



A CFT Student's Story of Healing **(Jennifer tells her story in a letter to** **Stephen A. Barish, M.T., a CFT student)**

I am 18 years old and on my way to college. Without Mr. Barish and ultimately Dr. Gillespie, I would not be where I am today. I suffered from debilitating migraines off and on throughout high school. I missed all but three days of my junior year because of them. I consulted a neurologist, a chiropractor, a dentist, and had several tests run. No one could figure out what caused the migraines. Medication didn't help and often made me feel worse.

Then, one day my dentist told my mother and me about Mr. Barish. Through CFT and massage, Mr. Barish was able to relieve his son's asthma. We thought that perhaps Mr. Barish could help me as well.

He found that my tight neck muscles restricted my brain motion and caused the migraines. Through his dedicated and caring work, I made it through my senior year of high school with only missed three days because of an unrelated case of bronchitis. Because of Mr Barish and Dr. Gillespie, I am now able to have a normal life.