

My name is Beth Gambella, I am 46 years old and live in Huntington, New York. Six years ago I was diagnosed with several autoimmune diseases that became debilitating. After seeing over 16 different doctors on Long Island and New York City and being put on many different medications and not getting any better, I was running out of hope. It was leading me into a world with so many unknowns. I began to question what the length and quality of my life would be. I have been married for 26 years, and am blessed to have three children. I wanted to try anything I could to improve my quality of life, and be in the best health I could for myself and my family. In August of 2014, I was introduced to Dr. Piña LoGiudice, a Naturopathic Doctor, who owns and operates inner source health in Huntington. After several hours telling her about my medical history, she advised me to go on the blood type diet, she wanted me to start taking tai chi, and she gave me the name of Catalina Rivera who is a Registered Nurse, Holistic Health practitioner, and Reiki Master. I really knew nothing about reiki at the time, but again, I had tried just about everything offered to me by many physicians and had no relief. I initially started seeing Catalina once a week for the first 2 months. From the first visit with Catalina, I started to notice small changes slowly in my health. The first change was the feeling of hope once again, she assured me that over time, and with hard work it would be possible for me to become free of all medications. I had been athletic all of my life, running and weight training had been a huge part of my life for over 30 years. The amount of steroids that I had been put on over 6 years had done so much damage to my body. There were days where I could not get out of bed, I had no energy, my eye sight was failing, I couldn't drive myself or my children around. I worried about losing my sight permanently, liver and kidney failure from all the medication I was on. I decided to see Catalina twice a week from November to the present day to see if it would speed up my recovery. Over the past four months I was slowly able to wean myself off all medication. It has been 40 days without relying on any medicine for my diseases. My doctors say it is a medical miracle. They are thrilled with my progress, and many doctors have asked for Catalina's contact information for other patients and for themselves. I am back to running 15 miles a day, weight training and my energy level is soaring! I have gotten my life back because of the reiki work that Catalina and I have done together. Reiki has also helped me with the healing of my soul. I feel like I am more in touch with my mind and body. I have learned and I am still learning about the gifts I have to share with others and it has opened up creative feelings in me that I never knew were there. The best is yet to come for me! Skies the limit for me and my future. I continue to see Catalina on a weekly basis, and look forward to my continued health recovery. I want as many people as possible to know that reiki, and Catalina have not only changed my life, but saved my life and I will be forever thankful. I consider her not only a Reiki Master, but more importantly, a friend for life. I am truly blessed to have met her.