

The Center for Natural & Integrative Medicine

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"I am a 42-year-old business executive suffering from mild stomach/intestinal issues with accompanied bouts of facial sores and lesions. The facial sores would range in areas and would take long periods of time to heal. I was plagued with this for nearly a decade. I had countless visits with varying family physicians and internal medicine physicians. Most visits revolved around my facial flare-ups and treatment was usually antibiotics either oral or topical-sometimes both. Each flare-up was extremely upsetting to me as it was embarrassing, compromised my work relations, severely influenced my confidence, and left me with an overall feeling of helplessness.

I continued to press the physicians I was seeing. Eventually, I was referred to a dermatologist. The dermatologist initially suggested it was Rosacea (a facial skin condition), but bouts continued despite targeted treatments. While still experiencing a new facial lesion approximately one every three months, antibiotics were a common treatment. They ran a battery of blood tests ruling out autoimmune and sexually transmitted diseases. The dermatologist soon told me that I was "just prone to skin infections". I switched dermatologist searching for someone to diagnose me so I could overcome this-my flare-ups were becoming emotionally compromising and difficult to hide. A new dermatologist referred me to a prominent regional teaching institution for evaluation, more testing, and even biopsies were conducted on my facial lesions. However, all results were negative. In what seemed like an act of desperation, the dermatologist referred me to Dr. Kalidas' practice. The dermatologist said-"you need to be prepared to pay for this yourself without insurance/financial assistant". I agreed-because I too felt desperate.

It was noticeably different with Dr. Kalidas from the beginning. He spent an hour with me on the initial office visit; something no physician in the past decade has ever done. He listened so intently. I felt relieved just to share all I had been through. He took detailed notes and offered his viewpoints along the way. I was skeptical though-I was now paying cash to a physician that probably would be no better at solving my problems than the previous decade worth of office visits. Dr. Kalidas said he wanted to conduct a series of tests to obtain a comprehensive view, so he could isolate my problems. I was again skeptical-and the financial burden made it difficult. I pleaded with Dr. Kalidas to conduct each test, one by one, to save money and rule things out as we go. He insisted on the comprehensive approach. I succumbed, as I desperately wanted to be on a path for healing as quickly as possible. I was at the end of my rope on this. I remember he promised me he would have my issues solved before Christmas. I didn't believe him. However, I did quickly and diligently participate in all the various tests.

When my tests results came back, Dr. Kalidas sat with me and reviewed them in detail. One of the tests detected a low cortisol level. I also had some toxicity issues. I was placed on supplements from Dr. Kalidas' office to cleanse my

intestinal system and to restore appropriate cortisol production. Within months-I was symptom free!!! I couldn't believe it. This was life changing for me! No facial lesions, no intestinal cramping, no issues! It was a mini-miracle for me. I am so grateful to have been referred to Dr. Kalidas. **His approach is calming and reassuring, his diagnostic investigation is diligent and comprehensive, and his expertise is simply invaluable. This is how visiting a physician should feel."**