

December 1, 2010

Robyn R. Hamasaki
Principal

Carolyn Paschen
Assistant Principal

Jeff Van Iwarden
Assistant Principal

Dear Dr. DeFries:

I am writing to say a heart-felt thank you for all that you have done for me and my state of mind, body and health! I am a new and improved me – and I couldn't have done it without your help, expertise, support and guidance.

The most noticeable difference is my weight loss. To date, I have lost 45 pounds while working with you and following your recommendations. It is hard to believe that in a few more pounds, I will be at the weight I was in high school – I never thought that was possible! Although my appearance has changed dramatically, the way I feel on a daily basis is the most impactful for me—I feel so much better; I am back to the Katie I remember. I no longer have the afternoon slump of no energy. I am full of energy and am back to living my life. I am a competitive tennis and volleyball player and I have made substantial gains in both of these sports this year due to my weight loss and improved physical fitness.

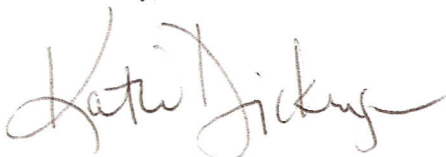
As you know, I have been through some difficult emotional issues during the past few years and when I started working with you, I was feeling depressed and had the "blahs". Through your Nutritional Response Testing, you were able to identify my nutritional needs and recommend appropriate vitamins. I must admit, in the beginning I was skeptical, but after a few short months you had made a believer out of me. I no longer have the "blahs" and am feeling emotionally strong and positive.

I haven't even mentioned how fantastic it is that I no longer experience migraine headaches. What a huge relief! By having regular adjustments and following your advice, you have eliminated a debilitating condition from my life. I don't believe there are appropriate words to tell you how grateful I am!

With the weight loss, nutritional guidance and elimination of my migraine headaches, I am able to be a better mother and teacher. I have more energy to work with my students and children, patience for my students and children, and a positive and supportive attitude that my students and children rely on. I am more effective because of your willingness to share your knowledge and teach me.

I am a single mom, teacher, daughter and friend and with your kind hand, words of wisdom and exceptional results, you have transformed me into a healthier, happier and fitter individual. You have given me back myself—only better. Although it doesn't seem to be enough, I thank you so much for all that you have done and continue to do for me.

Sincerely,



Katie Dickinson