

Thanks Dr Julian Kenyon and the Dove Clinic, for giving me my life back.

Forget Botox or beauty therapy: for that deep-down feel-good factor, look after your health first. Dr Julian Kenyon and his Dove Clinic team can often help where orthodox medicine has failed to find an answer, treatment or cure.

I speak from experience: I have been a patient at the Clinic for more than 20 years and intend to consult them for the rest of my life. Of course, Dr Kenyon can't help me live forever, but he always seems to spot potential problems a mile off and get me back on the right track, health-wise.

I first went to Julian in the early 1980s, on the recommendation of a friend. I had been suffering 'killer' migraines for decades. They were ruining my life. Although only in my forties and at the peak of my career, I had almost decided to give up working. I could not cope.

My GP and eminent Harley Street specialists had prescribed powerful painkillers. I took them by the handful. They dulled the pain, but the migraine would never completely go away. I spent days in darkened rooms, ice packs on forehead, feeling nauseous and praying for the pain to ease ... it usually did after three days, only to return a few days later.

When I first met Julian, I was at my wits end: I could not believe that he could succeed where other doctors had failed.

It's been a long, hard slog since and 'the cure' did not come overnight. Julian diagnosed the main triggers for my migraines: a poorly-functioning liver (despite being almost teetotal all my life), and compromised immune system. He recommended a highly restrictive diet: no alcohol, sugar, wheat, dairy products, tomatoes, tea and coffee. I chucked out the painkillers too.

Dr Kenyon prescribed supplements to boost my liver function and immune system, along with detoxification drops which all his patients receive after a consultation. It took years for my migraines to disappear completely. Setbacks sometimes made me question, if I was wasting time as well as money at the Dove Clinic. Now I'm grateful I stuck it out. Aged 67, I feel fitter and happier than I did in my twenties. I'm having the time of my life and am determined to spin it out for as long as possible. With the help of Dr Julian Kenyon and the Dove team, of course!