

*"By the time I was introduced to Harmony and Kim at Integrative Acupuncture I had gone through a long, long time of suffering — going through years of the same tests over and over leaving me with no hope of ever feeling better. I went through waves of despair and almost was ready to "settle" with the possibility of going through the rest of my life without a healthy mind or body. Everyday I had pain from my rib cage down to my lower abdomen, cramping, bloating, tenderness, I was tired all the time and I was depressed. I also had a hard time concentrating, had feelings of rage for no reason; my emotions were up and down.*

*As I sat with Harmony at our first consultation she asked me questions about how I was feeling, mentally and physically. I broke down and cried as I explained to her what I had been going through for so long. She was so comforting, so understanding I felt like I could trust her immediately. I had finally found someone to actually listen to me, understand me and validate my feelings and symptoms.*

*Fast forward 4 months ... I am a different person, inside and out! Both Harmony and Kim have taught me so much about myself, and how to treat ME. Harmony structured a plan of action that remains "dead-on." It's all working ... all melding together and my body and mind are once again working as they should be. I do not have the abdominal pain I once had, the black shroud around me is gone, and no longer do I go through a roller coaster of emotions. I am much more productive at work, and much more patient with my loved ones.*

*I can't thank the two of you enough for coming into my life. You have truly made me a healthier and happier person."*

- Barb G., Lake Worth, FL