

The Center for Natural & Integrative Medicine

K.O.

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"As a last resort, I had brought my young son to see Dr. Kalidas a few years back. He was seeing a psychiatrist, he was threatening suicide, and he was on heavy medication (either Zoloft or Paxil). Dr. Kalidas did wonders with him. Within a few weeks I had my son back! So it was no surprise that when my health started to spin out of control I went to see him myself.

My health took a turn south when I herniated a disk in my lower back, then I started having horrible pains in my lower back and hips, then arms, neck, feet, hands, etc. My teeth started to move as well. I was given several steroid injections in my back which while it eased the pain temporarily, I developed serious spasms at all hours of the day (worse at night). I was hospitalized suddenly for internal bleeding caused by ischemic cholangitis, which affected my stomach terribly. I was hospitalized again for severe pain all over my body, low blood pressure, high white blood count, the doctors couldn't find anything conclusive.

I started seeing a Gastro Interologist, a Rheumatologist, a Pain Specialist, a Chiropractor, and my General Practitioner. The Gastro Interologist and the Rheumatologist gave me so many medications to take, on top of what the hospital sent me home with for pain management. My hair was falling out in chunks, I couldn't sleep, I was having muscle spasms, and my family was very worried. I was stressed out, crying a lot, and very upset about losing my hair.

I went to see Dr. Kalidas in March 2007 and I told him that I had been diagnosed with Fibromyalgia, Ankylosing Spondylitis, Ischemic Cholangitis, Arthritis, etc. I was spending a fortune in time and money and I still wasn't well. Dr. Kalidas did several tests to help us get our arms around the problem. He did a food allergy test, hormone tests, etc. He put me on several natural supplements and helped me to understand my food sensitivities. We changed my diet, and made tremendous progress in just a few months. I continue to improve daily and I feel like I'm now equipped to manage my health. I have my life back, my family back, and ME back!"