

**27/05/2015**

**Thank you Julia!**

I have attended a course of " Acupuncture at Kim's Body Solutions LTD." and delighted with the result.

After Years of **extreme pain and stiffness in fingers and hands**, I am almost free from pain and can move my fingers.

For any one with Osteoarthritis, **Acupuncture is a wonderful pain and drug free treatment. Julia is caring patients and very experienced in her field of Health.**

Best Wishes Julia and again.

"Thank You"

Noeline Goodier

**21/05/2015**

After Bowel Surgery many years ago I developed **Chronic Diarrhoea** and **Abdominal Pain**.

This made me very reluctant to attend any Social Events and even harder to cope in my working Environment and having to rely on daily medication.

A friend recommended that I see Julia Kim for Acupuncture.

She is a very caring and Professional Acupuncturist who took me through my prior history from my diet to learning to eliminate the self medicating medicine I was relying on.

I can honestly say that the **Acupuncture has been highly effective and given me much relief allowing me to no longer have the constant stress I used to experience.**

I have recommended Julia to others who suffer the same problem.

Many thanks Julia

**ABF.**

**09/10/2014**

Dear Julia Kim,

I would like to personally acknowledge the amazing improvement, and in fact **complete healing**, I've experienced after one ACC block of treatments at Kim's Body Solutions.

When I first came to Julia, I had an excruciatingly **painful shoulder** following an injury in Jan/Feb of this year.

I had previously attended acupuncture sessions with another provider in West Auckland – with no measurable improvement. Hence I had little faith in this modality of therapy.

I had suffered for so many months, I had almost given up hope of ever improving. The loss of movement and functionality was very disheartening indeed.

Without shadow of hesitation, I can attest, my condition would only have deteriorated further without intervention.

I am very grateful to have come across a competent practitioner in yourself.

Visiting Julia's premises from West Auckland was a most worthwhile exercise.

Many thanks and best wishes,

**Maria La Frenais**

**12/08/2014**

Hi Julia

I would like to say thank for fixing my **sore foot** and my **sick tummy** through **no pain magnetic acupuncture** treatment.

I really rely on my feet as I am a competitive dancer and gymnast. After only 2 magnetic acupuncture treatments my foot is better and my tummy is better after only 1 treatment.

You are really kind. :)

**Maddie Turner**

**Ten years old**

**15/05/2014**

Julia is a very competent and professional acupuncturist. She has treated me regularly over the past two years very successfully for various problems. Her passion and competence sets her apart. I recommend her to anyone who needs a great acupuncturist.

**Glenn Turner**

**29th April 2014**

To Whom it may Concern,

This is written in my own words. My experience with Kims Body Solutions was because I was in much pain, **My chiropractor Had been working for three weeks and still my pain was there.** It just so happen that Kims practice was next door.

So this time I went and booked my self in, the best decision I have made. My 1st was with Joseph He started off with finding out what was wrong with me, then he worked his magic on me, I choose to call it magic he calls it different. Any way **I saw him about 6 times, and hey presto the pain was gone** I could sleep at nights now wow what magic he has. I thank you and may God bless you for healing me.

This how things went wrong for me. I was so tied up in my business that I forgot to have a break. Well the human body can only take so much and it forced me to take a break by putting me in Depression. Oh that was hell it was like I was trapped down this deep hole and I couldn't get out of it. I was given these meds and they took long time to get correct one, It was horrible.. It took me 10yrs to come back to earth. In mean time I got divorced. and sold my business. **I have now fully recovered its been 13yrs now.**

I have had my right knee replaced and heart by pass. I THANK YOU JOSEPH YOU WORKED A MIRACLE ON ME YOU HAVE GIVEN ME BACK MY LIFE THANK YOU AGAIN MY FRIEND

I am still having treatment with Kim and Joseph I will always go back regularly

**Naran Dahya**

**19/04/2014**

Before I went to see Julia, I had seen about **10 different practitioners** but none of them were able to help me with my pains or even give me a proper diagnosis. I had symptoms of **Fibromyalgia** which were causing me chronic pain in my entire body. I was having trouble **sleeping, walking, working, using my hands, concentrating** etc and thought that there was nothing that could help me. I was only 31 when I started experiencing these

pains. I was skeptical at first when I went to see Julia but after my first few treatments, I had already noticed a difference. I had **moving pains** that would constantly travel throughout my body and would throb, causing extreme pain/discomfort. She eliminated this after my first few weeks with her and I haven't experienced it since (9 months). Slowly my pains diminished, seeing Julia regularly, and I am now swimming, walking, working and sleeping well. Julia has changed my life and allowed me to **go back to living a normal life**. I would recommend Julia to anyone that is experiencing pain, whether it is Fibromyalgia or just pain in general. She is amazing and has helped so many other people including friends and family of mine that I had recommended to see her.

Thank you, Julia!

Dana

**10/4/2014**

Two years ago I had **a bad knee accident** which left me unable to walk and with great difficulty I had some mobility with crutches, this was the same knee that previously I had had surgery on to remove a tumour from below the knee cap (1995) which left mobility issue from scar tissue within the joint. I was bent over due to the joint not being able to move for such a long time, I have been bounced around the public health system and medicated to a level of being unable to function for days at a time, 28<sup>th</sup> January 2014 I was advised by the CDMDHB that there was nothing that they could do for me & that "I have got what I have got so I need to learn to live with it" I was referred to the chronic pain clinic. I had put all my faith in the medical society to no avail, I was unable to even stand long enough to make a cup of coffee and was suffering with the onset of depression due to weight gain & also other issues arriving due to the medications being taken to assist with pain levels. I also lost the ability to drive my car or leave the home unassisted. I was completely housebound.

I was told by a friend about some amazing results that someone had had after seeing **Julia @ Kim's Body solutions**, the Pain Clinic advised me that not all Acupuncturist's are created equal & if you get a good one to stick to them, I booked my first appointment with Julia who after a thorough consultation set to work on me immediately, I was surprised that I had finally found someone who had my best interests at heart & whose whole purpose was to help me get my life & independence back to

normality. She made no guarantees but promised me she would do her best to find the cause, she has done this, in **only 5 visits my pain level had reduced from 8+ down to ZERO** I was able to walk unaided, whilst I walked slowly I could walk. My independence has returned, and I am able to not only function but to also make plans for my future, My treatments are now down to weekly and I have put myself on my own rehab training programme to support the treatment sessions that Julia does for me, my knee is currently at full load bearing, I am able to ride a stationary bicycle, **my current workout is now up to 20km at a constant speed of 30kph with 50% resistance on the bike, I also use stretching exercise**, best news of all is that acupuncture has allowed me to work the joint & even though I still get some swelling It now completely repairs overnight while I sleep where previously just small distances it would take days for the swelling to reduce.

The level of treatment & support that I have received by the team Julia & Joseph at Kim's Body solutions is incredible, they are highly professional & treat their patients with the utmost respect, I have just been to another follow up appointment with the Chronic Pain Clinic where they are astounded with the recovery of my knee, I was told "**your recovery is unbelievable, you have broken all records for the condition you came here with just 2 months ago**" this is all down to the excellent treatment & encouraging level of support that I have received from both Julia & Joseph, I cannot recommend them enough & whilst I appreciate not everyone may obtain the exact same results that I have. I have gone from being a non-believer of acupuncture to a complete understanding that Western Medicines may or may not work, we treat peoples pain with pills and medicines & when it doesn't 'fit in a particular box' do nothing except 'you got what you got' basically go away, Traditional Chinese medicines have been in use for over 3000 years they assist the body to help heal itself, Julia is a shining example of a professional traditional medicine healer, this is a treatment that is available to all cultures, I will be eternally grateful for what Julia has given me back, hope, a future & life, I have now made my first set of plans & am now self-training to go climb UK's biggest mountain Mt Snowden in July 2014. I will do this BECAUSE I CAN (now) my depression is gone, my weight is reducing I am now active instead of being sedentary & my internal organs have all repaired thanks to the treatments received I am also back to driving & have completed a road trip with my mum from Christchurch to Auckland to celebrate my new found freedom & independence.

**Julia can help** with multiple issues I also brought **my mother (75)** in for treatment as she was **not sleeping** due to grief from losing my father recently, also high blood pressure brought on by loss of appetite, **5 sessions has fixed her blood pressure back to normal & sleeping like a baby our home** is so much happier since we met Julia & Joseph.

Thank you seems such a small thing to say for what Julia has given me back, I advise everyone that even if you don't believe, you just try it. It definitely worked for me & if you have nothing to lose & everything to gain, this is a very good option.

Thank you so much Julia

P.s. I know this story seems a little bit to incredible or unbelievable, but should you want to talk to me personally please ask Julia for my contact details, I will be in UK from June to August ( climbing mountains). But I am more than happy to discuss in more detail.

**Jan Quinn**

**12/10/ 2013**

### **Shingles pain**

I first came to see **Julia Kim at Kim's Body Solutions** Ltd in 2<sup>nd</sup> September 2013. After days of excruciating pain, visiting the GP, and tests at the Emergency, no one seems to know the cause of the sharp nerve pain to my groin and the burning sensation onto my lumber. Finally, on the fifth day, I went back to the GP, it was then, I was diagnosed with **shingles** from the red spots on my thigh. I am to take the drugs prescribed for three days and then stop as the shingles would get better. Unfortunately, the pain did not stop, I continued to take the drugs prescribed. After finishing off the whole bottle, the pain continued, especially when my clothing touched my skin in that area. I could not sleep, I was exhausted, it is then I decided to see an acupuncturist.

**Julia** started see me on three weekly acupuncture treatments and then gradually twice weekly. I started feeling better and I noticed a difference in couple of weeks. **Shingles has gone away**, I have **more energy** and the **swelling on my knee subsided**. Julia has helped me to recover from other problems connected to the shingles and various other problems to keep the energy points flowing free to continue having the **highest quality of life**.

Acupuncture has really helped me a lot and it's a natural approach to treat any illnesses.

Thanks Julia.

N Houg-Lee

**09/08/2013**

Acupuncture was my last resort after being on antibiotics for 5 years due to **urinary tract problems** that would manifest as severe abdominal pain and painful urge to urinate. On top of that for a couple of years I've had **arthritis** developing in my toes and my hip. I've come to the point when it became difficult and painful for me to walk and wear shoes because of swollen joints. I'm 56 and also had a bouquet of **menopause**-related problems like insomnia, hot flushes, night sweating, stress. I felt a wreck and that's how I turned up at Julia's clinic to have my first needles treatment.

I was pleasantly surprised how inoffensive it felt, and experienced the sensation of energy flowing inside my whole body, it felt so peaceful and relaxing that initially I used to fall asleep during treatments, to be gently woken up by smiling Julia.

At first Julia concentrated on my urinary tract problems. She advised me to go off antibiotics (before the treatment, I was totally dependent on them and always used to have them with me in my handbag as a flare up could start anytime for no reason and get very severe). I had a course of treatments for 2 months and the urinary infections are a thing of the past now. I'm pain-free, more energetic, optimistic, balanced and enjoying that long forgotten feeling of being well again.

Menopause stuff seemed to sort itself out meanwhile - hot flushes are almost gone, I may still have a couple of them instead of 20 a day, I sleep better and feel happier and peaceful.

I decided to get other things in order and Julia designed a course for me to attack my arthritis. I had an extremely painful spur on my left foot and a sore hip joint on my right leg and was walking like a cripple, not being able to step on one foot and dragging the other foot. More enjoyable sessions complemented with a herbal treatment and 2 months later the spur on my left foot is almost gone, swelling is down, my hip doesn't hurt anymore and I can walk! I walk for hours and enjoy every second of being able to move!

I've had a **slimming treatment** with Julia as well and within a month **lost 9cm off my waistline**.

I feel extremely fortunate to have had this amazing experience of getting my health back again, of meeting Julia, and learning so much from her (just ask her about the wonderful tool, magnetic needle, that will help you to manage your health in future). Always smiling, caring, knowledgeable, competent, professional, helpful, attentive,

she's a real health warrior, on a mission to help people get better and stay well.  
She's a miracle.

Thank you, Julia!

**06/08/2013**

I am a 71 year old male. I received injuries to my right knee from a motorcycle accident 3 years ago.  
**Blown ligaments in knee** -Anterior and Posterior Cruciates, and Lateral and Medial Collatorals.  
Resulting in **aches and pain 24/7**. And a loose knee joint..my party trick. sure shuts up people who complain about sore knees!!!!

Having experienced relief from previous acupuncture treatments from a Chinese Doctor in 2005(since departed from NZ) I have been trying to find a replacement. I have been to at least 15 practitioners with no relief or results. Until I was fortunate to find Julia.

After the first treatment, within 20 minutes the pain was reduced to 40%, the second and 3rd treatments have totally rid the joint of the pain.. 3 years of continual pain gone in 3 x1 hour sessions!!!!!!!!!!!!!!!

It feels as though something is now missing THE PAIN

Thank you Julia

Frank F

**02/08/2013**

Through competitive basketball I suffered from **patella tendonitis**. I was told by two physiotherapists that this condition would only get worse. To this day I can run and jump without knee pain! **All thanks to Julia** and those **amazing needles**. She is very professional and knows what she is talking about. At first I'm sure the idea of putting needles in oneself can be off putting and it is natural for our western thinking minds to be prone to scepticism, however through my own research as well as experience at **Kim's Body Solutions** – I give it my seal of approval, it is most certainly safe and highly effective.

Thanks Julia !!!

F.R

**20/07/2013**

I have seen Julia for a series of acupuncture treatments to accompany **2 of my 5 IVF cycles**. On the two occasions where I did see Julia, at the important times of the IVF cycle, I have ended up with positive results, meaning I finally got **pregnant!** I cannot recommend her highly enough with her caring and friendly professional nature, and those **magic needles!** I'll definitely be returning, and have recommended her to friends and family who have also had

excellent results from their treatments.

Thanks Julia!

R. B

**19/07/2013**

I am 66 years old lady and a nurse, I used to be a very active and dynamic person but after injury on **shoulder, back (L4 & L5 discs), hip (bursitis in both hips) and joints** in 2011, couldn't seat, stand, walk and lie on bed due to pain, I lost my joyful life. I went through many tests and procedures but the doctors said they cannot help my problems. I tried to help my pain through many physiotherapy treatments, and massage but they didn't show improvement. One of my friends she recommended me to try acupuncture treatment from Julia, at first time, I did not believe that acupuncture could help my pains, but wanted to give a go, after treatments, I started to feel some improvements and my pain is getting less and less and my legs are getting stronger. **Thanks to Julia** now I can seat, stand, lie down and walk for long time as normal as before the injury. One more to say, one day, I had **balance problems** with **high blood pressure and ear pain**, this made me unable to get out of bed, because I felt spinning around as soon as I stand up, so I called Julia to come to my house to help me for this situation, and she gave me needles at my house and after that I got balanced as normal. I am so grateful to Julia for all she has done for me and I realize that acupuncture is the best treatment for me. I strongly recommend seeing Julia for any health issues. **Thanks Julia**

Branka. J

**20/6/2013**

My 9 year daughter has always had **trouble relaxing** and getting to **sleep** at night. She never enjoyed bedtime, because no matter how hard she tried to get to sleep, she would always be awake for a couple of hours tossing and turning. She found it hard to sit still in any situation and would easily loose focus in class. **After having acupuncture with Julia**, she is able to relax at bedtime and she falls asleep about 10 minutes after getting into bed. She **now enjoys bedtime**. Her school teacher has noticed that she is much more relaxed and is able to **sit still in class**. Her ability to stay focused and **concentrate has improved immensely**. She was happy to have acupuncture with Julia because she said it did not hurt at all. I believe adequate

sleep is vital for good health and **Julia has improved my daughter's quality of life.**

**Thank you!**

A. B

**15/04/2013**

**Talented Acupuncturist**

I first visited Julia for an assessment, **acupuncture and a massage** just to see what it would be like. We spoke about my prior health history and how a few issues could be resolved. I also mentioned that I had a cyst behind my ear lobe and could she take a look at that too. Having already had two cysts removed and two scars to show for it I was glad of another option. **After only a few sessions the cyst was gone. This time; no scar, no cyst, great result!** Thanks Julia.

**Katrina**

**14/01/2013**

Before going to Kim's body solution and meet Julia, **I had a serious lower back pain through to the left leg and I also had problem to go to toilet often.**

**I went to few hospital but no Doctors could cure my pain,** they just gave me pill which didn't help.

I never have a Aucpucture before but I am glad that I went. **After treatment with Julia My back pain and leg is much better and I can go to toilet once a day.**

Thank you very very much Julia. I will recommed to everyone who is suffering pain in thier body.

**Yaqueline**

28/11/2012



" Thanks Julia, after your three acupuncture treatments I felt much better, **you are amazing**"

Rusell Brand

23-11-2012

Recently I had a total **knee replacement**. Following surgery, I had **very severe sciatica**. This caused a considerable amount of pain and also hindered my recovery from surgery. I had a number of **physiotherapy sessions**, but this did not seem to help with the sciatica. I was then introduced to **Kim's Body Solutions and the wonderful world of Julia and acupuncture**. Before visiting Julia, I was quite skeptical in my views of acupuncture, but after a few sessions, I could feel such a difference. the pain has gone and I am now able to concentrate on getting full movement of my knee.

**I am so thrilled with the results.** Many thanks Julia

**Beth**

**05/06/2012**

**I've had stomach problems for many years** and thought that nothing could alleviate the discomfort I was experiencing. So, I was particularly happy when the discomfort, bloating and **pain have all but disappeared within weeks** after undertaking the **acupuncture treatments** and taking **herbal medicine**. My mum had done several sessions too and she's had very good results as well. She's been suffering from **menopause-related problems such as insomnia, joint and breast pain, fatigue, etc.** After just a **few treatments, her sleeping's improved significantly and the pain has diminished.** We both want to thank **Julia for bringing balance back to our lives!**

**KK**

**10/03/2012**

I have **received acupuncture from Julia Kim for neck and shoulder tension.** My neck and shoulders where incredibly tight and painful due to stress and over the course of a month or so of **receiving acupuncture the pain has lessened and the knots in my shoulders have disappeared.**

Julia also gave me acupuncture for my liver, spleen and kidney and I found major improvements in areas such as sleep, stress levels and my menstrual cycle.

**Overall I found acupuncture to be relaxing and a solution to any problem I may have with only positive results.** I felt Julia was able to give me an accurate diagnosis resulting in effective treatment. She listens well and observes with great detail. I highly recommend acupuncture as a solution to any problem because it treats the underlying problem with the aim to cure a patient rather than cover up a problem by taking pills.

**I highly recommend Julia Kim as a talented acupuncture practitioner.**

*Aisha*

**06/03/2012**

I came to see **Julia for the alleviation of pain from Painful Bladder Syndrome** - a chronic condition which causes **constant pelvic pain and frequent urination**. The western medication I was on did not alleviate the symptoms; however, after the first appointment with Julia the pelvic swelling was greatly reduced. From then on **after each treatment tyne pain reduced more and urination eventually became normal**. I am now pain free. After such a distressing condition (2 months) **it was such a great relief for Julia to help me. I have no hesitation recommending Julia.**

*C.B.*

**02/03/2012**

**Great recovery from my back injury/pain.** Combination of acupuncture and massage did the trick for my back, which hurt for so long. First time trying acupuncture so I didn't know what to expect, but the treatment certainly helped. My back is now 95% normal from around 50% before. Would **recommend the combination of acupuncture and massage for back pain victims** like myself. **Many thanks to Julia and her team.**

*Matt*

**20/01/2012**

**Julia has had a hugely positive impact on my wellbeing and I can't recommend her enough!** I've been having treatments for just over a month for a number of conditions/symptoms including IBS. **My IBS symptoms have significantly reduced, eczema on my arms cleared up after just three sessions and I'm sleeping better than I have for years :)** I've had chronic neck issues for 5+ years and prior to seeing Julia I was going to chiro every week or two to get 'put back in'. Since having acupuncture I haven't been once! I still get a sore neck occasionally but it doesn't lock up like it used to & the next session of acupuncture sees it right. I truly look forward to my acupuncture (albeit some of the points are quite tender) and overall find it a relaxing experience. **My husband has also been to Julia for his forearms (overuse at work) which were like rocks and now feel like putty - he's a happy man! Give it a try - you won't regret it!!**

*2dobes*

**04/12/2011**

**Shingles is a very painful condition that results from a breakdown in the body's natural immunity.** I was recently diagnosed with this illness, and going so out of my mind with the agony, that Acupuncture was certainly worth a try. **Within a week, the swelling and blistering rash was under control. Julia is so gentle with the needles that most of the time you don't know when they are in.** Its actually quite pleasant to have them put into the middle of your worst, most painful spots, with instant relief. Julia explained about a weak immune system making you prone to sickness, and then went on to re-balance my body over the next couple of weeks. Shingles can go on for 'three months or longer' according to my GP, and 'keep coming back.' Well, I certainly don't want to experience it again! **To any Shingles sufferer I say: Give acupuncture a go.** It really does shorten the length of the illness, and eases your discomfort in the meantime. **I'm confident that with Julia's rebalancing techniques I won't suffer like this again! Keep up your good work, Julia**

*D.K*

**29/11/2011**

**My daughter introduced me to Julia.** I'm in my mid 60's and was in despair that I could soon be an invalid and be a burden to my family. I was diagnosed with **rheumatoid arthritis** and the specialists at North Shore Hospital told me that there is nothing they can do for me and there is no need for me to return for any further consultations. I was in severe pain for 7 months - **I'd lost all feelings in all my toes and my feet were so sore that I couldn't wear shoes** and had to wear open toe 'clogs' so my feet were not closed in. When my arms and fingers started to hurt the same way, my daughter convinced me to go to **Julia. Julia was very patient and understanding and fully explained my conditions and the course of treatment.** My skepticism was very soon dispelled after Julia found out that I've had bowel difficulties since my early 20's and had been taking pills to help. **After 3 treatments, I no longer had to take any pills** - my first time in almost 40 years and I've never had to take another one since. My arthritis pain has now completely gone after all my treatments and Julia deemed me fit and healthy to enjoy life and to spend active times with my grandchildren. **Thank you Julia for giving a 64 year old woman the chance to 'run' after the grandchildren!**

YG

**24/11/2011**

I am a 52 year old european male half way through treatment with **Julia.** I am extremely pleased with progress. I have a **phobia with regard to needles** so acupuncture wasn't a viable option for me. But using **pressure points, herbal medicine and other techniques I have vastly improved.** When I started, I was very low on energy and libido, stomach pains and often up several times a night to go to the toilet. **In the space of a couple of months my energy level is vastly improved, my stomach is 80% better and my kidneys are such that often I am not up during the night at all.** Colour has returned to my face and i look forward to improving even more! **I can happily recommend Julia** -- it's great to be fixing the problem rather than taking pills to keep it under control.

*Anonymous*

**03/12/2011**

**I am 42 and have had insomnia and irritable bowel syndrome (IBS) for 20 years.** I had tried most things to help my insomnia, except addictive sleeping pills. I had restricted my diet and worked out the problem foods for the IBS and received some benefit from that. The problem was the IBS was still troubling me and my sleeping would go from tolerably bad to appalling, I felt exhausted a lot of the time. **By chance I found Julia and her team,** having no idea that she could help with these things, and was just wanting some help for my rotator cuff injury which was mending, **but very slowly. I am now consistently sleeping well, and the IBS symptoms have stopped,** and the shoulder causes problems no longer. I am also receiving acupuncture and massage for **carpel tunnel syndrome** which is helping but not fully gone, yet it keeps improving. **Like a lot of others I have a problem with needles, but it has been worth the initial stress,** and after a few sessions my anxiety disappeared and now I am happy to have it done as the benefits have been fantastic. **Julia recommended I have had massage to compliment her therapy, and I have also had her herbal medicines, both of which have been fantastic.** I think that the massages from Hai Shan Zheng are wonderful he is a very knowledgeable therapist, I leave feeling so much better, they work in harmony with Julia's therapy. **I feel very lucky to have found this dedicated and caring team,** as after so many years I had just learned to accept the insomnia and IBS as my lot in life, but I don't think that way any more. **I feel a happier and better balanced person.**

*strong*

**08/03/2011**

I would like to update my review of my visits to Julia Kim. **I had my last visit to Julia in December** with my weight having been reduced to 83kilos and to date my weight is stable at 82kilos, **a total loss of 30kilo's in total.** I feel so much better, fitter and have **stopped taking blood pressure tablets** that my doctor had prescribed. **My Doctor is very pleased that I now no longer**

**need the medication.** I thoroughly endorse Julia as an great acupuncturist and thank her so much for changing my life. **I am 60 years of age and now feel and look more like 50.**

Thank you

*Lynette Galpin*

**03/03/2011**

Have been going to see **Julia for acupuncture for about 6 months now.** Originally this was for problems with my legs due to a **lumbar spine problem** I have. Once that was sorted out she then treated my lumbar spine problems and **I can now sleep through the night for the first time in 10 years.** I was in pain 24/7 with my back and now I can't remember the last time I thought about it. After that I mentioned that I probably should lose some weight and she told me acupuncture could also help there. So after I then **lost 15kgs in as many weeks.** We are now working on my tinnitus in my ears. I am a 46yo western male and **Chinese acupuncture works for me, and it will for you if you give it a chance.** As I mentioned I am 46yo and honestly **feel better than I have since I was in my 20s.**

*D.N*

**16/02/2011**

Being diagnosed with **Dissociative Identity Disorder (DID) (formerly Multiple Personality Disorder)** is a pretty terrifying experience. Everything you thought you knew about your life ceases to be real & you have to rebuild from the ground up. When I started seeing Julia I was loosing large chunks of time from my day, having violent physical & verbal outbursts, eating large quantities of food at night & emotionally depressed & tearful. Within a **month of treatment I had stopped eating at night, lost time was halved & the violent outbursts had significantly decreased.** I have now had 3 months of treatment & my **DID symptoms are gone** & I have **lost the 10kgs** my eating at night had put on. As a **result of treatment with Julia,** my **emotions & body have stabilised** leaving me totally focused on healing the original trauma with psychotherapy.

M.K

**05/12/2011**

Julia has helped me rediscover my health after fourteen months of feeling very unwell with many issues including ongoing **headaches, back and neck pain, IBS, no energy** as well as a ongoing **drip down the back of my throat**, these issues have meant I have been very down a tired and have **struggled to focus and concentrate** when feeling unwell, this caused **anxiety in my life** and in general life has been a struggle, I went to see my doctor and many specialists as well over a six month period and although **I tried many treatments nothing at all helped me** and I became frustrated, four months ago a friend recommended acupuncture so **I went to see Julia**, after many treatments **I started getting good results** and I have been nursed back into fairly **good health, my anxiety has gone**, I feel very relaxed, I have good energy, and **no IBS at all**, over all my health issues have improved and **I am now confident that in time I will be one hundred percent back to full health.**

*Daniel Kemp*

**4/04/2010**

If you **want your life back Kim's Body Solutions is your answer**, I have spent years in pain with my **back, shoulders, stomach and legs**. During this time I have tried so many different remedies which none have worked. That is until I went to **Julia Kim at Kim's Body Solutions**. For the first time in years I have had the past **two months without having a headache everyday**, my back and shoulders are **pain free** and my energy levels are 100% better. My stomach is not bloated and painful and **I no longer have constipation**. And the real highlight is finally I am losing weight. I can **honestly recommend Julia Kim** as she has given me back my life.

*Donna*

**01/02/2010**

**Good health without drugs!**

I am a **64 year old male** and was really feeling my age when I first went to see Kim. After just a **few weeks of regular visits I now feel full of energy**, my

aches and pains have disappeared and breathing has **improved to the point where my athsma, which I have had since childhood, has also disappeared**. Feeling well, being pain free and being able to do moderate excercise without having to resort to my inhaler afterwards has dramatically improved my quality of life without the use of drugs. **Thanks so much Julia for making me feel 20 years younger!!**

*Rodney*