

Testimonials

My husband and I wanted to have two children who were close in age. We had no difficulty becoming pregnant the first time with my daughter. So, when we decided it was time to try again for a second child, we were both very surprised and frustrated, after eight months of trying, that I still had not become pregnant. During those months of trying to become pregnant, there was a great deal of stress in our lives, and I began to experience a lot of anxiety, difficulty sleeping, fatigue, muscle spasms in my neck and back, and my cycle became irregular.

A friend recommended that I see Ray Garner and give acupuncture a try. Ray explained to me how balance is important to the body's functioning and proper functioning of all of our systems, and how his treatments could potentially benefit me. After my first session of acupuncture, I immediately felt physically more relaxed and comfortable. Within one month, my cycle was back to being perfectly regular, and I was sleeping much better. I also had been experiencing difficulty with asthma. With one acupuncture treatment, I had significant improvement in my breathing, and was able to discontinue use of my "rescue" inhaler, at that time.

After two months of treatments, my husband and I decided to try for a baby again. This time was a success!! Ray continued my treatments into my first trimester to help my body and the pregnancy to remain strong. I also have a cardiac history, and developed some palpitations in my third trimester. I had immediate improvement of the palpitations as soon as Ray placed the acupuncture needles. I delivered a beautiful, perfectly healthy, full-term baby boy without any complications.

I firmly believe in the benefits of acupuncture and highly recommend Ray Garner to anyone who is seeking treatment or help for any issues they may experience. Ray will honestly explain whether or not his services could benefit your condition. He provides excellent knowledge, and professional, caring services to his patients.

-Paula Rydell

Feeling Better than I have in years. Migraines have become very rare and almost pain FREE from the FIBROMYALGIA. Only Drug-Free Relief I have ever received. I highly recommend.

-Vicky Carter