

## TESTIMONIALS

"After attending Stephanie's lectures, I found that I had so many of the symptoms on her checklist, I knew that a cleanse was in order. Some symptoms included fatigue, inability to lose weight, sleeplessness and waking at night, night sweats, and being tired in the morning. I also knew from previous experience, that I wasn't going to get 'clean' without some professional help. I had experienced headaches and fatigue from juicing and basic detox diets. I learned from Stephanie that without the proper removal of toxins, we get recontaminated by them.

I embarked on Stephanie's '2 week Detox'. After two weeks on Stephanie's regimen, I still felt some of the original detox symptoms (headache, body aches, fatigue), but was feeling so much different. I felt like I was finally getting the nutrition that my body needed. Meals were more satisfying, and I wasn't hungry at all. I kept going for another two weeks. After that, my skin looked remarkably better. I hardly needed concealer or makeup and had no dark circles and puffiness under my eyes. Even my fine lines on my face were gone. I believe I look like I did ten years ago.

Now, I'm working with Stephanie to balance my hormones and correct vitamin deficiencies, which were below normal levels, and address long-term cleansing of solvents from exposure to chemicals during my graphic design career. I feel like my old self again, and feel like I've started to reverse or at least suspend the aging process. Working with Stephanie for better health has helped me make a stronger commitment to myself. Working with a knowledgeable and compassionate healer like Stephanie has made the difference. Many thanks Stephanie!"

- Casey Cyr Gash, Mystic, CT

"The welcoming atmosphere at the Center is very warm and cozy. Being offered herbal tea is such a treat. Dr. Stephanie is passionate about what she does and very knowledgeable in her field. I know my overall health has improved with her assistance. A two-week Detox program she recommended went very well. Dr. Stephanie's skill with applied kinesiology is a definite plus in assisting a patient. She easily tested for foods that are not beneficial for my body, and I've been able to adjust my diet accordingly. She also tested what organs may need a boost. My energy level increased dramatically as we worked on boosting my adrenals. The herbal tincture that Dr. Stephanie mixed up just for me has contributed to feelings of wellness. She has also used Reiki and other specific energy techniques in working with me. She has so many skills to draw from. I would readily recommend Dr. Stephanie to a friend or family member, and have done so."

- Cathy Hill, Wakefield, RI

"My husband and I are both patients of Dr. Bethune. The thing that immediately impressed us was how comfortable we both felt in talking with her and how well she listened to us, respecting our thoughts and feelings regarding our health. Her relaxed confidence and obvious caring help to create the perfect atmosphere for healing.

I experienced a life threatening illness years ago and the treatments left my body struggling in many ways. With Dr. Bethune's help, I am seeing excellent results in returning to normalcy. I have seen improvement in each area we have addressed as has my husband, and we have great peace of mind that we are using only natural products and methods. Seeing results for me is a gradual progress, since I have been sick for so long. My husband, however, has seen almost immediate results with his blood pressure and cholesterol, and we both feel we are progressing steadily and will reach our health goals successfully because of Dr. Bethune.

Would I recommend Dr. Bethune? Absolutely! And I do on a regular basis!"

- Mollie Girton, Mystic, CT

**Dr. Stephanie Bethune, Naturopathic Physician**

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