

I am a very happy client of Alternative Choices Wellness Center. I found them when I sought out holistic healing. I was not feeling well due to a diagnosis I received over a year and a half ago. I felt I was going to die. I was an emotional wreck and crying daily. Prior to this I was an extremely healthy woman for my age and was very active. Since I found Karen, everything has changed and turned around for me. Now I have been able to enjoy a life I never thought was possible.

Through Alternative Choices, I have learned a great deal about myself and how I can make a difference in my personal growth and healing. A well-nourished soul can release and heal with the right therapeutic approach. For me, this is what happened. My therapy consisted of emotional resetting, laser therapy, body-scanning, and making sure my chakras were aligned and working. I have been cleansing my soul from a lifetime of pain, negative thinking, and feelings of despair. Karen has helped me to release and heal from the inside-out; through meditation, identifying things that throw me off balance – from foods, the environment and stimulation of the body to heal itself. She supports a good diet and provides great supplements. This has been a very powerful and beneficial experience for me. I have recommended Alternative Choices to many people because of the way it has made me heal and live a better life.

Healthy & Alive!!

T.B. - 51