

# No More Pain

## A Patient's Testimonial

For several weeks at night, the pain in my right hand was so severe that I could not sleep. I would sit on the couch in pain, moaning and weeping due to the fact that I could no longer sleep.

This in turn led to days where I could not function. It was a time of frustration because I felt that I could no longer sleep normally.

A friend of mine recommended Dr. Safran. At this point I was so desperate for help that, even though I was unfamiliar with complementary medicine, I decided that I would see her.

When I first met Dr. Safran, she spent over two hours talking with me and finding out about my personal history: physical, emotional and mental. She was very understanding and patient in listening to my history and by taking the time to learn about my life history, I was able to give her a whole picture.

Dr. Safran gave me her food recommendations - what to eat, what to drink, and what to avoid.

I came back to Dr. Safran for a follow-up visit after a month and I can say that I felt a little better. As time went on I felt a change. The pain was subsiding.

Lately we were able to look at the food to avoid and I found that eliminating tomatoes helped me tremendously. At one point I was visiting my brother in New York. I ate a few tomatoes and the same pain returned.

Through a change in my diet and herbal remedies, I am now completely pain-free. I can sleep through the night and never had the pain again.

I am truly indebted to Dr. Safran for my health!

*Dr. Milena Safran was born in Moscow, and immigrated to Israel in 1991 at the age of 22. Milena studied at the Reidman International College for Complementary Medicine and then transferred to the Tsabar College of Natural Medicine, both in Jerusalem, Israel. Completing her course of study Summa Cum Laude and her residency, she was granted her degree as a Doctor of Naturopathic Medicine. Milena's doctoral thesis, entitled Interactions between Vitamins, Minerals, Amino Acids and Prescription Medications, is now being used as a textbook for future Naturopathic doctors.*

*Milena immigrated four years ago for the second time in her life to Lancaster with her husband and then 4 year old daughter. They now reside in Willow Street, five miles south of Lancaster, where Milena has her private clinic.*