

*"After seeing multiple doctor's, specialists, and even a few trips to the Emergency room over bladder infections that quickly developed into Urinary Tract Infections, I had almost lost hope that anything could be done. EVERY medical professional I saw threw their hands up and said, 'you're just prone to them' and would inevitably write me a prescription for another antibiotic as quickly as they could get me out the door.*

*In the back of my mind I knew there had to be something more to it. A young woman in her early 20s is not meant to carry around pills in every purse, carry-on, and workbag for fear of getting another infection at any moment.*

*When I came to Integrative Acupuncture I was looking to just keep the symptoms of horrible pain at bay; Kim and Harmony changed my expectations quickly. They believed, the way I did, that something more is going on in my body, and we should approach this from a whole-health aspect, not a "fix-the-symptom" aspect. Through regular acupuncture, herbs, and a proper understanding of my diet, I have been UTI free for six months, which is the longest I've gone in years!!! Not only have I been symptom free, my whole health is stronger. I used to get very tired, napping when I could; stress headaches, excessive sweating, and horrible periods. I believed that everyone felt that way - we all get tired, rundown, busy. But all of these went away as part of my whole healing process with Kim and Harmony. I'm glad I have learned at a young age how to feel healthy!*

*I look forward to visiting Integrative Acupuncture as I always feel I'm entering a calm healing place. Kim and Harmony have such a kind, compassionate manner about them, and have both played a vital role in helping me reclaim my body."*

*- L.G., Delray Beach, FL*