

I have known Dr. Gary Snyder for 50 years and have been a patient for over 30 years. We were both raised in the Kansas City, Missouri area where we pursued our individual careers with tenacity and persistent determination I refer to as the "Pioneer Spirit".....a beautiful book, by the way, of the same title by our friend Lyle Alan White (1986). But I digress...my point is that you get to know someone over that many years.

Doc, as I call him, began his career in the early 1970's. Back in the day, those who pursued careers in holistic medicine were often dismissed as "quacks" by conventional western medicine. It took a person who possessed rare wisdom, intuitive sense, commitment, unconventional thinking, a passion for the truth, and last but not least, strength of character to overcome the discrimination often thrown at them. This describes my friend Doc Snyder! Whether you call it holistic, alternative or complementary medicine you can count on Doc to have a plan for correcting health issues you may be suffering from now or for preventive care to keep you in optimal health. I can assure you he practices what he preaches.....and it shows. I have entrusted my health to him all these years and proudly say it shows for me as well.

As a child I suffered with constant eczema and had more than my share of colds and flu every year. My loving parents had very little knowledge of healthy eating. Mom loved to sew and hated to cook so I was raised on boxed & canned food, T.V.dinners (remember those), hot dogs, jelly donuts and sandwiches with mystery meat, processed american cheese, loads of Miracle Whip on white bread. My brother loved to roll the soft doughy bread into balls and throw them at me. (That was actually a better use of it.)

In my 20's I began to understand the importance of healthy eating and began a quest for organic food and enlightenment in all areas of my life.....aahhh remember the 60's & 70's? That led me to meeting my friend Doc Snyder. But, again, I digress so I will get to my testimonials, first stating how great I feel now, then explaining three serious conditions Doc resolved for me.

I am 72 years old and some have said they thought I was in my late 50's. This works to my advantage as I am a Clinical Esthetician doing facials and skin care for the past 45 years. New clients are amazed at my age and remark "I want to do what you're doing". I tell them taking care of the inside has as much to do with the aging of your skin as working on the outside. I have not had a cold or the flu in more years than I can remember. I take no prescription or over the counter medications of any kind and yearly bloodwork is always good. I have plenty of energy and feel blessed to work long hours 3 days a week at the profession I love. Flu shots....NO WAY, Doc has the homeopathic remedies each year....always works for me. There have been three serious issues, though, all of which remain corrected to this day.

1. I am 5'2" tall and by 2011 I had let my weight balloon to 175 lbs. I couldn't seem to get control of my food addictions which were fueled by my love of red wine. Moderation was never my strong suit. No matter how much I cut back or cut out, the weight wouldn't come off. I refused to resort to fad diets, diet pills/drinks or delivered prepackaged "fake food" that needs no refrigeration. I felt hopeless as cravings for sugar and starches took over. The feelings of guilt and shame were depressing as emotional eating won out over the intellectual knowledge I possessed regarding healthy

eating. When, finally, I had HAD ENOUGH I began the NAET allergy clearings and along with a 2 month strict program for readjusting my body's metabolism, I lost 40 lbs. and have kept it off. My thanks also to Jane Snyder for her constant encouragement and support, without which I may have "fallen off the wagon".

2. In 2015, I had been having pains in my lower abdomen for quite sometime but denied it was anything serious....who me?....I'm never sick. I awoke one morning and was bleeding profusely from the rectum. I took myself to the emergency room and was hospitalized for a week. A colonoscopy was attempted but aborted as the doctor said "I looked like raw hamburger meat inside and he couldn't continue the procedure." A definite diagnosis could not be determined but was either ulcerative colitis, diverticulosis or inflammatory bowel disease. I was sent home with the standard dieticians' plan of liquids, mashed potatoes, "baby food" and no fiber. I was given prescriptions for drugs that have side effects worse than the condition I seemed to have. "Come back in 3 months". Upon release, I immediately drove to Doc's office, hospital paperwork in hand. He put me on 7 different herbal and homeopathic remedies all of which cost a fraction of what the prescription drugs would have cost. For 3 months I did reduce my fiber intake and followed Doc's protocol to the letter. When I went back for my colonoscopy, the doctor was amazed. I was totally and completely healed inside. The tissue was pink and smooth and healthy with no signs of lesions, irritation, bleeding, or damaged tissue. He removed a small benign polyp that couldn't be found in the first colonoscopy attempt because of the extreme condition of the area. "What did you do?" the doctor asked. "I have never seen such transformation in a short time of such a severe case" he stated. "You took your prescriptions?" No, I said and told him what I had been taking instead. With a look of skepticism he rolled his eyes and said "those things don't work. There is such a thing as coincidence." Wow, I thought, how typical and pitiful the closed mindedness.
3. In 2017 another scare sent me to the emergency room. I began having severe heartburn, nausea, chest pains, and severe fatigue. Sounds like a heart attack but it would come and go. It seemed to manifest whenever I ate. It got so bad I could not eat anything, not even simple broth. When it became severe enough to scare me, I called 911. After several hours and tests, the hospital found nothing, no sign of a heart attack, nothing in lab work to indicate anything else. Sorry and good bye. I went to Doc the next day with my tale of woe and he began testing me for different things. What he hit upon blew my mind. I had become allergic to my own stomach acid....no wonder I couldn't eat or drink anything. With all due respect, do you think conventional medicine could have come up with that? After one clearing and treatment, then waiting the required 24 hr. period, it was a miracle. I could eat again and no problems since.

I am so grateful to Doc Snyder, my old friend. And to his wife, Jane who oversees the office and his well being and whose knowledge, enthusiasm and compassion keep their patients on track. And to Hannah who heads the staff, and keeps the office running smoothly with a cool head and calm manner. My good health will always remain in your capable and caring hands.

*With love and gratitude,
Nancy Schaal
Sept, 2018*