

Friday March 7, 2008 – Life Altering Event – Gastrointestinal System and Knee Problem

This is a day our world became a little brighter! I happened to have the TV on in the morning while I was cleaning the kitchen. Breakfast television was on & they were on location at the International Centre interviewing different vendors because the Anti-Aging show was there for the weekend. When I heard anti-aging I perked up and actually started watching it. They were interviewing Justine Vo. Her partner was performing reflexology on a woman who was walking around the show and Justine was explaining about the process of reflexology & how they can discover all kinds of things through your feet. When the assessment was finished Jen from Breakfast Television asked what they discovered about this woman. They proceeded to tell the woman that she had huge problems with her 1 shoulder. The other shoulder was tired and had some pain but the one shoulder was in really bad shape. They also told her that she had a very hard time sleeping. The woman was in shock – she said she'd been in a car accident a few months earlier & her rotator muscles in her shoulder were shot. And she was a terrible insomniac. You could see how surprised she was that they were so accurate with her diagnosis. I knew right then that I had to bring my 15 year old daughter, Breanne, to see them. When Breanne was 8 years old she started having trouble with her stomach. She was feeling really sick, looked so pale (almost grey), couldn't eat anything. She was having a lot of stomach pain. This continued on for quite some time. We tried many things. Doctor's seemed to think she was a worrier. They did some basic tests but everything came back OK. She started taking Lactaid pills as she had never tolerated milk products very well. She seemed to improve somewhat but she never felt "good". We coasted along for a few years but approximately 4 years after the 1st attack she had another attack. This one was really severe. She was in so much pain, she looked so sick. She lost a lot of weight & literally did nothing but lay on a couch for a couple months. I was so worried about her & once again began my frantic search for someone to help find out what was wrong with her. Someone had told me that they had had a gastro type problem caused by antibiotics. After having a colonoscopy they were told to be "good" to their system – eat no red meat only chicken, rice, bland foods that would be easy to digest. At this point I was so desperate for something to try so Breanne ate nothing but very small amounts of chicken & rice for a couple of months. We went to many doctors & she had ultrasounds & tests done. They decided to send her to Sick Kids Hospital. After looking at previous tests doing more tests they couldn't find anything specific so they came up with a diagnosis of "Dysfunctional Gut Syndrome". Although I was relieved to find she didn't have cancer or something like that I was really discouraged because she definitely had something really wrong with her that was very debilitating but what was it & how were we ever going to find out! Now it's 2008 & Breanne is 15 and another severe attack is brewing. She felt nauseous all the time and was in so much pain. As a result, she never wanted to eat very much & then when she would have to eat something she would feel really sick. She couldn't participate in all the activities she loves. She pretty much stopped all her activities & socializing & would just want to lie in bed! I was dreading starting the doctor & test process all over again. We have a new family doctor so he had not been the one to order any of the tests before, but was aware that she had been at Sick Kids. He ordered ultrasounds & blood work. Her ultrasounds were booked for Wednesday March 12th. As luck would have it Breakfast Television on Friday March 7th gave me a ray of hope! The Anti-Aging show was on at the International Center for the weekend. This was the beginning of March Break & there was predictions of a very big snowstorm coming our way. I believe in FATE & it definitely played a part in our meeting Justine! We originally had a trip planned for March Break, which we had just recently decided to postpone. Breanne came out of school on Friday saying that a few of them were planning to go to a friend's house in Cambridge for a couple of days. But everything fell into place & I took her to the show on the Friday before dinner, I didn't want to take the chance that we were snowed in the rest of the weekend & wouldn't be able to get there! We arrived at the show & just walked around looking for Justine. We found the booth & booked an appointment. They were giving an hour long health seminar & our appointment was booked for after the seminar.

We sat in on the seminar & it was very interesting! Justine spoke for the entire hour while her partner demonstrated some types of the specialized massage they offer. Justine spoke about nutrition. She also explained the different methods of treatments they use to help people. These include acupuncture, osteopathy, massage and reflexology. She gave examples of many people that have been helped. The seminar ended & we went back to the booth. Justine started working on Breanne. She was telling us that she had a daughter that was now in her early 20's but when she was 16 she became very ill. They saw many doctor's had many tests, went to Sick Kids, etc. I could completely relate but I had decided that I was not going to give any details about Breanne. I didn't even tell her that she had any problems of any kind. I wanted to see what she could tell us.

Justine began the Reflexology Assessment. It took her about 1 minute to say "Oh, you have very bad digestive problems". I wanted to jump off my chair & hug her that very second! In the 7 years that we'd been searching for answers, no doctor or test had been able to determine that, yet Justine knew instantly!! As she continued to work on her feet she told us that Breanne didn't tolerate milk products, that her menstruation was very irregular, when she was trying to go to sleep her leg would involuntarily kick, she had bad knees, her sinus's were bad. It was absolutely unbelievable!!! **No words would ever come close to describing the feelings I had.** Relief, gratitude & absolute amazement are a few!! Justine told us she could help Breanne. We started treatments that week. Justine was using combined treatments of reflexology, osteopathy, acupuncture & massage. She gave Breanne a nutritional consultation & we realized although we thought we had a reasonably healthy diet, we had some major changes to make. After Breanne had a couple of treatments she already felt better. She no longer felt nauseous and the pain was gone. She was very excited! Breanne had a virus at one point during our treatments & of course her sinuses were really affected. Justine realized this while we were there so she did a treatment on her sinuses & the improvement the next day was quite remarkable. Breanne has always had what I called "weak" knees. Once she was 6 or 7 years old she was always spraining & straining her knees. She was sent for physiotherapy & given a knee brace to wear. The physiotherapy never helped. Breanne loves to dance & play baseball but with her knees, it makes it very difficult. About half way through her sessions Breanne asked Justine to work on her knees because they had gotten really bad. Again, after the 1st treatment of acupuncture & massage, Breanne felt really good but after the second treatment she said "I feel like I have new knees!" This woman is truly amazing!!!! I feel like we just won the lottery.

Justine is truly gifted, passionate & so dedicated. She radiates a glow that is very warm & welcoming. Everyone in my life knows about Justine. I talk about her all the time & tell everyone because whenever I hear anyone that has anything wrong with them I say "If the problem is able to be fixed – I know just the person who can fix it for you!"

I believe that everyone should have Justine in their life. I am **so very grateful** she came into our lives, and I know she is here to stay!

Thank you from the bottom of my heart Justine – you truly are a beautiful gift!!!

**Kathleen Richards
Brampton, Ont.**

P.S. Breanne had her ultrasound taken after we saw Justine at the show but before her first treatment. When I was at the doctor the next time I asked the results of the tests & he said it showed that everything was fine. It is very obvious that the conventional system is unable to detect & correct some problems. If we hadn't seen Justine I don't know what I would have done because Breanne was feeling so sick but once again nothing was showing up on these tests.