

" I called Karen in desperation, hoping she could help me rein in my lifelong leg pain. One of my earliest memories is at the family dinner table pleading to my mom that my legs hurt. She brushed it off announcing, "It's just growing pains." So, the rest of my life I oscillated between accepting and suffering through the pain to vowing I'd find the root of it!

For the next 50 years, I saw various doctors, from an orthopedic doctor that diagnosed Restless Leg Syndrome and gave me a prescription for Neurontin, to a neurologist who ordered an MRI to rule out a tethered spinal cord, to another who advised me "to stretch."

All this lead me eventually to Karen. Within minutes, Karen sorted out my troublesome eating habits. She believed that my leg pain was most likely caused by inflammation due to something(s) I was eating. She also advised me to work on decreasing sugar, increasing green vegetables to half of my meal, increasing water to 7 glasses/day, and decreasing dairy, gluten and pork. The most amazing discovery was during a detox I found out that raw tomatoes, a night shade vegetable, caused immediate leg pain! What a revelation – I can't even eat lettuce that has touched a raw tomato.

Other welcomed benefits of Karen's counseling included increased and consistent energy level, elimination of chronic constipation, decreased anxiety and, in general, a more grounded physical, mental and emotional well-being.

Karen was so much more than what I expected. Not only did she decrease my leg pain which no other health professional for 50 years had accomplished, she helped me resolve many other lifelong health conditions that I had no idea were caused by my eating habits. Who knew? Karen did!"

~ D. G.