

*Dear Harmony, Kim and Staff,*

*I just wanted to say you have changed my behavior and enriched my life. Here's my story for those who think acupuncture is a myth.*

*I am a very active women teetering on 50. I over trained for every sport I've done, including running, tennis, softball, volleyball and bowling. I ate really bad and was always in pain. I also had major girlie problems and sinus issues. Yes, I was a mess! I had tennis elbow for two years and was continually getting cortisone shots. I was at a point where I couldn't even shake someone's hand. I went to the doctor, got a MRI and another shot of cortisone. The doctor told me to stop playing for 3 months or have surgery. What's worse than surgery?*

*I play tennis with a woman who had gone to Integrative Acupuncture for heel pain and she recommended I go see them.*

*Well! I thought, "What in God's name can they do for me? I can't afford this type of treatment." But, I am so glad I went!*

*They put me on a payment plan so I could afford the treatment. And, one year later I am pain free. I play tennis three times a week. I ran a marathon and have lost 20 pounds, which I have kept off. Physiologically, I don't know how it works ... it just does!*

*Those skeptics need to listen up. If you are in pain, if you feel like dog doo, if you have any kind of physical or emotional problems then acupuncture is for you.*

*You cannot find a more professional caring place where they want you to be healthy. I can't say enough good things about Integrative Acupuncture. Please don't wait, go see them today!*

*Kim and Harmony, thanks for all you do! I can't express how you have changed my lifestyle and my thinking! I love you guys.*

*Sincerely,*

*Donna*

*Delray Beach, FL*