

My first acupuncture appointment with Dr. Hui Wei was March 20, 2009.

Any regrets you ask? I can truthfully say that my only regret is that I didn't seek out Dr. Wei's help and try acupuncture for my health problems months/years sooner !!!!!

Two days before my first appointment with Dr Wei, during a conversation with my chiropractor, Dr. Anthony Viscusi, I told him "I would rather be dead if I have to continue being a slave to the pharmaceutical companies".

Some background about me: I will be 53 in July 2009. I am a three-time cancer survivor. I have been taking medication for diabetes since January 2003, but my diabetes remained uncontrolled. Since the late 70's, I've also been treated, off-and-on, for hypertension, depression and anxiety.

At the beginning of July 2008, I was trying to have a phone conversation with my best friend in Ohio, who is an LPN. I was unable to communicate, unable to complete a coherent sentence. She was so concerned for me, thinking I was having a stroke, that she hung up from me and with help from her local 911 service, had Palm Beach County emergency personnel sent to my home. I was transported by emergency personnel to a local hospital. My blood sugar level and my blood pressure were so high that I'm lucky to be alive.

After my hospital stay, between July 2008 and January 2009, after several "hit and miss" dosage changes and the addition of a new medication every time I went to my general practitioners' office, I had been prescribed and was taking **NINE** different medications every day, one for depression, four to control my blood pressure, two for diabetes, and two to lower my cholesterol. In February 2009, after a "fasting" blood work-up, my "fasting blood sugar" was **187** (which is extremely high). I had yet another medication added to my daily pill intake for diabetes control and yet another increase in dosage. I was now taking **TEN** different medications a day. I considered my life as 'just existing', not living.

Six months after being admitted to the hospital, I physically felt worse than I did before I went. The side effects and published warnings for these medications scared me more than the diseases themselves.

Before going to Dr. Wei and trying acupuncture for my ailments, I had almost given up hope of ever having a chance at a normal life and feeling like a human being again.

I've had a total of 8 acupuncture treatments so far. I was able to start weening away from my pills for my diabetes, hypertension, and depression almost immediately (after my 2nd treatment). I now check my blood sugar level every morning upon rising. My fasting levels now are between 90 - 110. My diabetes is now controlled by diet & minimal medication. Dr. Wei has also been able to dramatically help me with my back problems, too!

I'm so glad that I took a "leap of faith" and had the courage to try acupuncture and Dr. Wei !!!! It's good to have hope in my life again!

**Cindy Dolzine
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