

December 6, 2007

For the past four years I have held the position of Urgent Care Manager at Health Services at Columbia. Several years ago, I was asked to temporarily assume the supervisory role for all of our support staff while one of my colleagues recovered from a serious illness.

My role of Urgent Care Manager is a very demanding role since I spend much of my time rendering hands-on patient care in addition to my administrative duties. My additional responsibilities became a source of stress which led to difficulty sleeping at night and fatigue during the day.

As a member of the newly formed Integrative Medicine Working Group at our health service, I was introduced to Randy Brown. Randy introduced our small group to Amm therapy in one of our regular meetings. Randy offered each one of us a chance to experience Amm therapy firsthand. Personally I, up to this point, had little experience with the various complementary medicine modalities and may have been a bit skeptical.

Immediately during my first acupuncture treatment, I felt a tremendous sense of relaxation and calmness, which continued for several days after my treatment. Also, for the first time in months I was able to sleep at night.

Since that treatment, Randy has worked with our Integrative Medicine Working Group and has recently introduced Amm therapy to some of our other staff members. While Randy can show you the data he gathered from our staff members, I can tell you that our staff enjoyed the Amm therapy sessions and reported a reduction in stress. Many of our staff members have heard the positive feedback from that group and they are now asking that additional Amm therapy sessions be held.

I have come to appreciate Randy's wonderful sense of calm confidence and professionalism as he works. The manner in which he conducts each session is very low key and comfortable for the participant and has been a welcome addition to efforts to promote employee wellness.

Sincerely,

Mary Ellen Bovino, RN
Urgent Care Manager