

# Free At Last

*The following is a patient's testimonial, printed with his permission:*

Free from pain.

Free from eyeglasses.

Free from high blood pressure.

Free from being overweight.

Six months ago, if you had asked me to try “going natural” in my healing for my ongoing illnesses of high blood pressure, being overweight, and having daily attacks of gout, my eyes would have rolled back and said “yea, right!”

But it all took a turn when, while on a family vacation in July of 2007, I had another major gout attack and could not walk due to the swelling of my knees and feet. After years of (*what seemed like*) daily doctor's office visits, taking all kinds of medication and visits to have my knees drained every two months, I needed to find help for my illnesses which had caused me problems in my everyday life.

A close friend advised me about a Natural Healing Center in Willow Street that could possibly help me.

I did it. I called and made an appointment to see if I could be helped.

One of the first things we did at my first visit was to talk about my issues and what results I wanted to see happen. I was advised I need to keep an open mind and must be committed to what I needed to do. I am sure people out there understand the pain of gout and so did Dr. Milena Safran. After giving Dr. Safran my family history of medical issues and my personal health issues, she said was sure she could help me as long as I was committed and followed all of her advice. She has changed my lifestyle in the way I do things. She has changed my eating habits and style and the way I look at my daily food intake.

In the past four months I have had a major weight loss. I have no need to use my eyeglasses due to my vision being improved, no gout attacks and my blood pressure is normal. I have followed all of Milena's advice and only use what she has given me to take - all natural items. I do not take any meds from my family doctor that used to make me sick at times. Milena has changed my life and I thank her for that. I am free at last. Free from gout, free of eyeglasses, free of high blood pressure, free of being overweight. I tell everyone about Milena when they ask how I feel and about how I look and feel.

I recommend Dr. Safran to anyone seeking help.

*Dr. Safran can be reached at the Natural Healing Center, (717) 519-6797  
and appointments scheduled Monday – Saturday during the day and early evening hours.*