

## **Testimonial**

### **3-MONTH PROGRAM**

Dr Faiez Kirsten provided consultation services for a period of three months from August to November 2018 for my husband Rajendra, who suffers from Parkinson's Disease (PD). Rajendra is 85 years old and was diagnosed with PD 11 years ago. More recently this year, the deterioration had become more pronounced, and having tried just about every modality, (including trips to India in search of Ayurvedic treatments), as a last resort we engaged the services of Dr Kirsten. During the twelve weeks that Dr Kirsten made weekly home visits to us, we found him to be very understanding, supportive and generous with his time.

A rare medical practitioner, Dr Kirsten is above all a compassionate human being with a deep sense of commitment to his patients and their families. Honesty and integrity underpin his passion for wellness in his patients. His approach is holistic, scientific and based on years of dedicated research. His treatment for Rajendra focused on overall wellness achieved through brain entrainment, diet and exercise. During the three months of consultation we observed gradual and noticeable improvements in Rajendra's condition:

- Reduction in PD prescribed medication. We have been able to reduce Carbilev 25/100 from 4 to 3 per day. We are currently reducing further medication. Rajendra voluntarily felt he did not want to take the morning Mysolene tablet, and so we deleted that, with no noticeable withdrawal symptoms. Reduction in the prescribed medication has been one of our key goals for many years, and until now and we have not been able to successfully do this. In fact, the neurologists we have consulted have pointed towards increased medication.
- Audios provided by Dr Kirsten have led to greatly improved sleep and rest.
- Rajendra had lost considerable weight and has recently gained approximately 3 kg.
- Additionally, he has hardly been using the oxygen concentrator which we have at home for him, and his breathing has improved phenomenally.
- Dr Kirsten's brain entrainment videos and audios have brought about a general feeling of well-being, improved spirits and a stronger determination and belief in the possibility of securing improvements in health and well-being, even with PD.

As is well known, Parkinson's is an extremely complex condition and despite that, the improvements we have seen recently have been attributable largely to Dr Kirsten's direction and effort. His willingness to offer advice at all times has proved tremendously supportive in extremely difficult times, especially for me as Rajendra's wife and primary care giver. His unassuming and modest manner, coupled with his confidence in his ability provides much hope for those suffering from chronic conditions. He works with you and equips you with the tools so that you are able to continue with the programme after his departure.

Although Rajendra continues to have good and bad days, he now looks less frail and has once again resumed his walks around the complex where we live and visits to the local gym. Last week I was chatting to a 94-year-old doctor in the gym who was watching Rajendra closely and he was shocked to learn that Rajendra had Parkinson's. He added that he had seen many Parkinson's patients during his practising years, but Rajendra is a "miracle". I felt a sense of pride and thought to myself – yes, thanks to the hard work and Dr Kirsten.

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