

Getting My Life Back

A Client's Testimonial

My life has always been about caring for other people - my children, friends and elderly family members.

Almost 20 years ago, I was diagnosed with Chronic Fatigue Syndrome / Epstein-Barre Virus. I was forced into closing my preschool, which was my passion for 21 years. I was too sick to do what I loved. The virus had taken its toll on my immune system. I have continuously been sick since that time. I was given sleeping pills to go to sleep and anti-depressants to wake up. I wasn't depressed, my body was worn out. I had bronchitis several times each year, a constant cough, pneumonia and sheer exhaustion. Then came menopause, more pills to make it through the day.

Five years ago, I was hospitalized with severe asthma, allergies, esophagal damage from acid reflux and pneumonia. Six months later I had stomach surgery for silent GERD, Fundoplication. Nine months later, I had back surgery, a degenerated disc and leakage from another disc. Seven days after surgery, I was rushed to the hospital with a violent bacterial infection. In the ambulance, I saw lights flashing and people were saying "I can't find a pulse. She's not here!" I sincerely thought I would not make it through that night.

Oh, I didn't mention that during this time I was diagnosed with Rheumatoid Arthritis. I woke up one morning and I couldn't move. I thought I had Polio. I could not get out of bed, my hands and feet were swollen, and every joint in my body was hurting.

My husband and children were very concerned about my health.

My children began searching for an answer. After looking for about a year, they found Milena. I had a consultation with Milena. Then she put a health plan together for me. Nutrition, exercise and the correct supplements have made a difference in my health and certainly my future. Through Milena's guidance, I have totally eliminated two of three pills that I have been taking just to sleep. Very slowly I will be able to eliminate the third sleeping pill. After 20 years of sleeping pills, that is serious progress. Wow! I am dreaming at night, which I have not done in years, and I am waking up at a normal time feeling energetic and refreshed. By the way, I was also diagnosed with sleep apnea, no Delta sleep and put on a CPAP machine. No machine to sleep anymore and very soon – no sleeping pills.

Thanks to Milena, I am finding a balance in my life. My health is better than it has been in many years.

Thanks to my children for caring enough to search for someone with the knowledge to help me live a healthy life. Milena has a sincere desire to help others balance their lives and live in harmony, incorporating individual programs for overall quality of life.