

"Because everyone deserves to be healthy!"

TESTIMONIALS

Mollie Girton, Soul to Sole Reflexology

"I arrived limping at my reflexology session and told Mollie that I had begun to suffer with severe sciatic pain, which greatly affected my mobility. I was skeptical, but decided I'd give it a try. Mollie found several areas that were tender in my feet, explaining that they were related to my sciatic nerve reflexes. At the end of the session, I stood up and was amazed! Although detecting a sensitivity in the area, there was no pain and I could walk normally..I continued to experience great improvement at the next session. Mollie recommended I also check in with my doctor or physical therapist, which I did. My physical therapist was amazed that I was walking pain free, wondering how it was possible. I told him Reflexology. Mollie also had helped me with arthritis which had kept me awake with severe ankle pain. I haven't awakened with pain in several months. I highly recommend Mollie Girton, she has made a huge difference in the comfort level of my body."
- Velora Davis, Groton, CT

"I have known Mollie all of my life. When she studied to become a reflexologist, I became one of her test subjects. Mollie has magic hands! She is able to find reflex points which correspond to areas in your body that ache or are giving you 'issues'. I have sinus issues so Mollie applies pressure to my big toe. Amazingly, my sinuses have opened up and released the pressure. Reflexology is heavenly, especially after a long day at work. I schedule my appointments weekly and have noticed a remarkable improvement in my overall health. I sleep more soundly and have more energy throughout the day. My mood swings have become less dramatic. I can only attribute my improvement to reflexology as it is the only thing I've added to my routine. I truly believe that reflexology has improved many areas of my life and recommend 'Soul to Sole Reflexology' without question."
- Elizabeth A. Porter

"I first met Mollie Girton about ten years ago. She has always had a pleasant disposition and air of kindness about her. Mollie was looking for ten (stressed) teachers for her certification requirements, and I thought about it for about ten seconds, saying Yes! I was in need of balance and quiet time. When I finally arranged my schedule, I opened my world to an amazing, unforgettable experience through Mollie. Being an Anatomy and Physiology teacher, I was interested in the science behind reflexology and was fascinated with the homeopathic chart of the foot. But the true experience began when Mollie started doing her magic. When you leave a session with Mollie, you will truly feel lighter, brighter and freer. Her company name fits her nicely 'Soul to Sole'. My experience led me to write this heartfelt testimony to Mollie's art of Reflexology, her kindred soul and healing hands."
- Patti Brown, GLP, Connecticut



(Continues on Page 2)

"Because everyone deserves to be healthy!"

Testimonials Continued

Lucyna Kwiatkowski, Mystic Integrated Therapies

"It's crazy the change in my body...I was a size 12 at the start of the genotype diet, and just purchased a size 6 skirt. In my 51 years, I have never even considered anything below a size 10, even with all of the years I spent doing Weight Watchers. It is truly remarkable. Thank you Lucyna!"

- E. V., RN, Madison, CT

"I made it 46 years without any major medical issues in my life. Like a flick of a switch, I suddenly felt ill with a variety of symptoms all at once. I visited my physician, then specialists which had me on the western medicine merry-go-round for 2+ years. Countless office visits, testing, diagnostics and a litany of harmful antibiotics all in the pursuit of getting me healthy. I was labeled with having Chronic Fatigue Syndrome, Acute Autoimmune Molecular Mimicry and Epstein Barr. Most of these things I had never heard of. What I did know was that I was tired of being sick and tired, and I had a terrible quality of life. Thank God for you coming into my life! You dramatically changed my health status in 3 short months through a practical and understandable approach to a diet and supplements, which my body was craving to help it get well. The change was substantial and sustaining, and I continue to feel great, and have my life back to share with my beautiful wife, children, family and friends. You are truly an Angel that I will never forget!"

- Steve Forslund, Forestdale, MA

"Thank you for the energy work you did today. I found so much relief from the headache and jaw pains I have experienced all week with the TMJ problems and the new mouth guard. The tension and pain was considerable and not stopping until you worked on me. There was a sense of all the muscles unwinding and settling. The pain simply lifted away! I am also feeling more energetic from the thyroid work you included. I look forward to another visit soon."

- Roberta Lewis

"I wanted to let you know how much I love my new eating program. I have lost 20 pounds; my blood work came back and I do not need to take any medicines for my cholesterol. I feel great and for the first time in years, I am sleeping through the night. Even my skin looks great. I want to thank you for your time explaining the program to me and getting back to me quickly when I contacted you with a question. It certainly is working well for me!"

- Barbara Fay

