

Dear Dr. Silverman,

I came to Dr. Silverman through a friend's referral. Since he had successfully helped a friend of mine I felt compelled to seek his assistance. I was experiencing severe pain and swelling in my elbows, knees, ankles and glands. In addition, I also had debilitating headaches and stomach pains and cramping. Some weekends the headaches would be so painful that I would have to lie down in a cool, dark, quiet place for hours. The pain left me unable to go about my normal activities that I enjoyed like the gym, softball, swimming and even walking on the boardwalk. I eventually would come home from work and immediately go to sleep. After a couple of months I had to cut out almost all activity and would literally sleep 18 hours a day on the weekend because I was exhausted, listless and lacked any kind of energy. No matter how I altered my diet I was still swollen, achy and tired. I became afraid to eat anything for fear of getting sick and would just drink water and other fluids for a day or two at a time.

After going to a number of specialists from endocrinologists to neurologists to nutritionists I was given a variety of medicines that did not help the symptoms I had. I was told that I ate too many carbohydrates and that's why I was feeling ill, I needed to take migraine medicine, I should exercise an hour everyday and finally that what I was feeling was simply just in my mind and had no physical basis. Each doctor took more and more blood tests and still no tangible and helpful results were found. Desperate to feel better and sick of being ill, I tried a number of popular diets in the hopes of curing my symptoms. This was not successful and the pain and exhaustion persisted. Some medical professionals even said that it was stress related and that if I did yoga my pain would go away. This too I tried and it did not cure my symptoms. After each doctor visit that did not help me I would come home and cry because the pain was so bad. It was only through Dr. Silverman's testing that I came to learn I have a wheat and dairy allergy. Upon learning of this news and changing my diet with his guidance I am now pain free. It's been 2 years since my first visit and I have not had any joint pain, stomach issues or headaches since.

I am now able to go to workout at the gym, swim and enjoy activities that at one time I could not. I maintain a wheat/gluten and dairy free diet and have never felt better.

It is hard to imagine that after going to many top specialists in their fields and having extensive blood work that none of them had a clue as to what was wrong with me. Dr. Silverman was able to figure out what was wrong with me on the first visit. He explained to me that most people with my symptoms usually have more complicated things that need to be corrected, but in my case it appeared to be nothing more than a severe reaction to certain foods. I can't imagine how my life would be if I hadn't found this doctor!

Sincerely,

Beth Jackson