

## Sciatica

My name is Kathy Allison-Shields & I'd like to tell you about my experience with a *very special* 'Alternative Health Care Professional' who came to me very highly recommended. Her name is Justine Vo.

Justine's mission is to help people recover from various health conditions and maintain overall good health and weight. Using her training in nutrition, acupuncture, massage, osteopathy and reflexology she's known to integrate these treatments according to each client's specific needs, to achieve optimum results!

My health has just recently changed over the last few months. I have been feeling very tired & weak. I had a complete lack of energy!! It has gradually gotten worse to the point that there have been days that I was unable to go to work & other days that I had to leave work to go home to bed.

To further add to my health problems, I woke up one morning & could barely walk due to my sciatica problem. I had pain in my lower back that went down into my leg, a condition that is very painful.

I am so grateful that I was able to get an appointment to see Justine the next day, as just walking was very painful and I could not stand up straight!! Justine did a reflexology assessment on me first. Here she is able to determine what is happening inside my body. She then treated me for my sciatica. This treatment consisted of acupuncture followed by a specialized massage, a very effective treatment that produces amazing results!!

I cannot believe the difference that I felt instantly – I could walk without the pain and stand up straight!! **It's truly remarkable that only one treatment can take care of such a painful condition.** So many people suffer from sciatica – *what a gift it would be for all sciatica sufferers to be able to experience Justine's healing hands!!*

I have also taken the nutrition and weight management class where Justine teaches how very important it is to be aware of the fact that what you put in your body is precisely responsible for how your body will perform for you!! Her education makes perfect sense once you hear it. I look forward to applying what I learned to reach my goal of overall good health and weight control.

Justine – you have a very special gift and I'm very grateful to be one of the many lucky people to have experienced it. Thank you!!

Kathy Allison-Shields  
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