

JANUARY 2022

Limerick

An exclusive magazine serving the residents of Limerick

living



Health & Healing in the Heart of Royersford



Best Version Media™

Cover Photo by Kailey Edwards Photography

HOMES FOR SALE IN YOUR NEIGHBORHOOD—SEE PAGE 11

JANUARY COLORING FUN—SEE PAGE 13

CALENDAR OF EVENTS—SEE PAGE 14

Health & Healing in the Heart of Royersford

By Jennifer Hetrick, Content Coordinator
Professional Photos by Kailey Edwards Photography



Cindy Harrington’s background, as a professional pianist and with her time working in the sheet music industry, with the precision and tuned in nature behind this kind of career, eventually led her to see the value of reading the rhythms and tired symphonies of her body more accurately after years of discomfort and pain she knew she finally needed to find a more effective way to address.

Wanting to truly feel better versus anything less changed her life—in knowing the burdensome struggles of those who deal with often not fully understood health issues.

And at last getting relief eventually led to her opening her practice in 2016 in nutritional counseling and health coaching, through which she specializes in Nutrition Response Testing®. Her office is on Church Street in Royersford Borough in the same building as her chiropractor, Dr. Eric Benedetti, who she says has been a tremendous part of the progress in her health improving, in recent years.

“I had been suffering from debilitating pelvic pain since late 2005,” Cindy remembers. “At times, I was so debilitated that it was difficult to sit, stand, or walk. I found Dr. Kathy Stricker, a naturopathic doctor, in the Mount Penn area of Berks County in November 2015. When I left her office with the supplements to start my program, I took the first probiotic tested specifically for my body and issues and noticed a change for the better on the long drive home. Sure, it could have been



Thank you Primrose School of Royersford for sponsoring our monthly Resident Feature!



the placebo effect—but I truly felt a change and knew something was different with this approach. I certainly experienced a positive difference within the first month on the program, and then a longer period of healing ensued. A number of whole food supplements helped, as did a number of homeopathic supplements. These are all very safe and effective at handling root cause issues and filling in nutritional gaps. Moderate to significant progress took about one year. True healing takes time. It doesn't have to take that long, but in my case, it did. It's almost seven years later, and I continue to get healthier and healthier. I'm truly in the best health of my life now. My immunity used to be terrible. Years ago, I'd get every bug I was exposed to. Now, my immunity is very robust. If I feel my immune system kicking up, as if I've been exposed to something, I get tested with Nutrition Response Testing, and we nip it in the bud right away. And today, I'm still a patient of Dr. Rachel DiScala, the daughter of Dr. Kathy Stricker who retired."

Fantastic energy, a 90 percent improvement in her pelvic inflammation and pain, improved digestion and elimination of stomach pain, and better results on thermograms for breast health are just some of the changes she's experienced. Relief from mood swings and cramps related to premenstrual and menstrual symptoms and hot flashes and memory issues related to perimenopausal symptoms were also a part of what she noticed.

Besides professional piano performances and teaching, Cindy worked for 13 years as piano editor and data analyst for a major sheet music retailer dating back to 1876, based in the Exton area of Chester County. And also for 13 years, she served as pianist for Temple Sholom in Broomall, Delaware County. Demand for her nutritional practice, though, has recently led to Cindy staying locally to keep up with appointments, living close by in Limerick Township.

Cindy is a certified nutritional counselor through Trinity School for Natural Health in Warsaw, Indiana, a certified integrative nutrition health coach through the Institute for Integrative Nutrition in New York City, and a certified yoga teacher through YogaLife Institute formerly in the Devon area of Chester County.

"Looking back, 2021 was a big year for us," she reflects. "The business has really become busy and viable. I've helped about 1,000 people since the beginning. I'm seeing about 50 people a week, currently. In 2020, I was probably averaging 25 people a week. We figured out some good marketing. We've had a lot of people coming in now by referrals and finding us on the internet and social media."

Cindy explains, "Nutrition Response Testing utilizes muscle-testing, also known as applied kinesiology.

It's a highly-developed system of analysis of the body. We use the physics of energy and tap into the body's nervous system by using a large muscle group, in this case the deltoid muscle of the arm. If there's dysfunction with the thyroid, which I see all the time, if I touch someone's already stressed thyroid, thus applying ischemic pressure, and push on their arm, there is not going to be enough energy in that person's arm to resist because the nervous system is putting the energy into protecting the thyroid, so the arm will drop. But if the thyroid is strong and healthy, and I put ischemic pressure on it, the strength stays in the arm, and it stays in its position. There are variations on it, but I'm able to get answers as to what specific organs and glands are stressed, the root causes of that stress, and the exact nutritional changes to fix the problems."

She poses, "If you were to fall through ice on a lake in winter, as an analogy, you're going to be exposed to extreme cold. The nervous system will respond immediately. Your energy leaves your extremities and instead moves into your core, to keep your heart beating. The same principle is in place with Nutrition Response Testing, if I'm putting stress onto an already stressed organ, or if I put a vial of sugar or another toxic substance on the body, for example, the nervous system is so sensitive that it's going to sense that stress and substance and respond. We can tap into how it responds by testing the arm's response."

According to the Wellness Kinesiology Institute via www.wellnesskinesiology.com, "The first known

use of muscle-testing goes back to R. W. Lovett, a Boston orthopedic surgeon, who used it to assess disabilities in patients with polio and nerve damage (1932)."

Cindy tests what organs, glands, and areas of the body are stressed and strained. She then determines the exact changes to diet and supplements each client needs to heal. By placing samples on the body during the testing with each client, the body indicates what it needs nutrition-wise and what it doesn't require or what might prove more detrimental or less beneficial, like in the case with sugar.

On her practice's blog, she has a post titled, "The Night I Went Around Disneyland in a Wheelchair," where she reflects about a trip to California in 2006 and the pain, fatigue, and hormone imbalance issues she dealt with then; walking became difficult, so her then-boyfriend, now-husband, pushed her around in a wheelchair during their brief vacation getaway while out of state for a music industry conference.

How far she's come in her health improvement and healing is largely what made Cindy want to delve into this work, to help others experience relief from pain, achieve better energy levels, and heal from all sorts of health issues.

While most of her clients are local and regional, she's adapted her approach to work for virtual visits as well for those who are further out of the area or in other states, using her training, knowledge, understanding, and intuitiveness to help identify issues remotely and successfully.



Brenda Shea lived in the Collegeville area and relocated to Central Pennsylvania in 2020. She first began seeing Cindy as a client in 2017 and now sees her via virtual appointments.

“I set up an appointment with Cindy because after being treated by a regular doctor for bronchitis and taking two different prescribed antibiotics for the full amount of time, all the same symptoms returned but were much worse. Along with a raspy voice, sore throat, and heavy chest, I also began suffering from chronic fatigue, constantly exhausted; my body felt like lead, and it was difficult to get up and go to work. Unwilling to go back to the doctor for another prescription, I decided to give Cindy and her then-new practice a try. What she discovered through her system of testing the entire body and prioritizing health issues is that my liver was inflamed and was actually the root cause of my fatigue and inability to get well and stay well. Treating my throat or respiratory system was secondary. Cindy then recommended a liver regeneration enzyme supplement, one pill a day for two months. We also reviewed my diet and together came up with dietary changes to better support my liver and aid in overall wellness. Within the first week, I felt a remarkable difference. After five or six weeks, I hardly felt the need to continue and finish out the rest of my supply of supplements but did finish the entire bottle, as encouraged by Cindy. The whole experience was life-changing, in



many ways. Good health, energy, and the quality of my life returned. Views and knowledge of holistic healthcare, supplements, nutrition, and exactly how to integrate all in perfect harmony for better health

increased dramatically! The process and support through office visit follow-ups and free informational community events offered by Cindy on a wide range of nutrition and health topics gave me the sense of community and sustenance needed to maintain the program. I can hardly say enough good things about the quality of care and resources Cindy makes available at her practice.”

Diane and Jeff Bush of Lower Pottsgrove Township are also clients through Cindy’s practice.

“I was diagnosed with psoriatic arthritis and was prescribed medication that I had an allergic reaction to,” Diane shares. “I was then prescribed a medication that would compromise my immune system, and we were smack in the middle of a pandemic which was showing signs of risk to immune-compromised individuals. So, I decided to do some research on different types of treatment and decided to concentrate on my overall health rather than one particular item. I always had a feeling that making healthier choices would help.”

Diane also has gastroesophageal reflux disease, or GERD, since she had her gallbladder removed in her 20s. And she’s had other stomach surgeries, stomach attacks sending her to the ER but with a

gastroenterologist not able to figure out why, because she'd feel fine afterward, and gut issues, feeling very uncomfortable every time she ate, even if it involved healthy foods like fruits and veggies.

"I met with Cindy weekly for six weeks, then every other week for six months, and now I meet with Cindy every four-to-six weeks," Diane explains. "Each visit, Cindy would test me to see if my daily routine of supplements she was recommending was working. She would make adjustments based on her findings. Supplement recommendations are key to treatment, but it also requires making healthy adjustments to diet and exercise. Cindy would help guide me each week on my diet by reviewing what I was eating. I would document every piece of food I ate. This, too, was key to making improvements in adjusting my carbohydrates, fats, and proteins to make my diet a healthier balance. I started to notice relief within weeks of starting the program with Cindy. My diet was key to both the joint pain and discomfort in my gut. I also never cared for exercise before. I made excuses and got bored quickly, mostly because I would feel achy afterward. I started walking in June of 2020 and haven't stopped that exercise. I even challenged myself in August of 2020 to walk three miles a day for 30 days straight, and I did it with no issues. And I ran my first official 5K in November of 2021. Three years ago, this would not have been possible. I had no interest, and I believe it was due to not feeling healthy. I cut back on carbohydrates, dairy, and sugar, watching these three items, along with foods high in oxalate. My arthritis symptoms were not as severe, my GERD and acid reflux were better, and I felt better, not as bloated and uncomfortable. These changes also made it easier to get out and exercise every day. My last stomach attack was back in December of 2020, and after Nutrition Response Testing and looking at what I ate at the time of the attack, we believe it is from a tree nut allergy, based on the large





amounts I would eat. So to have not had one attack in almost a year is amazing. My joint pain is under control, and I know when I don't eat healthy—it flares up. It is all about optimal health, and it starts by what you are putting in your body. Plus, I think it is important to mention that I contracted COVID-19 back in August 2020, and I believe I recovered from a bad case with the help of Cindy and the supplements she recommended. She was available to help me recover whenever I needed guidance.”

Oxalate, which Diane worked to reduce in her diet, is a molecule found in almost all plant foods, to varying degrees. Plants use it as a defense mechanism to protect themselves from being eaten in nature, for their survival, and so it can behave toxically in the body in cases of overconsumption of certain vegetables and fruits, according to nutritionist and researcher Sally K. Norton.

Diane seeing such progress and drastic changes is what prompted her husband, Jeff, to start visiting Cindy's practice. He wanted to work on sugar cravings, weight loss, and anti-aging strategies. Supplements specific to his body's needs and revamped, different eating regimens started to show their impact.

Jeff says, “The process was gradual, but after working with Cindy for over one year, the results have been amazing. I am now pain-free. I have noticed considerable improvement in athletic performance, and I lost 30 pounds through her Signature Weight Loss Program. For me, Cindy's process has been a real game-changer. Through natural supplements and better eating, I feel better than I have in my entire adult life. Also, through this, I completed a triathlon last year. Cindy is very passionate about her work and is truly dedicated to the overall wellness of her clients.”