

I have known Karen for about 6+ years now, and she has always proven to be able to relieve my ailments and illness. This last year, in particular, was the most testing for me though, in all aspects of physicality, mentality, and spirituality, and Karen helped me come full circle in recovery.

For many complex reasons and variables, I was stricken ill and admitted into a hospital during school. When discharged, doctors then diagnosed me, within a brief observation period, a debilitating mental illness, and prescribed me strong prescriptions which kept me incapacitated.

I had seen Karen shortly after being discharged, and we had found that the drugs prescribed were highly responsible for the imbalances, and that I was remarkably, according to a professional counselor, misdiagnosed. I stopped taking the pharmaceuticals, and she started me on supplements and homeopathics.

Within 2 months of the incident, I was healthy enough to enroll back in school, and over the duration of the semester, I gained my esteem, and was back to myself again. And not only that, I finished with one of the highest GPA's I've gotten since being in college! But besides academic performance this last semester, I had a complete spiritual reformation, where I've re-evaluated what I'd like to see in my future. Being misdiagnosed with a "mental illness" was definitely not my most defining circumstance, but certainly my most refining of all trials. It re-routed my direction in school, my degree, and my pursuit of happiness, and put me exactly where I need to be. I'm now actively pursuing a B.A. in Music therapy as a foundation to perhaps even further studying more holistics, like homeopathy. As negative as the experience was, I believe I can actively use it to better psychology, and to help others tormented by various illnesses. But these perspectives couldn't have materialized without her well rounded therapies in all aspects of emotional and physical health.

I could entrust Karen with just about everything, and it's assuring her therapies aren't a 'magic-bullet' fix. She taught me that one should never self victimize themselves by their diagnosis. This is the first thing that allopathic medicine does to make patients dependent on pharmaceuticals, and that's what happened to me. Instead, everyone is independent enough to heal themselves, with the right beliefs, supplements and care, and this is by far a more enlightening outlook vs. an unwholesome dependence on pharmaceuticals.

K.Q.