

I started to go to "Wellness Natural Health Centre" about 14 years ago.

I was going through a very stressful time in my life and started to experience muscle twitching in my hands and my legs. Thinking the worse of course added to my stress level. I went to my family doctor who did not ask any questions about my lifestyle or the events in my life but did suggest a neurological test, which did not find anything unusual. Not satisfied I looked for alternative help and saw an ad in a local paper for "Wellness Natural Health Centre".

During the first visit Susan asked many questions about my lifestyle and my diet and recommended changes and supplements as well as reflexology treatments and energy balancing. The muscle twitching soon left only to come back very occasionally when I am fatigued and stressed.

More recently, I experienced two major gallbladder attacks.

The first came shortly after my 40<sup>th</sup> birthday. With Susan's recommendations, I made more changes to my diet (I am not a well-disciplined client and constantly slip into bad eating habits, although I have made many improvements over the years) and took homeopathic drops that were recommended by Susan. The gallbladder episodes lessened although I kept the surgery option always open.

Fours years later, I experienced another major attack and went to the hospital with my husband after which I booked an appointment with a surgeon. But at the same time I improved my diet and took the drops that Susan recommended.

Again, the episodes improved until there was no discomfort at all after eating and I cancelled my surgery two weeks before the surgery was booked. I was reluctant to have the surgery because I like to think the gall bladder is there for a reason, and because of the possible side effects.

At present I am having no problems with my gall bladder and do not have a restrictive diet. I still like to have butter on my toast and eat ice cream.

At present I am seeing Susan for regular appointments for energy balancing, stress relief, massage and supplements to improve my overall health. Personally, I believe that seeing Susan has helped my body to deal with the everyday stress, which I know, could lead to more serious diseases.

Regina L.