

After years of dealing with lower back pain and premenopausal symptoms, I KNOW, I have finally found a solution and treatment.

I have been a very active person for the past 15 years, running, lifting weights, martial arts and a lot of cardio. For the past 10 years I have gone through a cycles of throwing my lower back out and nursing it back over the course of 3 or 4 months, start working out again and repeat the cycle. This last time I hurt my back I couldn't even stand up straight and had shooting pain down my legs.

I have had physical therapy; MRI's and met with my doctor, no results. Because I have had experiences with acupuncture in the past, finding some relief, I decided to try it again.

From the moment I started working with Dr. Sadira I knew that she was working with the "total" me, not just isolating treatment to my lower back. I felt an amazing amount of trust with her. She spent time with me, finding out my physical, emotional and spiritual situation. I have never felt rushed. I think it is important for any doctor to get to know the patient, ask questions, and investigate that individual's situation.

After 3 acupuncture treatments I was standing up straight and the pain was eliminated, for the most part. It has been the most relaxing and beneficial treatment I have ever experienced.

I am also experiencing great results for my years of pre-menopausal symptoms with acupuncture and Chinese herbs, which up until coming to Dr. Sadira, NOTHING had helped. I thought I just had to suffer with it. After one month I noticed my symptoms starting to dissipate. I, now, no longer have night sweats, my complexion is clearing up and my moodiness has calmed.

Like I said, I have had acupuncture before, but I have never worked with such a knowledgeable, experienced and dedicated professional Like Dr. Sadira. I will remain a patient of hers, if nothing less, on a monthly maintenance basis

Cindy Greco, Bradenton, Florida

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