

January 21, 2010

Drs. Nathan Laubach and Beth Foland:

It is with deep gratitude that I address this letter of appreciation and awareness. In September 2007, I began a long journey down a very challenging road in my physical health when I suffered my second instance of whiplash in less than five years. At 27 years of age and growing up with a very healthy and active lifestyle, I was physically devastated and the pain soon took its toll on my overall quality of life.

Due to some external influences and pressure, I subjected myself to a long journey of conventional medicine including orthopedic surgeons, physical therapy, pain management and epidural steroid injections, among others. Over the course of a year and a half my quality of life seemed to gradually decline while I reluctantly focused on this course of treatment. All the while, Drs. Laubach and Foland remained steadfast, committed to my healthcare with a quiet, concerned presence.

Finally, in late spring 2009, I decided I'd endured enough conventional medicine and deserved to have my healthy, active life back. After sitting down with the doctors, I was quickly reassured I made the right choice. They were committed to my health and well being. Their excitement regarding my treatment protocol and their willingness to explore unfamiliar treatment options on my behalf gave me great comfort in their care.

Over the course of the past year, the doctors became my friends and saviors. They helped give me my life back and made the impossible seem possible. Not only has my back health generously improved, but I've once again returned to a healthy, active lifestyle involving regular weight training and exercise. I am currently in the best shape of my life. I sleep better, eat better, have improved focus and reduced stress. My entire quality of life improved dramatically.

I am forever grateful to Beth and Nate for their commitment to wellness.

Yours in health,

A handwritten signature in cursive script that reads "Kristin Stempa".

Kristin Stempa