

June 26, 2009

Dear Meselech,

I want to thank you for the compassionate and knowledgeable care you have provided to me since April. As you know, I am starting with a variety of health challenges, from the polycystic ovary syndrome and associated weight and hormonal problems, as well as chronic back pain and depression. During the course of our treatments, I have found many wonderful benefits, including:

- Improvement in the regulation of my menstrual cycle
- Less pain
- Stress reduction
- Mood improvement

In particular, I also want to point out how beneficial I have found acupuncture in treating my symptoms of coming off anti-depressants. I have been on Zoloft for over 7 years, and have suffered a host of negative effects of that drug that outweighed any initial benefit. I have tried to go off it twice before, but the withdrawal effects were too severe. This time I was successful, and I feel great physically and emotionally. I know the acupuncture has played a big role in that.

I really appreciate the way in which you treat a patient as a whole person, and not a collection of ailments and laboratory results as I have experienced so often in the past with other healing modalities. You've asked questions that no doctor has ever asked and made connections between the different problems I have had and made your treatment decisions based on all of this information. Since this is my first experience with TCM, I found this really incredible. I also really appreciate being treated as a partner in healing and as an expert in my own body. It's very empowering.

A few years ago, I couldn't even get a shot without hyperventilating. If you had told me that one day I would not only willingly have needles put in me but that I would pay money for it and find it incredibly calming and healing, I would have thought you were insane. But you see the proof every week!

I am feeling better all the time, and I know that our work together is a big part of that.

Thanks again!

  
Caryn