

PERSONAL EXPERIENCES

Malware Removal—My Healing Journey with LENS

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I almost don't want to talk about this out loud for fear the healing magic will disappear. Neurofeedback seems like magic, the results have been so profound to me. Lately, I've been using the analogy of "malware" being removed from my body. I feel faster and more efficient inside. I came to neurofeedback very recently after an awful experience, but let me give you some background so you can understand why neurofeedback is magical to me.

I've been chronically sick for eight years with chronic fatigue syndrome / adrenal fatigue syndrome (CFS/AFS); fibromyalgia (FM); migraines averaging two to three days a week; inflammation that forced me to change careers; a 40-pound weight gain; a lot of neuroendocrine issues; hormone issues; cognitive issues; liver issues with reactions to all medications and supplements; severe tinnitus; and insomnia. It has been a continuing cascade of symptoms that have made it difficult simply to maintain my life. I just haven't been functioning for years. Previously, I was super healthy—I taught yoga and dance classes. I had a full-time career as a neuromuscular massage therapist, and was happy and social until I started having problems at age 45.

I had an episode early in March 2018 when I had a serious progesterone withdrawal that left me at the hospital with my blood pressure 199/146 (usually 112/74), and with accompanying anxiety that made me feel like I was going to explode. The anxiety was so physical. It was centered in my stomach and emanated out into my entire body.

In talking to my regular doctor on the phone that day, she didn't know what to do. She's an integrative doctor, but had run out of options for me and said maybe I should try neurofeedback. I had seen a friend the day before and she was looking extra bright-eyed and bushy-tailed. I asked her why she looked so great, she said, "LENS." I immediately called her practitioner, Dr. Robert Ray.

The anxiety continued and the drug I was taking to control it was bad too. I saw Robert the week after I went to the emergency room with the awful anxiety and blood pressure. He started me off very gently and slowly with the low energy neurofeedback system (LENS) because of my

sensitivity to all medications and my sensitivity to acupuncture.

During my fourth session with Robert, the anxiety disappeared during the treatment! As Session 5 drew closer a few days later, the anxiety was starting to bubble up again in my stomach, and again, the anxiety disappeared during Session 5. I haven't had the anxiety since. In addition, I haven't had any nausea, even during the few migraine days I had after that.

I turned a corner at Session 13 and have felt fantastic ever since. No migraines in more than eight weeks now, and I'm nearly off the progesterone, and completely off the testosterone that I've been on for seven years. I'm sleeping better, and the chronic fatigue and FM symptoms are gone. I'm working out like a regular person again! I now recover with sleep and am sleeping up to six hours at a time. Inflammation is also almost gone. I'm still working on tinnitus, sluggish liver, sleeping deeper and longer, and making sure the cortisol and other hormones are balanced.

My neurofeedback journey seems likely to take a year. I say that because the bio-identical hormones I have been taking can be stored in cells for three to six months. I need to see where it will all settle out as my neuroendocrine system gets "reset," healed, and supported with the neurofeedback. As of right now, I am nearly completely off all the hormones, but that could change depending on how much my cells have stored. My initial goal was to decrease the hormones and my pie-in-the-sky goal would be to get off them completely, so I'm already well ahead of my goal by being nearly completely off of them.

I'm excited to share the information on a treatment that actually works for CFS/AFS/FM—conditions that the conventional medical community often doesn't even recognize as valid, but so many people suffer and there is seemingly no cure and few treatments.

I didn't think I would feel so good so quickly. Robert said he tweaked the protocol about six months ago and is seeing better and quicker results with his patients. I can certainly attest to having quick results. He and I decided to focus on

my endocrine system to support my adrenals and target the hormones. It is obviously working.

I used to have one or two okay days a month. Then, in the last few years, about half of my days were okay in that I could function to a limited degree for several hours a day. Right now, I'm back to feeling good every day and having a normal life. It's such a relief to be myself again! I'm hoping it continues. I'm so excited to share something that works for an "incurable" patient like myself.

Here are the ways that LENS has impacted me and my health:

1. As of this writing I haven't had a migraine in over eight weeks, after having migraines two to three days a week for seven years.
2. Inflammation is almost completely gone.
3. No more muscle pain.
4. No more tachycardia, arrhythmia or POTS.
5. I'm completely off testosterone.
6. I'm nearly off progesterone.
7. I'm sleeping better, mostly due to eliminating the progesterone and its side effects.
8. Lots of energy during the day. No more naps.
9. I'm falling asleep well now, sleeping longer, and feeling refreshed when I wake up—with no snoring!
10. I feel good consistently every day since Sessions 13 and 14.
11. I'm better able to tolerate heat.
12. I'm more sound tolerant.
13. I can work out harder and longer.
14. No nausea in any form since Session 5.
15. Consistent decreased heart rate.
16. No more heartburn.
17. Muscles feel stretchy and good upon waking again.
18. No more skin issues.
19. Increased motivation.

I've had 20 sessions of LENS so far and have had amazing results. I am so happy with how good I feel every day. I have truly reclaimed my life. I don't have to accommodate migraines or naps in my schedule, I can commit to events, have a social life, have fun and I can have a business again. I can once again thrive because of LENS. I am so happy I have found a cure that works for me.

My remaining goals for LENS are addressing my right leg range of motion from an injury three years ago, sleeping eight hours every night, healing the tinnitus, supporting and healing my liver so I can take aspirin, ibuprofen, or any medication I may need as I age. I'm excited to see how my healing evolves and the magic that is my life continue to show up in such a beautiful way.

This is Part 1 of a two-part article. Watch for the second part in an upcoming issue to include a section from Dana's neuropsychologist, Robert Ray, PhD, LPC, LAC.



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