

## Personal Recommendation

Regarding Steven Collins, Licensed Acupuncturist and the efficacy of acupuncture for our child

From: The grateful parents of Ben, a 9 year old Severely Autistic child on the journey to healing

To: Those who are seeking Steven Collins as an acupuncture practitioner and provide themselves and their loved ones with holistic care that has life changing benefits in a remarkably expedient way that utilizes your own inner power to achieve balance.

Steve is a rare healer, teacher and advocate, as well as, an accomplished medical practitioner that embodies his beliefs in not only Oriental medicine, but in providing respectful affirmation to the whole person. His honest and abundant nurturing nature we believe is felt by our child, who due to the walls of autism has difficulty in being touched or to sit still or even to communicate. Yet Steve can treat Ben with ease and compassion.

After the first session we noted profound overall changes and after 6 sessions he is making great strides in multiple areas of dysfunction disturbance and his outward signs of pain are so diminished that he is running on both his feet and his flexion in his feet/ heel cords are almost normal. The doctors are amazed at what a difference it has made in the 2 months of treatment. We await the films to prove his foot is completely healed. At this point we are not even contemplating surgery any longer.

Steve's dedication and manner have made it possible for Ben to progress to lying still with multiple needles in various placements for up to 20 to 30 minutes at a time. We believe very few practitioners would have the skill, competency and intuitive healing ability to work with our son and we look forward to seeing further improvement in his well being, balance and health and believe that Steve will give us the prognosis and directives to help us make mature informed choices about after care.

Our story is no different from any other parents who have children with profound disabilities and have sought and tried a pantheon of western medical services and therapies who had all but given up on him even being able to be maintained in a home environment in the years to come.

Through persistence and seeking other opinions we found our child had an orthopedic cause and a GI medical cause for some of his extreme behaviors and coping mechanisms that people just attributed to his just being "Profoundly Autistic" He also has sleep, emotional and behavioral disturbances and is potty training plus being encumbered by the physical discomforts we discussed above.

Once the x-rays (which no orthopedist/MDs had wanted to even "try" to take until we made multiple demands) were taken it was discovered that he for several years (they felt after seeing the films) had had a necrosis and fracture to his foot.

Due to the alteration in pain perception "supposedly autistic people do not experience severe pain" the doctors felt that no pain medication was necessary. We disagreed and chose a new path to wellness.

We thus sought alternative cares and to our joy and astonishment they are working better and in many different aspects than we could have ever hoped for.

Acupuncture seemed very daunting for an autistic child, but after research and much thought we really wanted it as one of his major cares for relief of his far reaching orthopedic problems. He also for years had heel cord/flexion tension that no type or amount of therapy was effecting and was a candidate in the coming years for bilateral foot surgeries due to the impact on his gait/walking and ability to participate in any sports or athletics.

He has had major sleep and chewing/oral stimulation/teeth grinding problems for years. After acupuncture Ben experienced pain relief and our child shows very little of this any longer. His eye contact verbalizations are improving and he has begun not just swimming but diving and using kicking with his strokes and has much improved motor planning and coordination. His demeanor is much more relaxed and his tolerance to focus on activities is improving greatly. He even jet skied and participated in other activities that prior he would have been fearful or guarded against.

Our son is blossoming and one of the only major differences we have made is acupuncture. We think due to Steve's engaging manner of rendering his care & expertise Ben is empowered to facilitate his unique journey to well being and expression of himself and this brings us hope and the validation to keep optimizing his standards of care we can for our son versus settling for minimizing his needs for quality comprehensive care that just maintains his basic health.

Mrs. Lori Lowery, RN