

*"I was always interested in exploring acupuncture but was afraid of needles. I didn't understand exactly what it entailed and therefore kept putting it off. My husband and I had been trying to have a baby for several months and had begun the in-vitro fertilization process. The process itself was extremely stressful and truly made me feel both physically and emotionally ill. I felt anxious and depressed that we'd been unsuccessful in getting pregnant on our own. I was at my wits end and needed to get my body, mind and soul in balance if I was ever going to get through this process of in-vitro.*

*My fertility doctor recommended that I try acupuncture while he was treating me. I was referred to Integrative Acupuncture by two of my closest girlfriends that had been treated. On my initial visit I met with Kim and felt immediately like I found someone who could help me. It was explained to me that the acupuncture treatments were not only going to treat my current ailments but also help to be proactive in preventing feeling poorly in the future.*

*Boy where do I start?*

*As far as fertility treatments go, acupuncture was able to keep me of sound mind by relaxing me. Kim was also able to treat me in getting pregnant. Kim's acupuncture treatments along with the help of fertility drugs were able to help me produce multiple healthy embryos. Kim and Harmony always helped me to keep a positive outlook on getting pregnant and never let me give up trying. Their acupuncture treatments and recommendations of leading a healthy lifestyle were the key to the success of my pregnancy.*

*In August of 2008, during an acupuncture treatment, just when I was about to give up on having my own biological child, I received a call from my doctor's office with the BEST news of my entire life - "My pregnancy test was positive!!!" I celebrated with both Kim and Harmony. We cried and rejoiced for being blessed with this gift.*

***I COULD NOT HAVE CONCEIVED WITHOUT THE HELP OF BOTH KIM AND HARMONY.***

*Both the acupuncture treatments and incredible friendships that I developed with Kim and Harmony were imperative to help me through the most difficult experience in my life.*

*Fertility issues were not the only thing that acupuncture helped me with. I have battled anxiety for many years and found that with the*

*treatments I was able to be more calm, centered and relaxed. My husband noticed the changes in my anxiety as well and was delighted by the results of the acupuncture treatments. After treatments I was able to think more clearly and live the life that I always dreamed of free of worry, resentment and guilt.*

*Kim and Harmony have treated me for asthma, allergies, headaches, back aches, vertigo and the common cold. It's incredible that I was able to work on all of these illnesses without taking prescription drugs. I feel empowered that with acupuncture I'm able to work with my body in order to feel healthy again. I no longer worry about what to do when I'm not feeling well, I simply worry that Kim and Harmony have time in their schedules to fit me in and make me feel whole again. Kim and Harmony are and will always be my angels."*

*- K.G., Fort Lauderdale, FL*