

I am a 44 year old female, mother of two, and have been married for 19 years. I came to Karen after a really hard year. We had lost someone very special in our family, I had been sick a lot that year and no longer had any creative energy to do anything. My annual physical showed that I was fine but my passion for life was slipping away every day.

I felt like everything shifted to the left internally and I no longer had any sense of balance within myself. Karen's techniques were new to me and being a very analytical person, had to contemplate what was happening to me. The results were amazing! After my first session with her, I felt like I was alive again; full of joy and ready to embrace life. She helped me reconnect internally and I began to feel like myself. I have been going to see Karen sporadically, over the last two years. She has helped me overcome some very destructive family influences that have plagued me since childhood.

I have gained new skills and have been able to identify and change the negative patterns in my life. I have been able hold boundaries against others' destructive influences no matter what power position they might possess. My health is wonderful; I rarely get sick anymore. My energy level has returned and my creativity is exploding with ideas.

My husband and family have noticed the change in me; I laugh a lot more. What I tell people about Karen is that "she does the strangest stuff that works better than anything else I have ever seen." Counseling and drugs may help you stay in a maintenance mode. Karen can help your body heal itself. I think everyone should see her since I have never met anyone that doesn't have something that they struggle with in their life. Thanks to Karen and her treatments, I have a healthier, balanced, and positive life.