

Share Your Success Story With Us!

MY PERSONAL STORY OF WELLNESS

The mission of The Center for Natural & Integrative Medicine is to provide personal care. We focus on medicine as an art with treatments tailored to *each individual*. We appreciate your loyalty to us and would be grateful for a personal testimonial regarding your journey towards optimal health. You can also go to our website www.drkalidas.com and under the testimonial/review tab write a review on google.

I AM SOMEONE WHO HAS STRUGGLED ^{WITH} AND OFTEN REPRESSED MY UNDERLYING EMOTIONALLY-STRESS INDUCED BEHAVIORS, SOMATIC EFFECTS AND EPISODES. AT THE START OF MY WELLNESS JOURNEY, I WAS PHISHING FOR ANSWERS OUTSIDE OF WHAT TRADITIONAL MEDICINE COULD OFFER. I FELT THAT MY PATH TO HEALING WASN'T GOING TO GET STARTED IF THE CLINICAL RHETORIC WAS FOLLOWING ME FROM DOCTOR TO DOCTOR. THE MOST I WAS EVER TOLD WAS THAT I AM A HYPOLYCEMIC INDIVIDUAL THAT NEEDS PSYCHIATRIC ATTENTION. THAT WAS AT AGE 13. MY STUBBORNNESS TO ACCEPT A FATE LIKE THAT SPARKED A LASTING INTEREST IN HOUSTIC MECHANISMS. I REFUSED TO SEE AN M.D. AND INSTEAD RELIED ON THE WORK OF NATUROPATH'S, FUNCTIONAL MEDICINE, D.O.'S, HERBALISTS, ETC. AND THEN I FOUND DR. KALIDAS'S OFFICE, AND MY OUTLOOK ON MEDICINE SHIFTED. BY MY SECOND VISIT, DR.K WAS NOT ONLY ABLE TO TARGET MY CONDITION BUT HE FED ME KNOWLEDGE TO EMPOWER ME AS AN INDIVIDUAL. HIM, DR.A, THE MEDICAL ASSISTANTS, ANITA AND THE ENTIRE STAFF ARE ATTENTIVE, CHARISMATIC AND WHOLESOME IN EVERY APPROACH. I GENUINELY FEEL LIKE I'M BEING TREATED AS A HUMAN BEING, NOT JUST WRITTEN OFF AS ANOTHER CASE.

By signing below you are hereby giving us consent to print your testimonial on our website and marketing material to raise awareness of the benefits of our practice and services.

Initials TF

Date 10/18/19

The Center for Natural & Integrative Medicine
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Name TATIANA FERNANDEZ

Signature 

10/18/19

I am someone who has struggled with and often repressed my underlying emotionally-stressed behaviors, somatic effects and episodes. At the start of my wellness journey, I was fishing for answers outside of what traditional medicine could offer. I felt like my path to healing wasn't going to get started if the clinical rhetoric was following me from doctor to doctor. The most I was ever told was that I was a hypoglycemic individual that needs psychiatric attention. That was at the age of 13. The stubbornness to accept this fate like that sparked a lasting interest in holistic mechanisms. I refused to see an M.D. and instead relied on the work of Naturopaths, Functional Medicine, D.O.s, herbalists, etc. and then I found Dr. Kalidas's office and my outlook on medicine shifted. By my second visit, Dr. K was not only able to target my condition, but he fed me knowledge to empower me as an individual. Him, Dr. A, the medical assistants, Anita and the entire staff are attentive, charismatic and wholesome in every approach. I genuinely feel like I am being treated as a human being, not just written off as another case.

T.F.