

7/01/10

My first visit was March 17 with Dr Debbie with issues of dark and ill of thoughts - hopelessness. My general doctor wanted to get me on some type of narcotic medication that I could not bring myself into taking as addiction of substance additions were in my family background. I could bring myself to go down that road. Dr. Debbie has brought an alternative solution to my health needs. I wanted to try a drug prescription drug-free solution and Dr. Debbie was highly suggested. Went with symptoms of hopelessness - being unworthy - useless - to the extend of ~~thinking~~ thoughts of suicide as I wasn't ~~not~~ worthy of this life.

Today, July 1, - two and a half months later. It is from night to day things in the bright sunlight! My personality is more upbeat with more smiling and enjoying life. ~~to talk~~ I talk more and engage more in conversation and do not instantly get on defensive with others at a drop of a hat. My husband notice I am happier and not wanting to pick a fight all the time. My friends notice me smiling more and having a healthier

outlook on this. My coworkers no longer walk around to the other side of room when I enter a room.

I am losing weight, eating healthier with more choices than I thought I had. I am not having to make major changes but working with Dr. Debbie it is with gradual changes to each visit that makes you look to the next step as each step I have taken with her has shown so much different in my life. I have more energy - mental & physical - my sex life has also been a big improvement that husband is enjoying as well as myself.

The number one thing that has made me keep coming for Dr. Debbie's program's assistance is "NO Prescription Drugs"! I was so scared of being dependent of something that only made me better if I was in a foggy state of mind. With the vitamins and essential oils with Dr. Debbie's program it is for the spirit of the body and soul to heal with in oneself and not to self medicate!

Doc Biss 7/1/10