

My name is Cheryl, and I'd like to share with you my experience with acupuncture. I am a retired school teacher. I spent 35 years teaching, and 18 years attending school. I carried my purse and numerous "very heavy book bags" on my left shoulder for most of those years. I ended up with tendonitis and bursitis in my left shoulder. I began seeing a doctor for this condition about 20 years ago. I was told to exercise and take ibuprofen. As recently as 5 months ago, I saw a shoulder surgeon. I was assured there was nothing seriously wrong, but I should exercise and take ibuprofen. My massage therapist had listened to me complain about this condition for 3 years. She finally convinced me to see an acupuncturist, Sylvia Sadira. I have completed 9 visits with Sylvia. After the first visit, the pain in my shoulder was gone. I repeat, GONE. Not really "believing" in acupuncture, I thought the pain would come back. It has now been two months, and I remain pain free in my shoulder. In addition, I am sleeping at night without taking sleep aids, and my blood pressure is beginning to come down. I would recommend acupuncture and Sylvia, in particular, without reservation. Acupuncture will remain a part of my health regimen for the remainder of my life.