

Harmony and Kim,

There are so many wonderful things to say about you two! You changed my life dramatically! It started when I ran into Susan Forrest, my friend who previously worked with me in another business.

Susan looked more fabulous than normal, and I asked, "What have you been doing?"

Susan said, "I work in Heaven."

I said, "I need Heaven."

I was working in a very stressful job and thought it was the reason I had been tired for what seemed like a year. I kept working out at the gym, and was actually gaining weight. I went to my doctor for my annual gynecological appointment; my doctor suggested having some blood work done. The results, severely anemic, which she said is very hard on the heart, and she found I was hypothyroid, both reasons I had been so tired and unable to lose weight. My doctor immediately wanted me to schedule an appointment with an endocrinologist. I said, let me try it my way first, and if my way doesn't work, I will schedule an endocrinologist appointment. She said to come back for another blood draw in a month.

My doctor asked me, "What is your way?" I explained that my friend, Susan, told me about acupuncturists, Kim and Harmony, at Integrative Acupuncture in Delray Beach.

I scheduled an appointment and first met Harmony, who was like an angel. Harmony spent almost two hours with me

learning everything about my health from birth to date, and really listened.

Harmony immediately knew I was anemic just by looking my tongue. She put a plan in place for my health, and one that would fit me financially. Another reason they are so wonderful, they are all about helping people become healthy no matter what your financial situation.

I have always feared needles. Never in a million years did I think I would ever go to an acupuncturist for that reason. Kim and Harmony are so gentle, I never feel a thing.

I am happy to say, I lost 28 lbs. And, in less than 4 months from my first blood draw, my re-draw results were no longer anemic and my levels no longer showing hypothyroid. I had my energy back!

Kim and Harmony have taught me much healthier eating habits to maintain good health!

In June my high school class had a 50th anniversary celebration and some of my classmates wanted to know what I was doing? I passed on Kim and Harmony's names and their website. I've introduced many of my friends, for various reasons. And, all of them thank me for introducing them to Kim and Harmony, every single time I see them!

I love you Ladies!! If you want to feel really healthy and experience, Heaven on Earth you must schedule an appointment with Kim and Harmony at Integrative Acupuncture!

Cathy H. - Lake Worth, FL