

*Dear Kim,*

*How can I begin to express my feelings about how my life and health have changed since I started coming to Integrative Acupuncture? I am so grateful for the changes in my health that I wanted to share my story. Please feel free to post this on your website.*

*I believe in a preventive-organic lifestyle and have followed this for most of my adult life. I have massages, do yoga and walk regularly. I had never tried acupuncture and didn't really think it would make much of a difference to my health. Truth be told, I didn't really know that much about acupuncture and was never really that curious about it.*

*Out of the blue I developed a problem with my thyroid, which made me look like I swallowed a tennis ball. After enduring blood tests and an ultrasound, the doctors determined it was a liquid mass and recommended I have it aspirated, but warned that it would probably come back. I ignored it and it went away only to return as promised six months later. About that time, I met a friend whose boss started going to Integrative Acupuncture and raved about the results. This friend was also considering starting a program there and I eagerly awaited her comments.*

*It must be fate because this friend also raved about her experience and really encouraged me to make an appointment. I didn't really expect much but felt that it couldn't hurt and was eager to try something new. I went for my consultation and was so impressed at the interest taken in my overall health and my normal habits and what changes I could make. I had my first treatment, and to be perfectly honest, I was a little disappointed. Some of the points were really uncomfortable (which I didn't expect) and it is difficult for me to stay still and relax for more than five minutes. I did enjoy the heated table and soothing music and this allowed me to relax somewhat and finish the treatment.*

*When the treatment was over I wasn't sure I wanted to continue but I had made a commitment to four sessions to monitor my progress and see how my body reacted to the acupuncture. About an hour and a half after this first treatment I was taking my normal walk and felt my neck (as I do out of habit) and I couldn't feel the swelling. I thought it was odd but finished the walk. When I returned home and looked in the mirror my neck looked totally normal. I couldn't believe this could*

*happen only two hours after one treatment.*

*Needless to say, I returned for the other sessions and now have a treatment once a week which I plan to do forever. My neck has remained normal and my digestion has improved dramatically. Had I known acupuncture could be this effective, I would have saved myself a lot of doctor's visits, ultrasounds and unnecessary money and worry.*

*Everyone in the office really cares about me and I feel happy the minute I walk in the door. I have even begun to cherish the quiet time during the treatment. A few of the points are still a little sensitive but I know those are the places where I need the most help. I swear I know which point fixed my neck! I encourage anyone who wants to improve their overall health or any particular aspect of it, to make an appointment at Integrative Acupuncture immediately – you won't regret it!*

Cherie R., Boynton Beach, FL