

February 2008 is a special time to me.

Because I felt so ill & wondered what was happening to me, a friend suggested I visit Tamara at Harmony Health. This was the most important decision I made.

At my first visit with Tamara, I learnt I was having a Nervous-mental breakdown (who me - that's for other people, I can't be that ill!) and so began my journey of understanding, accepting & realizing I was NERVOUS.

My symptoms ranged from Depression, Anxiety, fear, nausea, weight loss, no confidence, couldn't handle stress or crowds or shopping centres, no confidence to drive by myself and cry - I cried buckets of tears.

Over the period of 2 years, with Tamara's help, compassion, medications, knowledge & Love (and some much needed hugs & tissues!) I am now much healthier & happier.

Most of the symptoms have gone & only resurface if I overdo things & my body reminds me to ease up, rest & recover, which I do. My health has improved so much when I can now handle shopping on my own, have more confidence in life, driving on my own, have put some weight on & only an occasional bout of nausea, & the crying has almost gone. I still have bouts of being stressed, but now know how to cope with it.

Tamara was always only a phone call away when I needed help. I dread to think of the outcome had I not made that one very important call to Tamara at Harmony Health in February 2008.

The words "THANK YOU" don't sound adequate, but Tamara knows those words & gratitude are from my heart.

A visit to see Tamara is well worthwhile & could save your life too.

Thank you my special friend,

VALERIE