

Dear Denice,

I just wanted to let you know how much I appreciate all that you have done for me. As you know I have struggled on a daily basis trying to make sense of my personal life stresses. I was a consistent worrier, incapable of making decisions quickly & constantly in fear of making the wrong choice. After years of seeing a cognitive behavioral specialist, I still wasn't getting much relief. I actually hated my sessions because I had to constantly bring up my painful past. I started to feel more isolated than ever. I even started to push away the people I loved the most. Feelings of being unworthy, negative & helpless plagued my life daily. I felt like my life was spiraling out of control & there was nothing I could do to stop it. I was having two or more panic attacks a day & feeling anxious & exhausted all the time. I remember screaming one day to nobody in particular, "PLEASE!! THERE HAS GOT TO BE SOMEBODY THAT CAN HELP ME! I CAN'T GO ON LIKE THIS ANYMORE!" Then I cried for hours. Well, the universe was listening. Two weeks later you were in front of me explaining what it is you do. I have never heard of Kinesiology, or an Apothecary Metaphysiologist before. But I was grasping at straws & willing to try anything at that point. You gave me your business card & that night I checked out your website. I was so amazed, impressed, & curious that I called you to set up a consultation to check it out for myself. Do you know that you informed me of your findings (what my body was telling you) within the first 15 minutes? It took over a year to get to that point in my regular psychotherapy sessions. I was sold.....

Now, I have such a brighter outlook on life. I feel more positive, more energy, and more in tune with who I am. And I am a great person. I feel I am worthy, I can tell others how I feel & make decisions without being scared all the time. Just the change in my perspective, that there *is* beauty in everything made such a huge difference. My fear of change is now replaced with enthusiasm and anticipation of what wonderful new experience I will have from it. Knowing you has made such a deep positive impact on my life. Thank You. Thank You for giving me my life back.

Sincerely,

Racheal