

July 30th, 2007

To whom it may concern,

Just a few words to let you know how much I appreciate the help I received from Ingrid to deal with one of my health problems occurred not long ago.

I'm almost 15 weeks pregnant now and have had severe morning sickness started around week 7. The nausea and vomiting feeling struck me all day long and nighttime queasiness was particularly unpleasant because it kept me from falling asleep and even woke me up. I have tried several ways to subside the uncomfortable feeling such as vitamin B6, crackers, and ginger ale, but nothing really worked for me. I was extremely exhausted at that time because I could barely eat during the day nor sleep through the night due to frequent vomiting and nausea.

The situation changed after receiving the treatment from Ingrid. She helped me stay away from this awful feeling with acupuncture treatments. For instance, after her sixth acupuncture treatments in three weeks period, the vomiting stopped and the nausea became more manageable and infrequent. Moreover, Ingrid is a very wonderful practitioner as well as an excellent listener. She was able to provide me with good sound advices on diet along with other practical tips. Her expertise has greatly helped me.

I am very thankful for and impressed with the level of care, attention and skills that I received during my treatments with Ingrid. I will definitely recommend Ingrid to anyone who is in need.

Best regards,

A handwritten signature in cursive script that reads "Linda K." The signature is written in black ink and is positioned above the printed name "Linda K.".

Linda K.