

Kate's Story



I cannot say enough good things about Dr. Jason and Jan at Natural Health Center. When I came to NHC only 5 short months ago, I had been sick for 16 months. I had seen numerous doctors, specialists, two nutritionists, and no one was able to diagnose my problem or help me. I had severe bloating, indigestion, irritable bowel, low energy and just felt terrible in general. On my first visit, Dr. Jason discovered that I had hiatal hernia (which two gastroenterologists missed) which we shortly thereafter learned was caused by a systemic yeast infection as a result of being put on 4 consecutive rounds of antibiotics in the fall of 2007. Through participating in the ALCAT panel, I also learned I had multiple food allergies including lactose intolerance. Halleluja! I finally knew what was going on with me after all those months.

I've now been seeing Dr. Jason for 5 months and have seen significant improvement. I feel and look like a different person. In addition to taking the recommended nutritional supplements, Dr. Jason's plan for me included placing me on a low carbohydrate diet and eliminating foods I'm allergic to. I eat a low carbohydrate all organic diet, free of refined sugar, fast foods and anything else I know is not good for me to eat. I've lost 20 pounds and am feeling better than I have in a very long time. The bloating is almost completely gone, the indigestion is gone and my energy has improved.

Finally, the compassionate care and concern Dr. Jason and Jan have shown me is unlike anything I have experienced with other doctors and is truly appreciated. They really care about their patients and it shows.

I want to thank you Dr. Jason and Jan for what could only be called a life-changing experience, and I pray God's richest blessings on you both for you have surely been a blessing to me!

Kate