

*I was 38 years old when I became very sick. Prior to that, I was in good health, although looking back, I guess I had gotten “used to” being tired most of the time and suffering from migraine headaches. One Monday morning, after feeling sick with almost flu-like symptoms over the weekend, my legs felt too weak to get me down the stairs. I was also extremely dizzy and had pain in my neck and back. My husband took me to the first of many doctors who performed numerous tests on me. I saw neurologists, internists, cardiologists and an ear nose and throat specialist; in addition my husband took me to the emergency room twice as I was so sick. I had blood tests done, CAT scans, MRIs, vestibular testing, and wore a heart monitor for several days. All test results and x-rays came back negative. My husband was happy about this but I wasn’t; I wanted an answer; an explanation as to why I was so sick. This went on for months. My headaches became extremely painful and constant; nothing relieved them. I was unable to move my head much due to severe pain in my neck. I had no appetite and was nauseous and dizzy most of the time. The worst part of all this was not knowing what was wrong with me; no one could give me any answers although I believe that the doctors I saw did try to help me to the best of their ability. I was worried that I would never feel well again and that I would get even worse.*

*I began to read articles about homeopathy and other natural medical treatments. I was feeling so ill at that point that, even though I am a cynical person and was not sure that I “believed in all of that”, I felt I had nothing to lose. When I read about Dr. Silverman, it seemed as if he treated most of the symptoms I was suffering from. I made the appointment, but I would have to say that I was not hopeful he would be able to help me; I thought that it would be just another doctor’s visit. At this point I had been sick for eight months.*

*The day of my appointment I was very sick; my husband took me to Dr. Silverman’s office. I had so many symptoms at that point that I filled up an entire page just to describe them. I had a constant, severe headache, pain in my neck that was so bad I had to move my entire body to turn my head, pain on the entire left side of my body, dizziness and light-headedness, pain in my stomach, weakness throughout my body, and exhaustion. I had chest pain and heart palpitations. It hurt when I swallowed, my ears hurt and I would alternate between feeling very cold and feeling as if I had a fever. I also had an almost constant ache on my right side (liver). I had also suffered from Bells Palsy a few years earlier and there was some concern that I might have chronic Lyme disease. Dr. Silverman spent a long time with me, about an hour. He listened carefully as I described my illness and symptoms. He tested me using kinesiology (muscle resistance testing) and showed me where my weaknesses were. I had many areas of my body that were affected and he explained the significance of each weakness. I finally felt that someone understood my problem and was able to see exactly what was wrong with me. It was the first time in a very long time that I felt any hope of recovery. It was weird that I could be so sick and have seen so many doctors and here was this one doctor that seemed so sure he could fix me. It didn’t seem like a big deal to him and I didn’t really understand his certainty. He initially only gave me one supplement to take and told me to come back in two days. He also tested me for various food groups, my own supplements and told me what to stop taking and which foods to avoid.*

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*On the way home, my husband and I spoke in the car. He had been in the office with me as Dr. Silverman treated me and he was very impressed with him. I asked my husband, do you think this supplement can really help me when I'm so sick? My husband said, I think you are going to get better. He was right. I went back to see Dr. Silverman and over time he continued to treat me and to strengthen my system with various detox remedies and supplements. He even came to my house to check me for reactions to common household items. In my bedroom I had absolutely no strength; every muscle in my body was weak. In other rooms in my house I was strong. He isolated a piece of furniture from my bedroom that was out-gassing and contributing to my illness. I immediately removed that item and could instantly feel the difference in muscle strength upon his testing.*

*Dr. Silverman was the only doctor who was able to tell me what was wrong with me; he also told me he would help me to get well. I not only feel well but I have more energy than before I got sick. I am now working full time and have resumed all of my normal activities. All of my symptoms are gone, the headaches, neck pain, dizziness, chest pain, palpitations, stomach pain, etc. I now feel like a normal person and feel comfortable knowing there is someone around who can always help me.*

*I continue to see Dr. Silverman to maintain my good health. He has also educated me about proper nutrition and about avoiding foods and substances that weaken my immune system. Now if I get a headache, or don't feel well, I can usually relate it to eating something that day that wasn't good for me. I feel fortunate that he is my doctor.*

*Sincerely,*

*Ellen Mueller*