

When I first came to Integrative Acupuncture, I was at the lowest point in my life. I was on multiple medications to deal with depression and stress, and felt it necessary to take as many as four Benadryl a night just to get to sleep. I was completely stressed out and pretty much “broken” due to my overwhelming responsibilities at work. Worst of all, it had taken a toll on my stomach and digestion ... issues that were at times debilitating.

I had gone to numerous doctors, the first being my primary care physician, who first prescribed the anti-anxiety and anti-depressants, but also discovered blood in my stool which warranted a referral to the gastroenterologist. That’s when the testing began. I endured a colonoscopy, an endoscopy and a stomach biopsy.

Though relieved the results discovered everything was normal, I was left wondering why I was still experiencing such pain and abnormal sensations.

I was referred to my gynecologist, who performed two ultrasounds to search for possible cysts or developing ovarian cysts, and still nothing. I finally got an abdominal CT-Scan and though I was hopeful we would finally find the culprit, again, nothing was found.

I decided we ruled out as much as we could and just went on living with the pain, indigestion and emotional sadness (despite the multiple medications I was on).

As I mentioned, this was the lowest point in my life. I found myself in a job I loathed purely because of the stress it brought me and my depression was unbearable. I was so sad all the time. Most weekends I spent hibernating, but during one weekend in February, I actually decided to attend a festival with friends and that’s when I stumbled upon the women at Integrative Acupuncture.

I cannot begin to express how thankful I am for that day. I’ve been a patient for eight months and my life has changed in so many positive ways.

At my first consultation I remember most of our time was spent focusing on how stressed out I was and I cried more than I should

admit, but the one thing I will never forget is that I actually said I felt like I no longer had any goals. This was all coming out of the mouth of a previously driven, ambitious, energetic young woman. I had passion, but that had all gotten lost in this weird fogginess of stress, depression and anxiety.

We began the treatments immediately. I started to become hopeful the very first day when I came home and was so calm and cool, that my puppy, normally spastic, just sat next to me in a blissful calm.

I went on an elimination program which would weed out my food allergies and sensitivities and eventually my pain and indigestion.

During that time I learned to eat in a clean and pure way that my stomach and emotions absolutely responded to. It was like I had a new lease on life. It made me feel so good to eat and know that my body and mind were impacted in such a positive way and I began to feel more like myself.

My work problems did not go away, but as Harmony and Kim would say, "We can't take away your stress, but we can help you deal with it in a much better way."

And it was true. Today, I'm virtually pain free and I no longer have the digestion issues I used to. Even better, I'm no longer facing the same depression I experienced just eight short months ago. In writing this, I really forced myself to remember who "that girl" was. And in a way I feel really sad for her.

But the good news is she's no longer here. My priorities have shifted and I am filled with goals and hopes and dreams – of being a mother, finding the dream job that I know is within reach and being the upbeat, friendly, loving and energetic woman I know I truly am.

I'll leave you with this ...

Integrative Acupuncture changed my life when I needed it the most. I am pill free and quit my job to pursue one of my goals, living life to the fullest in my favorite city in the world, Austin, Texas.

*I cannot thank Harmony and Kim enough for who I again get to be.
Thank you so much, I wish I could pack you up and take you with me.
I will always appreciate everything you've done for me.*

*Krista F.
Austin, Texas*