

March 2016

Dear Stephen,

I wanted to drop you a line to say how much better I feel. From the wreck you first saw in November last year to March I have improved in leaps and bounds. Not only did you listen to (and most importantly believe) my laundry list of seemingly unconnected symptoms, but for the first in a very long time I felt I had finally found someone who truly wanted to see me well.

I had been investigated for Hypothyroidism, Hashimoto's Thyroiditis, Addison's disease, Inflammatory bowel disease, Crohn's disease, Systemic lupus erythematosus, Fibromyalgia, Chronic Fatigue Syndrome, Endometriosis, Anaemia, Metabolic Syndrome, Mental health issues, Early On-set Dementia... the list was endless and left me feeling like a hypochondriac, as the diagnosis of quite why I felt so poorly eluded everyone. There was one underlying issue that everyone recognised: I was chronically fatigued. There were days/weeks that I wondered if I had indeed made it all up in my head!

I don't mind telling you (and I think you could tell) that I had given up hope of ever feeling like myself ever again. Several – some eminent - consultants and 'experts' in all manner of disciplines couldn't get to the bottom of my symptoms. In fact, the longer the symptoms continued and the worse they became the more I felt myself forgetting who I even was before I was ill. The future looked bleak. Especially when I barely had enough energy to get my head off the pillow after 14 hours of sleep!

I found the testing very enlightening. I had heard words such as 'leaky gut' 'Candida' 'Epstein-Barr virus' 'Lymes disease' 'mercury oxidisation' 'heavy toxin load' and such bandied about the internet, and hadn't known if or how I should go about having tests for them and literally within minutes I knew what I could rule out and what were the true underlying issues with my body!

Not only that, but we began formulating a slow, carefully implemented plan for my recovery and that gave me real hope.

Along with the herbal medicines and tinctures you suggested, supplements - vitamin B12 drops and folate in the form my body could readily utilize, I also had my DNA profiled and discovered that my methylation pathways were only working at 20% efficiency making my need for methylcobalamin B12 and L-5 methyltetrahydrofolate vast. The combination of therapy you provided has worked!!

Now my energy levels are vastly improved. My brain fog has lifted, even my poor memory has improved to the point where I can remember a short list of grocery items and the list of ailments improves daily.

You don't realize just how important your health is until it is taken away from you. It's a very scary thing and I thank you for listening, understanding and helping me to regain the wellness that had been stripped from me.

In short, you gave me back my quality of life.

I have recommended you to everyone who has lost hope. After all, I'm living proof of how effective you are!

Every best wish,
M. B.