

Testimonials from Patients

Charmaine Harrison, Regina, Saskatchewan

After developing fibromyalgia in 1991, my symptoms continued to worsen quickly. When I first saw Dr. Gokavi in the summer of 1993, my condition had deteriorated to the point that I could hardly move because of severe muscle spasms. From my first treatment with Dr. Gokavi I began to improve and eventually I was able to return to work full time. Dr. Gokavi's development of the GTT has been a wonderful addition to her treatment protocol. Without GTT I found the needling to be very painful (though helpful) and recovery from the rather arduous treatments often took quite a few days. With GTT, the efficacy of the treatment is greatly increased. The muscles are deeply relaxed and the area numbed, which substantially reduces the discomfort otherwise involved in the treatments. In addition, the GTT often leaves me energized for several days. I shudder to think what the state of my health would be without the benefits of GTT. Acupuncture helped with the relaxation and increasing my energy level. However, it is of limited value in alleviating the tightness and spasms of my muscles. Dr. Gokavi's excellent understanding of the complex workings of the body's anatomy and mechanics have given me almost an indescribable relief from pain and spasms and a considerable increase in mobility. I am so privileged to be Dr. Gokavi's patient. She is not only an innovative and gifted physician, but also a caring and compassionate woman, whose chief concern is the well being of her patients.

Darlene Erickson, Grandora, Saskatchewan

I have fibromyalgia, ulcerative colitis and ankylosing spondylitis. I first began seeing Dr. Gokavi in January of 1998 because my health was failing and all the medical treatments I had tried up to that point did not work. I was deathly afraid of needles but was so desperate for relief from the pain I'd been suffering that I was willing to try anything. Dr. Gokavi used a variation of needling techniques, acupuncture for energy, and the IMS initially and then GTT to treat me. The acupuncture did not hurt, but the IMS needling was very painful. The GTT technique made the needling pain tolerable. I anticipated the treatments with mixed emotions as they truly illustrate the meaning of "no pain, no gain." After only a couple of treatments, my colitis had settled down. I was so pleased with the success that I began treatments for my fibromyalgia. I had been plagued with aches and pains all my life but after these treatments I felt like I had been given a new lease on life. I was feeling and sleeping better. My overall health steadily improved with each treatment. The GTT removed the knots from all my muscles. I especially noticed an increased mobility in turning my head and the freedom of movement in my legs and hips. My range of motions improved so much that I was walking without pain, for the first time in six years. After several treatments I was able to play golf again and do other activities that I thought I would never be able to do again. My recovery was remarkable, my family astounded and my fibromyalgia in remission. I see Dr. Gokavi only for maintenance sessions now. Dr. Gokavi and her GTT have changed my life for the better.

Flora Lee, Saskatoon, Saskatchewan

I am a teacher in Saskatoon, for years I lived on [strong painkillers] and muscle relaxants. On the advice of my family doctor, I accessed the services of a chiropractor, a massage therapist, and a physiotherapist. All of these individuals gave me temporary relief, but it was short lived. On the advice of a trusted colleague, I made an appointment with Dr. Gokavi. She took the time to get a history of the problem and actually observe me doing typical simulated activities. After the G.T.T treatment, I felt immediate relief. Equally important as the treatment, she offered constructive suggestions to eliminate future muscle related pain. Simple things like wearing a lift in the heel of my shoe and instructing me in proper posture while sitting at the computer to help me ward off recurrence. All this, combined with her warm, caring, sensitive manner is part of the process. Thank you so much, I feel great now after just two treatments one month a part.

Judy Knoll, Saskatoon, Saskatchewan

I had only one treatment with Dr. Gokavi for help with the arthritis in my wrists which had been preventing me from enjoying my passion for golf. I have a single digit handicap. Previous to her treatment I had been unable to swing a club without experiencing pain. Since her treatment, I have had no trouble with my swing and have not had to use any painkillers. She has also helped increase the flexibility in my neck and hips. The improvement in the range of motion in my neck was amazing. Thanks to such positive results, I recommended my husband to see Dr. Gokavi for his neck and back pain. His relief has been immeasurable. We are very grateful for her help and highly recommend her method of treatment, GTT.

Bonita Harder, Saskatoon, Saskatchewan

Having Multiple Sclerosis has been very difficult for me, but because of the GTT and acupuncture treatments I receive from Dr. Gokavi I am able to get through each week easier. I have more energy and less pain after each treatment. I am truly grateful that my physician recommended Dr. Gokavi to me.

Carrie Thiel, New Zealand

Carrie Thiel is a certified Teacher with the Fight Directors, Canada. She is an actress and stunt woman whose work has been featured in television, theater, opera and ballet productions throughout Canada. Carrie was a principal sword fighting double on the Secret Adventures of Jules Verne, a stunt woman on Deep Rising and is currently working on The Lord of the Rings. She is presently working in fight/movement design - motion capture in the digital effects department. Her testimonial: I was in a car accident in May 1993, which tore the muscle tissue in the thoracic region on the left side of my spine. As I am a performer, and was enrolled in theater school at the time, I tried everything to get my back functioning again before the autumn term. I was in physiotherapy for months and sought massage therapy as well as chiropractic care throughout the summer and fall of that year. Nothing seemed to aid the muscle repair or

ease the associated pain and discomfort. I was forced to withdraw from university as I could not keep up with the physical demands of my program. When home in Saskatchewan for Christmas that year, my mother, having heard of Dr. Gokavi, was able to get me an appointment. I remembered that no massage therapist could get into the injured tissue previously. They would describe it as working on "steel rods". Dr. Gokavi's needling technique was able to get deep into the muscle and what had been hard as a rock, immediately melted under the needle. Suddenly I had a back that was supple again, that could move and twist freely. Every therapist, teacher or trainer I've ever had has told me that there are no "quick fixes", but there it was; instant relief. Of course, I had a lot of work to do to get my back up to performance standard again, but a few sessions of treatment returned my muscle function remarkably. This allowed me to seek other therapies successfully to ensure proper maintenance of the muscle tissue, to begin vigorous physical training again and ultimately to reach my professional goals.

Sita Ramanujam, Toronto, Ontario

Six years ago, I was introduced to acupuncture treatment by Dr. Gokavi. I had old sports injuries, accidents and developed arthritis. I was treated with anti-inflammatory medications by the physicians who treated me. Although these medications were helpful initially, over a period of time I could not tolerate them. I then tried the alternate treatment of acupuncture and found great relief. At a time I was in a great deal of pain and was unable to walk, a new treatment GTT was introduced by Dr. Gokavi. GTT helps me tremendously. Almost immediately I felt the muscles of the thigh, calves, back and shoulders relax and loosen up. GTT makes it much easier to tolerate the dry needling portion of the treatment. I feel quite mellow and happy after the GTT treatment and what is more important is that the effects last much longer. I am able to walk and live a normal life. I would recommend this treatment for those who suffer from chronic pain. It works. I think GTT is an innovative and effective acupuncture protocol. I have been to other acupuncture practitioners who have used other methods which were not as effective as Dr. Gokavi's protocol. I thank Dr. Gokavi for her enthusiasm and positive attitude in treating her patients. Her effervescent personality makes us forget our pain and her encouragement helps tremendously in our recovery and wellness. I wish her all the best in her practice, health and happiness.

Maria Knechtel, Toronto, Ontario

For someone with longstanding musculo-skeletal problems, who has tried virtually every available traditional and alternative therapy with varying degrees of temporary relief, Dr. Cynthia Gokavi's treatment protocols are the closest to returning the body to homeostasis and maintaining it for longer periods of time. From my first treatment in July 1995, it was refreshing to find a western-trained physician who REALLY LISTENED; who was willing to experiment and deviate from the "usual practices" of allopathic medicine and acupuncture, and to learn from her patients and other modalities in order to insure that they not only felt better, but actually improved significantly. Despite the concerted efforts by Dr. Gokavi to release the trigger points in the upper back, there always seemed to be an elusive spot that could not be accessed by the dry needling technique - a residual knot

that became the "seed" waiting for a subsequent exertion to trigger another muscle spasm, until the G.T.T. treatment. Dr. Gokavi and I discussed a new massage technique which my masseuse had brought back from France. After discussing what the massage technique appeared to do, Dr. Gokavi decided that this could be done by modifying the needle insertion and stimulating it with high frequency electrical current. This was the beginning of G.T.T. After the electrical stimulation Dr. Gokavi could actually grab a handful of the muscle on my back and lift it. She then was able to needle transversely by picking up the muscle and penetrating the deeper layers, thereby completely releasing the elusive spot mentioned above. The relief from pain, gain in strength and return to normal range of movement were phenomenal to say the least. The best, most effective and longest lasting alternative therapy I have come across is Dr. Gokavi's transverse technique, G.T.T.

Judi Leslie, Yorkton, Saskatchewan.

I have been a nurse in long term care since 1976, doing "hands-on" bedside care. Over the years, I have had many strains, sprains, tendonitis, bursitis, three elbow surgeries form tears and in 1997, I had neurosurgery done - a fusion of C5-C6 and scraping of osteophytes at C7 and C8. My shoulders and neck went into spasm and caused me pain, migraines and extreme limitation of movement. I attended physiotherapy and received laser, ultrasound and acupuncture treatments which enabled me to return to work. Six months after I returned to my old job (Nov. 1999), I fell on a cement floor and injured my left knee, hip and hit my head causing loss of consciousness for a minute or so. I had been having low back pain and my left leg just collapsed, causing me to fall. My physiotherapist treated me with every form of treatment she knew. This was managing my pain and spasm but was providing only short term relief. I was so frustrated without seeing any improvement, I was still limping, and having spasms in my left quadriceps, left gluteal muscles, knee and lower lumbar pain persisted. I was not sleeping, was not able to do anything in my house and my body was shutting down. When I was almost at the end of my rope, my physiotherapist went to take a course taught by Cynthia Gokavi. She came back and talked to the Department Head and they told me that they thought Cynthia Gokavi could help me. I phoned Cynthia immediately and had my first appointment in May 2000. I limped into Cynthia's clinic and had to go down in the medi-chair lift because I could not walk down the stairs. I could hardly sit in the chair to fill out the forms and I could not write properly because I had also developed bilateral carpal tunnel syndrome. She promised me, if the problem was musculo-skeletal I would feel at least 50% better immediately after the treatment. I was skeptical. I had seen doctors, orthopedic surgeons, neurologists, neurosurgeons and after having arthorgrams, x-rays, EMG tests, I was told "it's muscular" and medications and physiotherapy were recommended. At my first appointment, Dr. Gokavi treated me with acupuncture to energize my body and then used her G.T.T. and dry needling acupuncture technique. She worked on me until all the spasm in my quadriceps was gone. I walked up the stairs and out the door with no spasm, no pain and no limp. My second appointment was in June, a month later when I was treated on other areas of the body. After that appointment I felt wonderful! I had my third appointment on July 31, 2000 and she treated me for TMJ, carpal tunnel syndrome and lower lumbar pain. Dr. Cynthia Gokavi is a wonderful,

caring person who has the insight, intelligence, and skills to know exactly how to treat you. She has been there, is totally empathetic and treats your mind, body and spirit. I thank God that my physiotherapist knew about Cynthia and that I went to see her. I do not know where I would be right now if I had not. I urge anyone who has pain, spasm, headaches, soft tissue injuries, car accidents, chronic pain syndrome, fatigue, TMJ to go and see Cynthia. She promises to help you where other treatments have not been able to and she keeps her promises! I am now sleeping, have no spasms or pain in my quadriceps and knee and I can sit down with no back pain. I feel like a new person and twenty years younger. I am returning to work on August 31, 2000, after only three treatments. Thanks to Cynthia Gokavi and her wonderful GTT, I have my life back. She is an angel who just happens to be human - a healer who cares and I will never be able to thank her enough.

J.S., Hepburn, SK.

Dr. Gokavi began treating me initially with IMS and then with her new GTT method for scar tissue and muscular injuries caused by a car accident. I have an abnormal muscle condition which causes my muscles to knot and tighten. This reduced flexibility and shortened muscles cause a great deal of pain and disability. Dr. Gokavi's treatments keep my muscles more flexible and break up scar tissue, thereby reducing pain, inflammation and other complications. Without Dr. Gokavi's treatments, my body would be twisted due to muscle spasm and scar tissue. In addition, I would be immobilized much of the time due to agonizing pain and headaches. Dr. Gokavi's GTT method allows her to work more deeply and more efficiently. This GTT method makes the needling much less painful. She can do more work at one time as there is less pain and because she has better access to the problem areas. This means shorter and fewer treatments are needed to achieve the same results. Many medical practitioners have no idea of the pain and disability that can be caused by muscular problems. I am a university graduate with 2 degrees, an LL.B (Law) and a B.A. (Sociology). I have also done a lot of medical research on my own. I firmly believe that if I had seen Dr. Gokavi much sooner after my injury, I would not be having so many continuing problems today. Dr. Gokavi's methods work with your body by restoring natural function without causing new injuries. In comparison, the early treatment I received from physiotherapy was so aggressive that it worsened the condition of my already injured tissues and increased muscle knotting. Dr. Gokavi is able to accurately pinpoint problem areas because she looks at the body as a whole. She takes the time to consider all the physical symptoms and constantly re-assesses her patient's condition which allows her to find problems which have been previously overlooked by other medical practitioners. Dr. Gokavi continues to research new ways of helping people with muscular problems and pain by researching the physical structure of the body and developing theories of how to resolve the medical conditions that are present in her patients. Dr. Gokavi is a warm and caring person who genuinely cares about her patients and their quality of life. Her work will help a great many people who suffer needlessly. I wish every physician was like Dr. Gokavi.

Margaret Harrison, Balcarres, Saskatchewan

I developed a severe case of Plantar Fasciitis in my left foot. Massage and orthotic supports provided some relief, but I was still severely restricted in the amount of walking I could do. Since walking is very important to me as a fitness activity, I decided to see Dr. Gokavi for treatment. I was amazed at the relief I experienced with the first treatment. Immediately after the G.T.T. treatment, I was able to wriggle my previously totally rigid toes on my left foot. I could stand and walk on tip-toes without pain and after much coaxing I agreed to put weight on my heels as I grasped the table for support. I could not believe the mobility that had returned to my foot as I was now able to rock from heel to toe without discomfort. Perhaps the most significant and immediate improvement was to my sense of balance. This had been most worrisome to me as I was in my late sixties and a fall could have resulted in serious repercussions. A restored sense of balance also allayed fears of more serious health problems. I received one follow-up treatment a month later. Since then I am able to walk briskly and with confidence, with only occasional twinges of pain which are quickly resolved with rest. This problem was treated almost one and a half years ago.