

LIKEWISE HOMEOPATHY

TESTIMONIALS

I have been seeing Miriam Mackey for over five years, and am more than pleased with the results. I have been using homeopathic treatment over 40 years and do not pretend to know how or why this works, but it does. All homeopaths are not the same quality. Miriam is special, she carefully observes her patient, takes time to ask many questions and listen to the answers. She then comes to a determination as to what would be helpful. She works with her patients. To tell the truth, her treatments are so good that over the years I have not needed many return visits. If she cannot help she is quick to let you know and advise other options. I heartily can recommend her to others.

~Carla L.

I've been working with Miriam for a few months now on problems that I've been experiencing for almost 4 years. During that time, I'd been numerous doctors and specialists, but the problems continued. In just the short time I've been seeing Miriam, I've seen drastic improvements in my overall health - I'd definitely recommend her to anyone!!

~Heidi R.

As a person who suffered from migraines for 14 years, I can now say that I only get an occasional migraine thanks to Miriam Mackey, a classically trained homeopath.

Before working with Miriam, I tried all of the over-the-counter medications I saw advertised. Traditional medical specialists treated me with a slew of migraine treatments for prevention as well as to treat a migraine, changing them as the side-effects became worse than the migraines, or they stopped working over time. While all were effective to some extent, I continued to suffer from migraines sometimes for weeks on end. For years I was taking anti-seizure medications twice daily to reduce the occurrence and severity of my migraines. I had two powerful prescriptions that, although they could not be taken together could both be taken with additional over-the-counter medications and I refilled both prescriptions every single month. I lost time at work and my personal life suffered even more. Many, many foods triggered instant migraines. I had to reset the refresh rate on computer monitors or the flicker (unseen to most people) made it impossible for me to read the screen and caused pain to even look at it. I couldn't work in florescent intensive environments.

Other non-western treatments (chiropractic, acupuncture, and magnets) helped, but I was still severely affected by foods and highly dependent on medications in my daily life. My first thought of the day (if I didn't wake up with a migraine already) was, "when am I going to get a headache today and how bad is it going to be?"

Miriam's intake and follow-up appointments looked at the whole me, not just my symptoms and the triggers I already identified. She took some time to review all of the seemingly unrelated information and developed a remedy specifically for me: two drops of a tasteless liquid in the morning. It doesn't interfere with any of the western medications and has no side-effects of its own.

Because I keep a log of both migraine triggers and medication usage, I've been able to quantitatively track my progress since seeing Miriam.

I began seeing Miriam in the spring. At the end of summer we determined that I took less medication (prescription and over-the-counter) than I had been taking each week when I began and I was able to eat some foods that I hadn't been able to have for years. The following spring I was taking less in a month than in a week the previous summer. Now, entering the 2nd summer, I'm able to eat many of the foods that used to trigger my migraines, including the one that would make it feel like I'd been hit in the side of my head with an ice pick from just one bite.

I've been able to take a hobby and turn it into a second business because I can now make commitments to customers and keep them. I can take vacations because I'm not running out of sick time. I took the black-out drapes off my bedroom window. I can eat in restaurants without fear of secret ingredients. I wake up and think, "what a great day!"

~Cynthia S.

I am a big believer in trying whatever works when it comes to health and feeling better. Over many, many years, I have worked with an acupuncturist; a Chinese medicine doctor and herbalist; a family practice doctor; an endocrinologist; integrative medicine physicians, etc. Recently, I began working with a new client who owns a homeopathy clinic, which opened my eyes to this work. It also brought me to Miriam Mackey. While I cannot claim to understand homeopathy, I do know that it is also a holistic, integrative practice. It looks at the whole person vs. one presenting symptom. I went to Miriam primarily to deal with an intense amount of stress and upset, that was affecting me physically and emotionally. I was so tense and so frustrated (and had been feeling this way for at least a month) that I could not really let it go or allow for other possibilities. Miriam did a fantastic job of looking at a huge array of things: from what was going on in

my life, to what I was eating/craving, to what emotions I was experiencing, and the habitual patterns of my thought processes. She gave me a very tiny remedy: a tiny handful of pills and instructions to just observe how I felt over the next month. Needless to say, after a month, I felt radically better. I made a number of important changes in life -- on top of homeopathic treatment -- and took steps to clean up issues that were causing stress and frustration. Miriam's remedy was selected to help me establish a bit of emotional distance and clarity, so that I could make better decisions for myself. I cannot tell you exactly how all of this happened, but the changes I made during that month, and the conversations I had to make those changes, were more comfortable and more grounded than I had been capable of before. That was a significant shift. Miriam did a wonderful job of listening. She's incredibly empathetic and pulls out the nuances of your symptoms. Her initial intake process was in-depth, making me feel like I could bring everything to the table.

~Shea M.