



## BALANCING ACT

(619) 685-4569

Guiding You in Creating a Life You Love Living

To Whom It May Concern,

If you are considering trying acupuncture for the first time or switching to Louella Woodhouse to be your practitioner, I would highly recommend it!

I am a 44 year old male who is in the Health & Human Services field (a Life Coach) and I need to give a lot of myself to my clients. I know that it's critical that I have practices/sources to recharge my energy as well. Committing to seeing Louella & receiving acupuncture treatments is a vital step in being available for others and rejuvenating my soul.

I have been a client of hers for almost 3 years. I (like to) see her on a weekly basis and have done a wide range of work with her over that period of time. Louella has helped me overcome injuries, detoxify my body & maintain overall great health.

- A few months back, I fell on my right hand & her treatments were key in my pain management, along with supporting my body to mend itself.
- I also quit smoking (finally) last year & **Louella played a huge part in my success**. Not only did acupuncture help detoxify my body; it also helped me deal with difficult cravings and nurture myself back to better health.
- As I mentioned above, I try to get treatments weekly and this keeps my balanced & in a great state, energetically and emotionally. I see being on her table as a chance to take a "meditative nap" in the middle of my day. For a busy professional like myself, recharging & taking/making quiet time in a very full schedule feels so important. I know this commitment not only keeps me healthy but it reminds me to prioritize my personal needs as well.

I have seen a number of practitioners over the years & **Louella is a wonderful healer**. She is very committed & knowledgeable in her methods. Along with her compassionate nature, it's her loving & caring approach that I appreciate most.

So if you have injuries or conditions that you need support to heal from or you've decided to take better care of yourself, I definitely recommend using acupuncture. If you want to be available to live a great life and come from being your best, I strongly suggest you partner with Louella Woodhouse. I know from personal experience; **she will take better care of you than you can by yourself!**

If you have any additional questions, I am available to speak with you personally.

Here's to you, your health & a wonderful life ...

*With Gratitude & Grace,*

Dennis Burke

**Life Skills & Performance Enhancement Coaching**

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***Guiding You in Creating a Life You Love Living!***