

September 14, 2014

To Whom It May Concern:

I have had the pleasure of knowing Dr. Ken Grey since February of 2012. My son, who was ten years old at the time, suffered for years from terrible pollen allergies. Starting in January through May, he would be unable to breathe properly due to sinus congestion and his eyes would become red and swollen. He could not get proper sleep due to the congestion and coughing due to post nasal drip. He would wake up exhausted and irritable. There were days that his eyes would become so swollen that we would have to place ice packs on them in order for him to be able to open them. Needless to say, he was miserable.

We tried several pharmaceutical products to relieve his symptoms. Claritin helped slightly, but the side effects caused behavioral problems at school. We also took him to eye doctors at Bascom Palmer to treat his swollen eyes. The best they could do was to prescribe Pataday eye drops which would temporarily relieve the swelling, but not for a full twenty-four hours as prescribed.

We met Dr. Grey at a karate class for children. He came to speak to the children about healthy eating, homeopathic medicine, and acupuncture. After the class, I asked him if he could treat allergies with acupuncture and he confirmed that he could. At first, my son was very scared about the acupuncture needles, but Dr. Grey was gentle and compassionate and earned his trust quickly. Dr. Grey also recommended that we begin juicing to provide proper immune system support during the allergy season and recommended homeopathic medications for allergies such as Heel Allergy tablets and Xylitol Xclear nasal spray. After two weeks of acupuncture combined with the juicing and homeopathic medications, my son's allergies improved. His congestion was eliminated and his eyes no longer swelled. We were able to get through the rest of the 2012 allergy season with no symptoms.

We have continued acupuncture with Dr. Ken Grey and I am thrilled to say that my son did not experience one allergy symptom during 2013 and 2014. I believe Dr. Grey's approach to healing and acupuncture is the reason. Both our pediatrician and eye doctor are impressed with the results. In fact, this year the eye doctor did not write a "back up" prescription for my son as he felt the acupuncture was working successfully.

On a side note, I also believe that the acupuncture has helped my son's eating habits. I think that the severe congestion ruined his sense of taste. He became extremely picking about the foods he would eat. Once the allergies were under control, his sense of taste returned to normal and he now loves to try new foods. I also think he learned to appreciate the importance of fueling his body with proper nutrition as Dr. Grey has taught him. My son will ask for certain juices or teas when he is feeling run down and will ask Dr. Grey what type of acupuncture will help him feel better. To me as a parent, I believe is important to teach our children to recognize what their bodies need and to heal their bodies naturally. That is what Dr. Ken Grey does. I highly recommend to anyone suffering from allergies or poor health to try Dr. Grey's holistic approach and acupuncture for relief and healing.

Respectfully,

Laurie Robbins

