recommend Marianne's knowledge on the subject at any time. Both her insight into what Whiplash is, and because she herself has been through the whole journey herself and understands the "Limbo" that the patient is going through.

Now, 3 years later (2018) my doctor admitted that I had whiplash and an untreated concussion.

I'm pretty much symptom free, occasionally some old symptoms pop up, but now I know what to do: for example, do eye exercises if my eyes start to "jump around", or if I get muscle cramps then it is stretching and magnesium. Today I am just as agile as before.

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