

*There are no words to describe how appreciative I am to have met Kim and Harmony. Approximately four months ago, I was talking to my best friend's daughter, Danielle, who is employed at Integrative Acupuncture (IA). She explained the processes and I decided to make an appointment regardless of my skepticism.*

*In addition to the fact that I was not sleeping through the night, I had undergone gastric bypass surgery in 2006. I had then needed two additional operations; one to remove my gallbladder and hernia and the other to untwist my intestines. I was on death's bed.*

*After all these surgeries, I developed a "bacterial infection" that struck monthly. This "infection" caused me to vomit, have temperature, chills, and excruciating diarrhea that lasted three full days. I would lose nine and a half pounds from being sick and even had to call out of work sick. I had no energy and felt barely alive.*

*My vitamin D, calcium, potassium, and iron levels were depleted immensely as a result of these attacks. I knew something was very wrong. I also knew that something had to change as the surgeons and physicians were not picking up on the cause. They would give me antibiotics that would only make it worse. They would do testing that solved nothing.*

*After my initial consultation at IA, I noticed I was sleeping through the night and becoming more relaxed. After one month, I was at a friend's dinner party and I started feeling as if I was getting the attack again. This time it was different. I had minor diarrhea and bearable back pain. It lasted a half a day **without** the other symptoms. I could not believe what I was going through.*

*I am the biggest skeptic and figured anything is worth trying though never believed it would be Acupuncture and Chinese Medicine that would save me.*

*I have become a calmer, happier, healthier, and a more energetic person. My vitamin levels are back to normal and my mind is at ease like I have never known. I have gotten my life back. I have answers now, including the fact that I did not have a bacterial infection but was lacking essential probiotics and minerals.*

*Due to the knowledge and care that Kim, Harmony and Zdenka, I no longer suffer. I am writing this letter after four months of treatment and have not suffered even lightly in three months.*

*I could never thank these women enough, nor give them the credit they deserve through words. All I can say is thank you, from the bottom of my heart, for this new lease on life and wellness. You have been my saviors and what you have done for me will never go unforgotten.*

*I have and will continue to recommend patients to Integrative Acupuncture. All of my co-workers and friends see the difference in me. My primary care physician has even asked for their number. The women behind the medicine are the reasons I am feeling this way today. I am their number one fan!*

*With Love Always,*

*Ilana S.  
Delray Beach, FL*