

## TESTIMONIAL – POOR CIRCULATION AND PSORIASIS

I have had the good fortune of being referred to Justine Vo, acupuncturist, osteopath, reflexologist, massologist and nutritionist, by a friend whose daughter had amazing results with a condition they had been struggling with for years. Although the symptoms I was experiencing were quite different from my friend's daughter I felt I had nothing to lose by going for a consultation with Justine.

I went to see her because for about 4 years I have felt that the left side of my body felt heavier, less flexible and swollen even though it did not appear so. At yearly physicals it was always a concern of mine and I would be sent for tests although clinical tests could not find anything wrong, I always had a nagging feeling that something was not right.

Justine examined my feet and she immediately told me that my left side was severely blocked. I was amazed and happy that someone finally knew what I was talking about. She then continued to go on describing other minor ailments which I had felt for many years and like most of us, learn to deal with them.

I had a bump on my foot and asked her to be gentle around that area because that was a very sensitive spot. A doctor had told me it was a soft tissue problem and there wasn't anything that they could do. She said that it was also caused by a blockage and that she would massage it that day. I was so impressed with her diagnosis that I booked an appointment for the very next day. To my surprise, when I awoke the next day the bump on my foot was gone and hasn't returned since.

The next day I went for my treatment which was acupuncture and massage therapy. When she was finished I immediately felt more flexibility and lightness on my left side. I was amazed. I went for a few more treatments and nutrition counseling and am now feeling so much better.

The other bonus I got out of Justine's treatment is that my psoriasis is clearing up. I no longer have to use the steroid creams that usually help subside the itching. I now feel energetic every day. I believe this improvement was due to the right diet and lifestyle, the right and potent natural supplements combined with the acupuncture/massage treatments which improve the flow of energy throughout your body which helps bring the nutrients into your system. This way your immune system will gradually strengthen to combat immune disorder illnesses and others.

Even though I no longer need to visit Justine for the conditions I described earlier I have every intention of visiting her every now and then because her massage makes me feel totally relaxed and uplifted.

Justine is an integrative alternative health care practitioner whose only desire is to help her patients regain and maintain good health.

Justine, thanks for helping me achieve that.

Susan Tomotsugu

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