

August 20, 2008

Dear Dr. Liang,

I write this with deep appreciation to you for helping to bring a quality of life back to my body of almost 90 years of age. I came to you approximately eighteen months ago as a last resort.

I have always been a physically active person. I grew up on a farm in Iowa and walked a mile to country school every day and did whatever I had to do on the farm to help our family. I married a farmer and became a farmer's wife - cooking for thrashers, milking cows, picking corn, picking and canning fruit from our orchards - whatever was required to sustain our livelihood.

As the years progressed, we left the farm and "moved" to town to continue raising our daughters. I continued to do physical work but also developed regular exercises to ensure I stayed healthy. I was still walking two miles a day at the age of 84 when I had a virus attack my body and developed problems which led to my relocation to Florida to live with my daughter.

As I approached my 87th birthday I was experiencing great difficulty with my mobility. I had extreme pain in my lower back and legs. I went to our family physician who prescribed two months of physical therapy which provided no relief to the pain. However, the physical therapist told me I should be using a walker which I did get and it has been great support for me. I next went to the Orthopedic Surgeon who told me I had three choices - live with the pain, have surgery, or take cortisone shots for the rest of my life. None of these seemed great options, but I did have two cortisone shots which did not improve my pain.

Our neighbor was talking to my daughter and I telling us about her chronic back problem and that she had gotten total relief through acupuncture and provided us the name of Dr. Liang in Sarasota. I had never even considered using alternative medicine like acupuncture but my daughter said, "what have we got to lose"? Well, I am here to say, I have lost nothing and gained everything. While I may not be able to run a race, I have regained my life in my mobility. Now, that doesn't mean I am without pain, but as Dr. Liang tells me that is the arthritis in my body - Dr. Liang not only has vastly improved the quality of my life, but has become a trusted and valued friend. I now look forward to celebrating my 90th birthday with my three daughters and who knows how many more!

A million thanks,

Lorraine Vedane

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