



## **Integrative Medicine PATIENT SUCCESS STORIES**

### **Every System, Almost Every Problem**

### *Year after Year after Year*

#### **SHOULDER REPAIRED WITHOUT SURGERY**

I had pain in my right shoulder. It was hard to work, do daily chores, or even sleep. After Stem Cell treatment I was able to sleep better, work better, and feel better.

Patricia H., Porter, 2018

#### **AFIB HEART RHYTHM DISTURBANCE GONE**

Chelation Therapy helped with my atrial fibrillation. After a few months my heart went back into normal rhythm. I will be able to live a normal life!

Gary B., Humble, 2022

#### **SHOULDER FIXED AFTER 20 YEARS OF SUFFERING**

Suffered from shoulder pain for 20 years. Other doctors told me to keep exercising it. Nothing helped! Reconstructive Therapy has changed my level of pain. Feeling tons better!

Raul E., Humble, 2021

#### **AFIB HEART RHYTHM DISTURBANCE GONE**

Chelation Therapy helped with my atrial fibrillation. After a few months my heart went back into normal rhythm. I will be able to live a normal life!

Gary B., Humble, 2022

#### **NECK PAINS RELIEVED WITHOUT SURGERY**

Had pain in my neck that kept me from being able to enjoy my life. Reconstructive Therapy has helped me be pretty much pain free. Life is so much better with less pain!

Joanna A., Porter, 2019

### **“LEAKY GUT” SYMPTOMS FINALLY DISAPPEARED**

Nutrition program and Ampho B made my leaky gut symptoms disappear! I am 4 times more active, my voice is 20 years younger, my body is 30 years younger! I love feeling good and being much more active!

Carol L., Humble, 2015

### **AFIB HEART RHYTHM DISTURBANCE GONE**

My heart disease progressed into atrial fib and flutters. I located Dr. Trowbridge and after 25 Chelation treatments, I can now say that I have not had A-fib flutters in over 4 years!

K.J. S., Humble

### **RAW CRACKING SKIN RELIEVED AT LAST**

After years of dealing with skin issues, Dr. Trowbridge diagnosed me with “Yeast Syndrome.” I followed the nutrition program and the results have been dramatic! Shed 5 pounds in the first 3 weeks, skin itching subsided, hand swelling and cracking subsided, and my skin texture and color have improved!

Roy G., Humble, 2010

### **GUT BALANCE RESTORED AT LONG LAST**

My intestines were so damaged from tetracycline and other antibiotics that I had foul flatulence and constant diarrhea. I couldn’t even work. Finally, after following nutrition and supplement program, my intestinal functions have returned to normal! Overall “sick feeling” has lifted and I can now return to work and enjoy normal activities.

Kevin W., Missouri, 2011

### **KNEE PAIN RELIEVED**

A knee injury kept me from being able to enjoy normal everyday activities. After Reconstructive Therapy I have been able to get back to the gym and do yard work. Even renovated my bathroom!

Jeanne B., Louisiana, 2011

### **BACK PAIN FINALLY GONE**

Severe pain and spasms in my back kept me from living my life to the fullest. After Reconstructive Therapy I have NO limitations and I am pain free.

Jim P., Utah 2011

### **MENTAL SHARPNESS RETURNED**

Nutrition and Supplements helped bring my mental sharpness back!  
Increased energy, better breathing, limited sinus infections, and lost 20  
pounds! I feel better, feel younger, and overall appearance has improved!  
Beckie G., Texas 2012

### **ENERGY REGAINED**

Controlling my yeast has resulted in very high energy, my voice has  
improved and I am encouraged that ringing in ears is going away. Love  
much greater energy, better cognitive ability, improving memory, more  
productivity!

Callie L., Porter 2015

### **ITCHY RASH ... GONE!**

Red rash on my body, irregular menstrual cycles, weight issues and  
headaches kept me from enjoying life. After Yeast Syndrome program, my  
rash is gone! Digestion has improved and menstrual cycles are normal now.  
I can function now!

Lora K., Texas 2015

### **ENERGY AND MEMORY RESTORED**

No energy, No Drive, Poor Memory and feeling old! Nutritional Support  
and supplements along with thyroid medications I came back to life! I'm  
full of energy and my memory is good.

Patrick S., Texas 2015

### **TOXIC HEAVY METALS REMOVED**

Chelation helped remove toxic metals that were affecting my muscles. I lost  
about 40 pounds after about 6 months, and my frequent headaches went  
away!

Lavonna G., Louisiana 2016

### **ABS (AUTO-BREWERY SYNDROME DRUNKEN) SYMPTOMS IMPROVED**

ABS limited my life, I could no longer drive, missed some of my kids  
events, my life was dictated by my illness. After following nutrition  
program my ABS episodes have decreased and I have a better outlook on  
life! I am getting closer to normal!

Chad C., Texas 2021

### **FINALLY BETTER DIGESTION**

Stomach problems including constipation, poor digestion, belching and gas  
bothered me for years. After nutritional support, I now have a fantastic

stomach! Digestion is better and I am no longer always hungry. When you feel healthy, life is more enjoyable!

Nathan W., Texas 2020

### **YEAST SYMPTOMS RELIEVED FOR GOOD**

Severe itchy rash on my body, vaginal yeast, and low energy went away after starting Yeast Program!

Christine W., Texas 2019

### **ENERGY RETURNED**

Dr. Trowbridge put me on the Yeast Program and now I am slim and trim, no bloating, and a lot more energy!

Vosky M., Texas 2017

### **SHOULDER PAIN RELIEVED**

I couldn't lift my arm up to wash my hair or do everyday activities. After Reconstructive Therapy, I am 90% better and I've got my life back!

Sandra L., Texas 2017

### **WALKING BETTER, EASIER, FARTHER**

I received Stem Cells in my low back, and the moment I stood up, I noticed a much better gait. I can now stand for much longer and walk farther distances!

Lois M., 2017

### **I CAN BEND AND FLEX AND REACH NOW**

Since receiving Reconstructive Therapy I have more improved bending and flexing and reaching! I'm getting a full night's rest and my energy has returned!

Melissa W., Texas 2017

### **INCREASED STAMINA**

I am getting better and better following the Yeast Program! No headaches, no nausea anymore! I'm getting a better night's rest and my stamina has increased!

Diane R., Texas 2016

### **HEART CHEST PAIN ... GONE!**

After having a mini heart attack, I started Chelation Therapy. It seemed to repair any damage done, gave me strength, stamina, and eliminated the chest pain that the regular doctors said I always have. I'm almost back to my pre-heart attack self!

Eugene W., Conroe 2017

### **BACK PAIN DISAPPEARED**

I suffered with back pain for 20 years, tried everything except surgery. Then after stem cell treatment I can now live a life without pain!

Charles F., Texas, 2018

### **SHOULDER PAIN NO LONGER LIMITING ME**

I had shoulder pain, which resulted in my inability to do any activity that required use of my left arm. After Reconstructive Therapy I now have full use of my left arm, without any pain!

Patricia W., Texas, 2019

### **REGAINED ENERGY**

Chronic Yeast Issues kept me out of work for over a year. After starting Yeast Program I am now back at work and have 90% more energy than most people my age! I am able to hunt and fish and walk for miles!

Gary R., Beaumont, 2015

### **CONSTANT ANKLE PAIN FINALLY RELIEVED**

After 8 years of constant pain in my left ankle I received Reconstructive Therapy. Now, I have no more pain and I am more sure-footed!

Tina M., Texas, 2011

### **INCAPACITATING NECK PAIN GONE**

I was totally incapacitated by my neck pain and in a chair all day with no physical activity. After Reconstructive Therapy treatments I was back to working and carrying heavy objects!

Gordon W., Texas, 2012

### **SHOULDER PAIN NO LONGER STRESSING**

I lived with terrible shoulder pain and little use of my arm. Reconstructive Therapy strengthened my shoulder and greatly reduced the pain! I am able to do everyday activities with no pain!

David P., Texas, 2013

### **NECK PAIN DISAPPEARED**

Pinched nerve in neck kept me from enjoying life and getting a good night's sleep. After 2 RT sessions I am sleeping better and have much better range of motion when turning my head!

Carol L., Texas, 2013

### **PAIN FREE ... FINALLY!**

After 10 RT sessions I was pain free! For many years I dealt with lower back and leg pain. Now I am able to enjoy a very active lifestyle of travel and work.

Bob B., Texas, 2014

### **FEWER AND FEWER MEDICATIONS**

Suffered from migraines, fatigue, and joint aches and pains. After following Dr Trowbridge,s advice, I am no longer afraid I'm going to get sick if I make plans to go out. I am also no longer on so many prescriptions!

Angela V., Liberty, 1992

### **REGAINED MY LOST ENERGY AND CLEAR MIND**

I suffered from fatigue, weakness, and confusion. After following Yeast Program I have much more energy and a clearer mind! Each day is more fun and fulfilling!

Saundra P., Houston, 1992

### **SLIMMER AND MORE ENERGETIC**

I was 30lbs overweight, fatigued, depressed, and had recurrent yeast infections. I started Yeast Program and I have lost 20 pounds already! I'm more energetic and not feeling depressed anymore.

Susan P., New Jersey, 1994

### **BEST I'VE FELT IN YEARS**

I was sluggish, fatigued, sand suffered with joint pain and swelling. I followed the Yeast Diet and I feel better than I have in years! I'm able to keep up with my kids activities and work a 50 hour week!

Merri L., Houston, 1993

### **HEART BLOOD FLOW IMPROVED**

I had blockage of three main arteries. Chelation Therapy has improved my ability to tolerate high level exercise for longer periods of time. Blood flow has improved dramatically! I have avoided a coronary artery bypass operation and I am able to maintain an active lifestyle!

Thomas H., Huntington, 1993

### **LESS FREQUENT COLDS**

Since starting Yeast Program, I don't suffer from near as many colds throughout the year! I don't have to spend so much time sick in bed, and I have more time for family!

Anita H., Houston, 1993

### **LIFE IS SO MUCH BETTER**

Since starting Yeast Program, every aspect of my life is so much better! I tried several doctors and each treated me as though each problem belonged to a separate person. Dr. Trowbridge made the pieces fit into one problem and one solution!

Judy H., Humble, 1994

### **CHRONIC SINUSITIS GONE**

I couldn't be off antibiotics for more than 2-3 weeks before my symptoms would reappear. After starting Yeast Program, I have no more facial pain and taking no more antibiotics. I have more energy, happier, and glad to tackle life!

Cindy G., Kingwood, 1992

[In 1999, Mayo Clinic published a study showing that they had *finally* discovered that chronic/recurrent sinus infections are most often due to ... *yeast!* Better late than never.]

### **ENERGY FINALLY BACK!**

I had no energy and unable to function, I couldn't get out of bed. After starting the Yeast Program my energy has returned and I feel great! My aches and pains have steadily decreased. My skin and eyes have cleared up and I can function again!

Lynne V., Texas, 1992

### **FEELING GREAT ALL OVER**

Some days I could not get out of bed, very fatigued and felt very down. Since starting treatment it's almost a total reversal of problems, I never thought that diet and supplements could have improved this problem. I feel very good! I have a life again!

Teo V., Texas, 1992

### **MORE ENERGETIC**

I am a diabetic with out of control blood sugars, 20 pounds overweight and fatigued all the time. I have frequent yeast infections and crave sugar and salty foods. After 1 month on Dr. Trowbridge's regime, I feel more energetic and my outlook on life is so much better! I've lost 11 pounds and have better control of my diabetes!

Virginia Z., Spring, 1993

### **CHRONIC SINUSITIS GONE**

I had repeated sinus infections and headaches. After starting the Yeast Program I now only have occasional headaches, and I haven't had to see my family doctor for a sinus infection. It's great to not have a headache everyday and have more energy to do things!

Kathy F., Texas, 1993

### **HEALTHY DAYS AGAIN**

After 14 months on the Yeast Program, the yeast is gone and I have never been healthier! I don't get sick at all! Everyday is a healthy day!

Vikki R., Texas, 1993

### **MORE ENERGY, FEWER ALLERGIES, BETTER ALL OVER**

My symptoms varied from headaches, upset stomach, and fatigue. Since starting Yeast Program I have felt so much better! My headaches have gone away! My allergies have decreased and I have much more energy!

Helen C., Texas, 1993

### **ASTHMA MUCH IMPROVED**

I had severe asthma and chronic candida, along with exhaustion, hair loss and menstrual abnormalities. After starting treatment for Yeast, my asthma is much improved! I'm able to get out and enjoy life! My energy level is much better and I get a better night's rest!

Vista M., Austin, 1993

### **MOODINESS ... GONE**

I suffered with fatigue, moodiness and overweight. After 2 weeks on Yeast Program, I've lost 10 pounds! I feel wonderful and full of energy! Even my employees have noticed a change!

Hope Y., Texas, 1993

### **CLEAR THINKING AGAIN**

Being on the Yeast Program along with Nystatin and Nizoral have brought about an amazing improvement! My asthma is improved, my thinking is clearer, I can concentrate, and I feel much more relaxed and optimistic!

Marsha M., Pearland, 1992

### **ENERGY IS WONDERFUL**

Since being on the Yeast Program, I feel better than I have in years and my energy level is wonderful!

Susan W., Texas, 1990

### **PAINFUL LEG CRAMPS GONE**



Cramps in my legs were proving to be painful until Dr. Trowbridge gave me a magnesium supplement. He also gave me supplements for my chronic fatigue. Everything worked beautifully and the results were an improvement in my circulation and general sense of well-being!

Jeanette T., Texas, 1990

### **QUAILITY OF LIFE IMPROVED DRAMATICALLY**

Since being on Yeast Program, my quality of life has changed radically! I have gone from never wanting to get out of bed, to getting out of bed with a smile on my face! It took some time and effort from me but it is well worth what you have to contribute to feel this good!

Betty R., Texas, 1990

### **PMS AND MUCH MORE ... GONE**

I complained of fatigue, chronic yeast infections, sinus problems, and PMS. After 1 month on Yeast Program, my yeast problems are gone! PMS is under control, and sinus issues are practically non-existent!

Tricia H., Pasedena, 1990

### **HEADACHES GONE**

I had neck problems, which led to daily headaches and daily pain medication. Since starting RT Treatments, I now have relief from my headaches!

Angela V., Houston, 1993

### **KNEE PAIN RELIEVED – I'M OFF TO VACATION!**

After 6 RT Treatments on my knees, I can walk better and have less pain! Now I can enjoy my vacation!

Opal Z., Texas, 1993

### **HIP PAIN NO LONGER INTERRUPTING SLEEP**

After 3 RT Treatments on my hip, I am now able to sleep through the night without pain!

Jacqueline C., Texas, 1993

### **IMPROVED QUALITY OF LIFE**

Reconstructive Therapy is totally wonderful – it works! The quality of my daily living is enhanced. Sleep patterns have changed and improved!

Verise S., Texas 1993

### **BACK PAIN FINALLY RELIEVED**

After just 1 treatment, my back pain has improved! I am able to work and enjoy my life without all the pain!

Ralph M., Texas, 1992

### **HIP PAIN THANKFULLY GETTING BETTER**

The day after my 1<sup>st</sup> RT Treatment, I noticed that I was able to walk without limping and I wasn't in extreme pain! I am able to walk up stairs and get out of the car without pain!

Jessica G., Texas, 1992

### **IMPROVED MOBILITY**

After RT Treatments in my knees, I have greatly improved mobility, much less pain, much less pain medication! I am enjoying doing as many of the things that pain kept me from doing!

Geri H., Texas, 1992

### **BETTER SLEEP WITHOUT PAIN**

Since RT Treatment, my pain has decreased and I am able to function and handle daily routines better! My sleep quality has improved and I don't wake up hurting!

Andle M., Texas, 1993

### **MUSCLE SPASM LESSENER**

After RT Treatment, my muscle spasms have decreased and my back feels stronger! I have been able to resume hard physical workouts without suffering from pain!

Joe L., Texas 1992

### **SHOULDER PAIN GONE**

After 4 treatments on my shoulders, I am now able to pick up my arms straight and work with them! I am able to do things around the house and yard that I haven't been able to do in years!

ElRoy B., Texas, 1992

### **ENJOYING LIFE AGAIN**

After following the Yeast Program for 1 week, I already feel like a totally different person! feel as close to normal as I have in months! I'm enjoying activities again! My husband and family are relieved that I am so much better!

Cathy T., Texas, 1993

### **WEIGHT FINALLY COMING OFF**

After 2 weeks on the Yeast Program, I have lost 10 pounds! I feel wonderful and I am full of energy!

Hope Y., Texas, 1993

### **HIGHER ENERGY, BETTER SLEEP**

After 6 weeks on the Yeast Program my energy level is higher and I am sleeping better! I am able to exercise like I enjoy!

Jan P., Texas, 1990

### **FULL OF ENERGY**

Since starting the Yeast Program, I have lost fluid build up and have become more solid and full of energy! This has made a huge difference in my life!

Corbin B., Texas, 1992

### **IRRITATED SKIN FINALLY BETTER**

Since starting the Yeast Program, I'm extremely happy with myself and my life, now knowing that I am in control of my health! Supposedly incurable problems such as "Dermatitis" have disappeared and my energy levels for work as well as play have increased dramatically!

Gary R., Texas, 1991

### **POSITIVE OUTLOOK**

My general well-being has improved since starting the Yeast Program! I feel I have regained control of my health, which has had a strong, positive input on my life!

James S., Texas, 1992

### **NO LONGER TIRED**

My overall physical and mental well-being has been drastically improved! I am no longer mentally "tired." I am losing weight and feeling better about myself! I no longer feel "crazy" or that my problems (physical) are just in my head!

Shanna L., Texas, 1992

### **PMS GONE**

Today, my PMS is virtually nonexistent and I have much more energy and strength to live a normal, healthy life, and handle stress without falling apart.

M. D., Houston, 1991

### **HAPPY TO HAVE REGAINED ENERGY**

Something can be done and I can do it. I am happy, functional, and energetic. I am ready to face the physical difficulties when they occur. I'm

also able to face other difficulties in life because my energies are not drained by just staying alive and functional.

J. E., Alvin, 1991

### **FEELING GOOD**

I am really starting to feel good now after starting on the program 40 days ago. I am so grateful and blessed.

R. B., Spring, 1991

### **VAGINAL ITCH GONE**

After more than 30 years of terrible vaginal itching, I experienced total cessation of symptoms in just one month of treatment. God bless Dr. Trowbridge. I am making steady progress with my other complaints.

B. M., Houston, 1991

### **WEIGHT LOSS**

Three weeks ago, I came to see Dr. Trowbridge. I felt as though my skin was stretched to its limit and that I would surely pop. On Phase 1 of the diet I have lost 9 pounds. My family has noticed that I am soft when they touch me. The diet isn't difficult. It helped me to think about all that I could eat – not think about what I couldn't.

S. E., Houston, 1991

### **SINUS HEADACHES IMPROVED**

My sinus headaches are improving. This is the first time in 5 years that I can say that!

C. W., Houston, 1991

### **FEELING GOOD**

After 3 weeks on the Candida diet and supplements, I was able to return to running 3 miles every other day for the first time in 2 years.

K. B., Houston, 1991

### **DIARRHEA GONE**

The diarrhea and stomach burning ceased after one week on the Phase 1 diet. Aching ears are better as well as sinus headaches and running nose.

L. O., Corpus Christi, 1991

### **ABDOMINAL PAINS GONE**

I had been having severe abdominal pains and sick at my stomach all the time. I now feel wonderful and I am pleased that I can eat healthy food without dying.

D. H., Montgomery, 1991

### **OVERALL HEALTH IMPROVED**

My overall health has greatly improved while seeing Dr. Trowbridge. I received the extra medical attention and preventive care that is unavailable in the conventional medical setting.

K. M., Houston, 1991

### **RENEWED HOPE**

In the last 6 months I have gone to several doctors and have had many tests done on me. Today is the first time that I am leaving a doctor's office or lab with the true feeling that I am going to get better. Starting from the first phone call to Dr. Trowbridge's office, I have had a feeling of renewed hope. Everyone has been so nice to me and have a very caring attitude.

R. A., Dayton, 1991

### **HEADACHES GONE**

After being on Phase 1 diet, I immediately noticed major improvements. No more headaches after 2 days, no bowel problems or abdominal pains. My face also cleared up remarkably.

C. W., Baytown, 1991

### **FEELING GREAT!**

It's been 6 weeks now since I started the program. I am now able to get out of bed in the morning and I feel well. I've lost the terrible cravings for sugar, which used to drive me to binging. I no longer have trouble with constipation or aching muscles and joints.

J. P., Houston, 1991

### **GREAT IMPROVEMENTS**

My problems with dizziness and blurred vision have improved greatly since being on the anti-yeast program. I am also making progress on my allergies and sinusitis.

R. J., Houston, 1991

### **HEADACHES GONE**

Since I have started treatment with Dr. Trowbridge, I have noticed a drastic improvement in my energy levels. My chronic headaches have all but disappeared. Also, the yeast infection that was causing me so much discomfort is gone.

H. T., Houston, 1991

### **YEAST PROBLEMS RESOLVED**

I am ever so grateful for the efforts of both Dr. T & the staff for helping me not only resolve my yeast problems, but for helping me find other methods of treating my health problems.

J.K., Houston, 1991

### **HEADACHES GONE**

After six weeks of treatment including vitamins, supplements, and diet, I feel much better. My headaches have stopped. So has my fatigue and moodiness, and I have lost a little weight also. I'm so thankful for being recommended to Dr. Trowbridge. Thanks.

L.M., Houston, 1991

### **ACHES AND PAINS GONE**

I no longer have trouble getting up in the mornings, no pains or aches in my body at all. I finally feel great.

C.L., Baytown, 1991

### **FEEL LIKE A NEW PERSON**

Upon entering this clinic, I was very sick – diarrhea and nausea, even vomiting. I was hospitalized 2 times due to this. Today, I feel like a new person. I have been on the Candida program for 3 months. I enjoy life and my 2 kids and husband now. Thank you Dr. Trowbridge for saving me.

B.G., Houston, 1991

### **FEELING GREAT, INFECTIONS GONE**

Since beginning on Dr. Trowbridge's program, my condition has improved considerably. I highly recommend his program for those who are experiencing chronic bladder and urinary tract infections.

D.J., Leggett, 1991

### **MORE ENERGY**

In addition to the yeast problems, he found my hypoglycemia and low thyroid problems and treated them. For the first time in over three years, my energy level and zest for life is back. Dr. Trowbridge is one of the leaders in modern healthcare in my opinion. I'm glad I found him.

C.H., Humble, 1991