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She walks with the angels:  
**Mary Ann Drescher**  
*Alto Angel Association*

by *Mary Lou Santovec*

Several years ago when Madison resident Nancy Sanborn's head started shaking, she ignored it. But when her family noticed it, Sanborn sought the advice of her primary care physician, who diagnosed it as a non-life-threatening condition called familial tremor. The physician told her she would just have to live with it.

After the shaking got worse, Sanborn

Finding help through

# ALTERNATIVE MEDICINE

returned to her doctor, who referred her to a neurologist for testing. The neurologist diagnosed cervical dystonia. With no known cause or cure, Sanborn was told that the shaking would eventually worsen and that the only solution was regular injections of Botox. A medical web site about the disease also referred to a surgery that came with substantial risks.

## NMT and acupuncture

Declining both options, Sanborn joined the millions of Americans who have sought a solution to a health problem with alternative medicine. She made an appointment with Doreen Giles, a Madison-based acupuncturist who also practices a type of healing called NeuroModulation Technique (NMT).

"I liked her right away," says Sanborn. "She's very down-to-earth, a good listener,

very real and very genuine."

NMT involves retraining the body so it chooses health rather than illness. "Sometimes patterns in the body get set up as a result of an illness or injury," says Giles. These patterns tell the body that the illness is still present, even after it



**Doreen Giles**  
Acupuncturist

has been resolved. By correcting the underlying patterns, NMT helps the body "reprogram" itself so that the symptoms in turn diminish or go away.

"She started doing it (NMT) and it took less than six months for my head to stop shaking," says Sanborn. "And now I have no

shaking at all." Since she started seeing Giles, Sanborn has also been able to decrease the dosage of a thyroid medication. "And I've sensed an increase in my general well-being," she adds. "I don't understand it, but I know that it works."

Giles also treats patients with acupuncture, which works with the energy flow in the body. She explains that this energy isn't anything mysterious. We've all had days where we've noticed that we felt low or high energy. When the body's energy doesn't flow smoothly along its pathways, which are called meridians, the result is an illness or pain. "Pain is stuck energy," says Giles, "and acupuncture can free it."