

Dear Dr. Silverman,

I'm writing this in appreciation of you.

I knew of you for many years, but waited until I was in such dire straits in August, 2006 to call for an appointment. I have been involved in the natural health field since 1978, and everything I knew was not working for me. Countless amounts of people have consulted with me over the years, seeking information on natural remedies and nutritional guidance. I consider myself to have a great deal of expertise and knowledge in the field of nutrition and in natural approaches to heal the body. Because I am in the alternative health field I have had exposure to countless amounts of alternative and complementary health practitioners.

Since alternative medicine was no longer working for me, I had no choice but to seek out traditional medical care. The conventional doctors I was seeing said my blood tests were great and nothing was wrong. Why was I burning up with pain - every joint and muscle on fire? I couldn't live my life like this and was in extreme discomfort on a daily basis. I couldn't accept this level of pain. It would be impossible to go through my daily routine like this.

I remember leaving your office after my first appointment thinking how unusual the experience was and that I would give it 3 months. With your nutritional guidance, kinesiology muscle testing and immense array of remedies I got amazing results in 10 days! As each month passed, the more "problems" which were handled, the more metals and sources of them that were removed, the more foods I dropped which tested problematic for me, the more I healed and the stronger I've become.

I have been exposed to many practitioners over the years that do some form of muscle testing or kinesiology. I have never had it done at the level and precision that you do it with. Utilizing your incredible knowledge base, vast array of remedies, your insight, intuition and experience, you were able to bring me to a level of health that I did not think possible. Although I only see you two or three times a year, I no longer fear pain, knowing that you can instantly make me better.

Now in 2009, my entire system is different. I fight off viruses and allergic reactions successfully, I have energy and sound sleep and I don't have to diet. And most of all I don't suffer with pain. You have changed my life!

Words cannot express the respect and gratitude I hold for you.

Sincerely,

Lauren Grossman
Value Nutrition
Bethpage, NY 11714