

December 2005

### My Story

It was last March when I first met Dr. Turner. I had read about him several years ago in a newspaper article. I wasn't sure what to expect. I knew he promoted treatments outside "normal" medicine and as a nurse, I was a little unsure he could help me. But then, I had become more than desperate.

You see, I hadn't been able to work for more than 10 years. I'd been diagnosed as being Bi-Polar in 1995 and suffered chronic major depression since then. I made 4 suicide attempts early in the disease process and had become a recluse. In addition, I had gained weight until I reached 377 pounds. My weight had destroyed both knees. I had total joint replacements in 2003, but still couldn't walk without a cane and then for only short distances. I couldn't push a vacuum cleaner. When I tried to make beds or wash dishes it would take all day because I had to sit down to rest so much.

I was **always** out of breath, **always** tired even after my necessary daytime nap. I couldn't think clearly and the effort to try was just too much. My life had stopped I just hadn't died yet. I could go on telling you all the things I had stopped being able to do but I think you get the picture. I hated myself for being this way and I felt helpless to do anything about it. This is how it was when I saw Dr. Turner for the first time.

My husband took a day off from work to take me to the appointment. I couldn't believe how much time the Doctor spent with me. He (the doctor) listened to my complaints and then began to make some simple suggestions. Nothing "earth moving" at first but as I continued to see him and started doing what he said to do, I began to feel better. Just a little bit in the beginning but enough to believe it might really be possible to change. I started taking IV vitamins and my energy level really took off! I began to feel like trying to move around more. The better I felt the more activity I could tolerate and then I felt better still.

I've lost 70+ pounds, I'm beginning to get out on my own again. I'm doing some of my own shopping and housework now. My overall attitude has improved to the point that I'm actually beginning to enjoy my life again. My mental state is not only more positive but, my clarity has returned and I enrolled in online classes to finish my dream of completing my bachelors degree in nursing.

In a few more months, I'm sure I'll be strong enough to go back to work. I believe I'll be able to maintain my stamina with the help of the IV vitamins when I need them.

Thank you Dr. Turner for providing alternative therapy. It's been the key to release me from my 10 year prison!

\*Individual Results May Vary

