

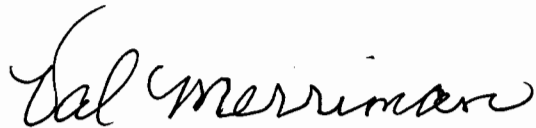
August 15, 2009

I first went to see Nicole upon the recommendation of my personal trainer. I have had various injuries in my lifetime and was suffering from hip bursitis, which was interfering with my training and my everyday range of motion. The bursitis rarely bothers me now, and if it flares up I tell Nicole and she fixes me right up.

I continue to go to Nicole for lower back pain, nagging knee pain from a replacement done a year ago, and hormonal issues. She has done wonders with all my ailments, but I'm especially impressed with how she has practically eradicated a hamstring/gluteus knot that used to drive me crazy when I drove long distances. I recently drove 13 hours to California and was amazed to realize after I got there that the butt pain I usually get never appeared!

I used to take a lot of pain medication and now I take absolutely none, not even ibuprofen or aspirin.

I highly recommend Nicole for any ailment. And this statement comes from a person who was very skeptical about acupuncture when I first started. She has helped me in so many ways, and I feel so lucky I met her and her wonderful family.

A handwritten signature in black ink that reads "Val Merriman". The signature is written in a cursive, flowing style.

Val Merriman