

*Dr. Deborah Nixdorf  
Testimonials*

*Dr. Nixdorf satisfies all the qualities I look for in a great physician. To every appointment she brings her keen, inquisitive mind, loving communication and a gentle strength. I trust she listens to my needs, addresses my fears and helps me make the best decisions for my healthcare. Dr. Nixdorf supports me and is a true partner in my healthcare. As a physician myself, I have a high standard for my own health care. I am more than satisfied with Dr. Nixdorf as my physician and I highly recommend her. – AB*

*10/11/07*

*I tried something brand new yesterday. I guess it's been around for centuries, but it was certainly new to me. Acupuncture. Yep, that voodoo doll-like thing where you pay good money to have someone stick you full of needles. And then they have the nerve to tell you to relax!*

*For a number of years I've been plagued by peripheral neuropathy in my left foot (now invading my right one too) and Restless Leg Syndrome. And did I mention insomnia? The medication I'm taking for the neuropathy and RLS is something I will be on the rest of my life. I'm hoping for another 30 years or so, and hate the thought of having to take meds all that time. My husband, who is very traditional, suggested I look into acupuncture.*

*Yesterday was my first session. After an involved interview concerning my health history, the doctor had me lie on my back on the exam table. A wedge (not to be confused with a wedgie) was placed under my knees. I must confess I was a wee bit nervous. I do fine with blood draws and shots, but still....*

*She placed a total of 14 needles in my feet, around my knees, and in my hands. Lucky number 15 went between my eyes. And you know what? I can honestly say it didn't hurt. Most of the time I could just barely feel something going through my skin. She turned the lights down low and put quiet music in the player. Before she left me for about 10 minutes, she said my job was to just relax and breathe deeply. Breathe in whatever I wanted, whether it was energy, or love, or peace. And to breathe out any impurities. Then she closed the door behind her and left me on my own.*

*I felt very relaxed and rested when the doctor came back in, as though I'd just had a massage. She tweaked each needle and then removed them, and I set up another appointment for next week. I'll let you know if this works for me. -SA*

*10/17/07*

*Today I had my second visit with Dr. Deborah Nixdorf, a naturopathic physician and licensed acupuncturist. She spent a good deal of time going over recent lab results from blood work ordered by my primary physician. I'm a former nurse, so I've been trained to look at lab work and if it falls in the normal range, consider it to be okay. But as Deborah was saying during my visit, there's a difference between acceptable and optimal. That made sense to me. So we're working together on some things that will bring me closer to that optimal level. Of course, when she talked about cutting back on my carbohydrate consumption, the word "mutiny" did cross my mind!*

*The week following my first treatment, I noticed a difference in two areas. One was that the sharp pains, the sensation of having a strip of hot tacks dragged across the top of my foot, has gone away. I still have a general numbness and tingling, but not the intermittent pain. Secondly, my insomnia has gotten much better. I'd been taking sleeping pills every night for months before my first session. Six out of the last seven nights, I've been able to get non-medicated sleep soon after turning off the light. Ever since I was a young teen, my mind has whirled at night, keeping me too busy to fall asleep. Deborah calls that "mind chatter."*

*One of the things I'm supposed to do is to take 100 deep breaths during the day. The kind of breaths where the air goes all the way down to your tummy. You can actually feel the abdomen rise and fall when done correctly. After she inserted the 15 needles and left the room, I closed my eyes and started doing my deep breathing exercise, slowly counting up to 44 by the time she came back. I said, "I made it to 44." She hesitated a moment, then said, "What?" I opened my eyes and looked over at her. "I took 44 deep breaths while you were out." She chuckled. "Oh, I thought you were saying you were 44 years old." We got to laughing about how busy she'd be if word got out that in 10 minutes of doing acupuncture she could remove 11 years from one's age! -SA*

*10/27/07*

*My acupuncture treatments are continuing to go very well. Dr. Deborah Nixdorf has spent hours of non-session time researching what could be causing my peripheral neuropathy and how to treat it. We've become friends in this journey together. My foot pain is definitely lessening and I'm sleeping much better at night. -SA*