

I am 70 years old and retired from 36 years of teaching college level Physics at a local college . Several years ago I began to be seriously troubled with pain in my left shoulder, which was severe enough to prevent sleep at night and to cause “tingling” all the way to my fingers. My physician told me it was arthritis and not much could be done other than pain killers. At my wife’s suggestion (and without much confidence in the technique) I decided to try acupuncture.

Nicole began to treat me, at first several times a week, and then weekly, then monthly, I am now essentially pain free for months at a time, only going in at about 3 to 4 month intervals for a preventative “Tune-up”

At this point my wife , who is 60, my mother (96) and my uncle (90) all use Active Life treatments for age-related discomfort and are extremely satisfied with the results. Nicole has helped all of us to maintain an “active” life style.

A handwritten signature in black ink that reads "James Goff". The signature is written in a cursive style with a large, sweeping initial "J".

James Goff  
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