

August 2005

Dear Dr. Farahmand, here's the long coming testimony you've been waiting for:

In summer 2002, just before turning 36, I have injured my back with unexpected sudden move. It hurt for a while and after the pain reduced, I kept on going as usual, unfortunately not for long. For many years I have practiced martial arts, and kept doing that, even after the incident. Few months later I found myself lying completely bended on the floor with no ability to move anywhere, and with great pain in my lower back. After visiting an orthopedic specialist, MRI and X-rays, I was diagnosed with L5-S1 disc bulging, disc hernia, or simply "disc rupture" as I will refer to it later on.

Obviously, based on my diagnosed condition, I was offered to do back surgery, spinal injections, pain medications and physical therapy. Having concerns about the surgery and injections, I chosen painkillers and therapy. The medication made me feel worse, so I stopped taking it, but physical therapy did help and I was able to move again with limitations.

Few years gone by and in October 2004, my lower back pain came back. I found myself in a familiar position on the floor, missing workdays. This time I decided to take it seriously and went consulting with five top Los Angeles specialists in the spinal field from UCLA and Cedars Sinai. New MRI revealed a significant progress with disc rupture at L5-S1. This time, the bulge has grown from 4 mm in 2002 to a big 15 mm! This was pushing on my spinal nerve causing tremendous pain in my left leg and numbness in my toes. No need to guess, once again I was advised to do surgery as a definite solution to my problem. I felt like this is it. This was the only way and started to consider the when, how and who will do it on my back. I did another round of physical therapy, but it looked like every time I finish, the pain comes back. Should I do therapy for life now?

Fortunately, one of my distant family members who practice alternative medicine advised me to try and get another opinion from homeopathy specialist. What did I have to loose?

And so, being very professional with computers and the Internet, I came across this website called [www.homeopathicwonders.com](http://www.homeopathicwonders.com).

What happened after that has given me hope and put my lower back condition back into my hands and my own control of life.

I have been treated since late December 2004. I have accurately taken every given natural medication to balance my body system, including acupuncture and magnetic therapy.

I also learned to deal with my lower back pain, and learned to take care of myself on a daily basis. I have changed the ways I move, sit, stand and sleep. In order to lower the impact on my lower back and ruptured disk. I can't say I am completely free of pain as of today. On the scale of 1 to 10, before realizing that there was another way besides surgery, I had a 9+ pain. Today, after almost a year of treatments, my pain has gone down to 2-!

My lifestyle change also involved loosing extra weight that I gained after my injury. Eventually I was able to get up and do some exercise. Slowly but surely, with Dr. Farahmand's help, I will get back to my old shape. I feel much better today. I have more energy, I feel healthier. I even didn't have to take the flu shots, while most of the people were in panic because of flu shots shortage. My family, who are also under Dr. Farahmand's care, have passed the flu season without worries. As far as my lower back, well, I consider it a "work in progress". It is getting better every day thanks to Dr. Farahmand's unique methods.

If I was asked what is the biggest change Dr. Farahmand's treatments made to my condition? I would answer that after more than 3 years since my back injury, I can lift my kids and hold them in my arms again.

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