

November 7th, 2011

My name is Ana Westfall, and I have worked for Fedex for more that 25 years. Being a courier requires me to be in good physical health and to maintain a strong back and legs to be able to lift up to 75lbs. In the past years I have had many injuries such as pulled muscles and sore ligaments the worst injury coming from an auto accident causing me to have neck surgery.

Less than two years ago was the first time I had injured my lower back. One cold early Sunday, I leaned over the bathroom sink to wash my face, and when I sneezed! My back just popped and the pain was so intense I could not move. I first tried going to a chiropractor but all I could take was heating stimulation and pain medication; but after a week I had not improved. When I called my primary doctor for advice, he told me that "Acupuncture" would be good to try. I researched the places I could go and Dr. Wei was a God send. When I first saw her I was still walking with a lot pain, and I was not comfortable sitting, standing or sleeping. Within the first treatment I felt so much relief it was incredible. By the third treatment I could bend and touch my toes and was able to move without pain; and by the fifth session I was back to work with no restrictions.

Just two weeks ago, I visited her for a migraine headache and muscle tension on my neck and shoulders; and once again I was amazed in how quickly I felt relief from a migraine!

Most of my friends and coworkers have heard me talk about my experience with acupuncture, and I know some of them are very squeamish about needles, but I tell them, there is no pain involved, and that you will accelerate your recovery of your injury. Dr. Wei also uses Chinese herbs that I have used and are very affective.

Thank you Dr. Wei, you are a God send!