

This is a "letter" that Judy G wrote to be put in her medical file.

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I have been under the care of Karen Lacy at Alternative choices for over 3 years. I have learned to see malfunctions in the body in a different way, and don't believe in just treating the symptoms any longer.

I first went to her at the suggestion of a friend, because I was experiencing nearly uncontrollable anxiety after going through numerous traumas in a very short amount of time. Through the various computer - assisted scans and other measurements, Karen was able to identify the source of the anxiety and as of a few months ago, I feel nearly completely healed, *all without anti-depressants*. ( I keep a small amount of Xanax handy for sudden anxiety, but it is the lowest dosage and I always cut it in half. I usually only take this prior to a speaking engagement because I am still not comfortable in that environment, but even that has improved tremendously.)

I have learned that ancient Chinese medicine recognized that physical ailments (aside from external forces like car accidents and falls) are manifestations of emotional trauma. For example, when I first went to her, the scan revealed that my lungs were a concern, along with my breast tissue. She explained that my body was reacting to two very traumatic incidents, only 3 weeks apart. The first was the sudden loss of my mother at the age of only 79, due to a massive stroke. The second was my son nearly losing his leg in a navy training accident where he was serving as the search and rescue swimmer.

She explained that the lungs were mirroring the "shock" factor and the breast tissue was reflecting the feeling of major "loss." Both losing my mother and also my son's life as we had known it were complete shocks to my system, followed by the sense of tremendous loss. I accepted homeopathic formulas to repair and support the emotional trauma. The next scan revealed that both the lung and breast tissue were back in the "normal" range and no longer a concern. She used the example of Christopher Reeve's wife dying from lung cancer, but had never smoked. The shock of Christopher Reeves being paralyzed from the fall from the horse and then his unexpected death years later were shocks to her system that she was not equipped to handle.

Over the past 3 years various organs have shown up on the scan as being elevated and of concern, and without exception, we have been able to track the trauma, release it and with the proper homeopathic support, reverse and repair the damage. Unchecked any number of past traumas could have resulted in various cancers or other forms of malfunction.

I have not been on any "western" medicine (except for two different bio-identical hormones) since I have been using her therapies. I have not been on antibiotics nor have I needed them. When I feel like I am "coming down" with something I usually increase my dose of "Lymph RX" which boosts my lymphatic system, and within a few hours I usually am back to feeling fine.

Due to the 100% success rate of my therapies with Karen, I have complete confidence that her approach works. I have declined mammograms and other traditional diagnostic tests because I believe the various

scans that she performs are deeper, more accurate and less expensive than what we have come to rely on in our culture.

I understand that a certain amount of monitoring needs to be documented for me to continue to be prescribed the hormones, and am happy to comply, to a certain extent.

Recently I had shoulder surgery (to repair a ruptured bicep tendon and at least 3 other shredded tendons, plus a bone spur, most likely due to mis-use, over-use and falls over the past decade or so). The pre-op consultation resulted in NOT A SINGLE test, once they saw my blood pressure, heart rate and blood oxygen level, which were exceptionally good. After surgery, per Karen's information, I started taking a "connective tissue" formula and I applied something called "scar heal" and the physical therapist and my surgeon have been very impressed with my healing, and have both asked me what I was doing differently from their other patients.

For the reasons listed above (and dozens of others) I am not in favor of mammography's or pap smears or even blood work at this time. Through the deep emotional work and homeopathic approach with Karen, I no longer get cold sores, face break-outs, need to urinate frequently (that was a wild one!) and no longer suffer from numerous other annoying maladies. I sleep like I have not slept since my teens and my energy is usually off the charts.

I don't know how it works and I don't care. I just know that it does, and if something is "wrong" with me medically, I will be alerted through one of the various scans. I only see her about one a month to refill various formulas, and I will probably request a scan at least quarterly to be sure everything is working as it should. I am more in tune with my body than I have ever been and do not hesitate to seek this therapy when I feel like ANYTHING is out of whack, either emotionally or physically. But then, they are actually the same thing.