

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

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"I have struggled with my health for many years. I was diagnosed with depression in 2000 and even with counseling and drug intervention, I still struggled with constant fatigue. I felt like I did not have the energy to participate in life. After my children began treatment at The Center for Natural & Integrative Medicine, I decided to see if they could help me with my depression. I was started on a regimen of neurotransmitter support and some vitamin imbalances were identified and addressed. I returned 6 weeks later. Dr. Kalidas was shocked that I was not feeling any better. We sat down and discussed my entire medical history. The body aches, the occasional skin rashes, the mental fog, the long list of orthopedic struggles, the unexplained but thoroughly investigated chest pain, the tendonitis, the bursitis, the hair loss, and the hormonal imbalances etc.. This laundry list of medical issues we had named "Julie Factor" because it seemed like I had one problem after another. Dr. Kalidas put the whole history together and saw the possibility that these were all related. He ran new tests and discovered that I have Chronic Lyme Disease. Strangely, this diagnosis was a gift of hope. I was so relieved to know that I had one illness not many seemingly unrelated struggles. I did not have to live in fear of what would be wrong next. While treatment for Chronic Lyme Disease is a long difficult battle, I am making great progress. I will no longer be limited by my lack of energy or pain. I know that Dr. Kalidas has not only saved my health, he has given me back my life.

My daughter has always been recognized as a very bright child and yet she was struggling in school. She was a very poor reader and didn't seem to understand basic explanations of new concepts. She often seemed at a loss as to what she was supposed to be doing. We tried various therapies and interventions and made some progress but could never understand why a child this bright struggled in so many areas. Finally our quest for answers brought us to The Center for Natural & Integrative Medicine. Dr. Kalidas saw her struggles as symptoms of a bigger issue. He uncovered the cause of these symptoms. She had high levels of lead in her system and some minor food allergies. Now that these health issues have been addressed, I have a daughter who can be anything she wants to be. Her academic performance is much better. She is not only catching up to her grade level, but she is excelling. She can complete her homework with ease. She no longer has tutors and therapies after school but has art club and soccer practice. Her "learning disabilities" are cured. She is now a confident child who has no limits on the future she chooses. She truly can be anything she wants to be.

When we discovered that my daughter and I both had lead toxicity, we decided to have my son evaluated at The Center for Natural & Integrative Medicine. He was a great student and top academic performer. However, he was a child who struggled to adapt to change. He could not adjust to anything unplanned. Much energy was spent on keeping his world as predictable and planned as possible. Emotionally he was either happy or furious, and when he became furious he would shut down and withdraw. After being treated, he is now a very well

adjusted child. When something unexpected or upsetting occurs, we see him experience appropriate emotion and then move forward. He can keep life's challenges in perspective and deal with them in a positive manner. He has become more spontaneous. While he is still academically gifted, he commented to me that it is "amazing how easy it is to remember stuff now". we have also noticed a change on the athletic field. He has always been very athletic and competitive. It seems like his scope of vision has expanded as he can see the play develop and quickly adjust to the challenges."