

## **The Center for Natural & Integrative Medicine**

**A.Y.**

**08/01/2006**

May 6, 2005 I was brought to the Emergency Room due to blood pressure of 190/104. I was admitted in the hospital the same day and 2 more admissions after that (May 28 and June 3, 2005) for the same reasons. On May 28, 2005, I had a BP of 220/130 and was brought to the hospital via ambulance. Many tests were performed in the hospital including a treadmill stress test, echocardiogram, a nuclear stress test, MRA of renal arteries, and an angiogram of the abdomen with renal run off. All test results came out negative. I was discharged with essential hypertension diagnosis. I was given diuretics and I lost 14 lbs. in a few days. I became very sick. I had bad reactions to the different medications prescribed to me. Ten different kinds of blood pressure medications were tried. I was practically bed ridden for 7 months, with no energy, and suffering from a lot of symptoms. I heard about hormone saliva testing so I had it done in August 2005. The results showed that I have abnormal rhythm of cortical hormone (stress hormone). I showed the results to different doctors, including an endocrinologist, whom my primary care doctor referred me to. I was so disappointed that no one came up with any intervention.

In November 2005, I received the Orlando Magazine in the mail, which had a publication on best doctors. I saw the information on Dr. Kalidas so I made an appointment right away, unfortunately the first opening wasn't until December 7, 2005. Once I saw him I was relieved that he had an understanding of what was going on with my health. He knew the significance of my hormone saliva test results. He started me right away on Ashwaghandha capsules and did more tests. December 20, 2005 I saw my primary care doctor and she noticed my big improvement. She said, "that's' the was to go, natural when nothing else works." The test results showed that I had heavy metal toxicity. Chelation was started January 19, 2006 and after the third chelation therapy I felt much better. I was able to go back to work in February 2006.

I have been through a lot of trials and challenges in life but this was the first tie that I got scared. I got scared because I felt I was literally dying and no one could tell me what was wrong with me. I didn't loose hope and trust, and continued to pray. My family and friends also continued to pray for my recovery. I thank god for the positive answer. God led me to Dr. Kalidas who also believe in prayers and has the answers to my health condition.

Now, I have my energy and am back to my daily activities. I thank God for my caring family and friends, Dr. Kalidas and his staff.