

“I’ve experimented with various diets, exercising at home, group sessions, personal trainers, even tried Nutri-System and Weight Watchers. All of them did help shed some pounds, but I still felt rushed, anxious and ‘not so great’....

I randomly came across Karen’s website while googling acupuncture and Reiki—my next attempt in trying to better myself, emotionally and spiritually. Her website really caught my attention. What she offered went way beyond what I was initially looking for, but I was intrigued and kept going back to it. I finally made the call. We spoke and learned a little more about each other. It was a great conversation and I just knew I had to meet with her.

My first appointment with Karen was amazing, overwhelming and exciting! Karen is a warm and welcoming person; she made me feel right at home and comfortable instantly. It was quickly apparent to me that she is very passionate about health and nutrition and extremely devoted to her clients. Her knowledge of nutrition was way beyond my expectations and her matter-of-fact, tell-it-like-it-is personality was appreciated. I truly admire her honesty, which was in any situation we discussed. I never left a meeting feeling misdirected, influenced into doing something I didn’t want or BSed. Every meeting was well thought out by both of us and we made good use of the time together. It is a two-way street, you get what you put into it and I always left our sessions with new tips, better direction and greater focus on the big picture.

Over the course of three months, Karen was my teacher, therapist, spiritual guide and the realist. She taught me how to eat better and make better choices not only with food, but circumstances we face in any given day. Taking time for me, focusing on the present and changing my diet to a more natural and organic nature has done wonders for me. Of course, I lost weight, but it goes way beyond that for me. I feel good! I’m not tired, fatigued or bloated all the time. My skin tone is better than it was in my teenage years (I’m almost 50); my nails and hair are healthier, shiny and growing like crazy. I am more relaxed and not so anxious all the time. This is HUGE for me! Learning to let go a bit and not put so much pressure on myself is key to a calm and clear mind. Learning to take time out for you is #1. My thyroid medicine has been reduced 3 times since making healthier choices, hoping to get off the medication. I no longer have to use

my C-PAP machine for my sleep apnea—no more snoring! Karen has suggested many good reads and relaxation techniques as well. We just introduced Reiki to my wellness journey.

As we wrapped our last session a few weeks ago, it was bitter sweet. But I know it is not the end. If you are open to letting go of your ego and 'not so good habits/ thoughts,' Karen will be by your side every step of the way. You will not be disappointed and you will feel better.”

~K.M.T.