

Dear Kym,

I sincerely don't believe that there are words that can adequately describe my gratefulness and appreciation to you and your practice.

As you know, when I came to see you for the first time, I was a complete train wreck. I had just moved down to Florida from NY with my, then, fiancé and my whole life exploded in my face. I was alone. I was scared. I was devastated and utterly depressed. I was in a completely strange environment...it was nothing like NY or anything that I knew. I barely knew how to find the grocery store!

Thankfully, I had met a patient of yours at a street fair. She sang your praises and insisted that I come to see you, if for nothing else but to be treated naturally for depression. I had no choice. I lost everything, and I couldn't afford (literally or financially) to lose my job on top of everything else. So, I came to see you expecting to get a jumbo size ginkgo biloba pill and be on my way.

I remember my foul-self walking in to your office. I was scared, but at that point in time, I was scared over everything. I remember talking to myself while driving to your office saying, "You're just going to get your jumbo sized ginkgo biloba pill and then you're outta here! She has a better chance of seeing God than putting any needles in me!"

everything. I walked in, saw you running around and just had the feeling that you were a good person. It should be said that at any given moment prior to that I was ready to flee. But, there was something warm about you and Pat that told me it was okay, and that I should at least stick around and see what you could offer.

Remember, I was foul at this time. I remember complaining to myself, "Why do I have to complete ALL this paperwork and history on myself? What difference does it make when I got my period...just want a ginkgo biloba and to be on my way!!!" Then you called me in for my consultation. You meticulously went through all of my medical history, asking questions and telling me things about myself that I didn't even know. You went on to ask me why I was there, etc. The floodgates flew open! I cried and trashed around your office. Told you I wasn't sleeping. You asked me what time I woke up...you asked me all types of questions that I thought were so ridiculous. Who cared what time I woke up, and what does that have to do with my lungs?!?! My lungs don't hurt, and I just can't understand why you keep referring to my lungs and liver....the only thing wrong with my lungs is that if I light another cigarette, I will crumble into dust.

What I didn't know at the time was that you were assessing exactly where I was at...that in Chinese medicine, everything is related to other parts and organs. You were planning my recovery from that very moment. Question after question, you asked. Finally, after explaining the whole gruesome story, desperate and crying I begged you to find the "off" switch. And you said, very confidently, nodding your head, "OK".

You walked me in to the next room. It was time to meet the needles. You sat up on the table with me and let me inspect them and ask questions until I felt comfortable. You showed me exactly how you were going to place them and that I wouldn't feel a thing. Yeah right! Well, yeah right!!! I didn't feel a darn thing and couldn't believe that I was looking down at myself with needles...needles in my body!! I am scared of needles, but for some reason I am fine with this.

You explained that this would be like a massage. I laughed. Writing this now, I still laugh out loud. I could not get my arms around the idea that sticking needles in me would give me the same affect as a massage...that I would feel a euphoric-type feeling afterwards. Yeah, right!

I leave the office after having the overwhelming need to hug you, which has become a regular part of each visit thereafter. I remember driving the one hour drive home thinking, yeah, well I am not dead, but I don't notice anything

different...no euphoria. Oh, well...I still got my herbs, so I guess I got my money's worth. After a bit of driving, I realize that I am playing the radio and singing my head off....this hasn't happened since before I moved to Florida....weird. Then I start calling my sister in NY. She answers the phone and within a moment's time, she asks me if I am drunk, and what did I do because I sound like her sister for the first time in a very long time!!! I am stunned by her comment, but tickled all at the same time. With this, I begin to tell her of my evening with Dr. Kym. My sister is not very open to alternative ideas, but she clearly stated she "could care less what it was that I did, because I got my sister back and that's all that matters". The irony in all of this is that now my sister sees an alternative medicine doctor in NY, thanks to Dr. Kym.

I went home that night, and for the first time in months and months, I slept through the night! I woke the next morning and was in disbelief. It was also the first time that I woke and DIDN'T feel like a tractor trailer hit me. And I actually had a productive morning at work. Of course, I crashed and burned later that afternoon, but this is serious progress!!! But this was the first time in months that I went more than one hour without hysterically crying.

I come back every single week. And my euphoria lasted longer and longer each week. And in doing so, somehow, I managed to remove my head from my ass and even smile. While I would feel very emotional during the sessions, I came away from them feeling like a million bucks...I couldn't wait for my weekly session, and I took my herbs religiously.

At this point, it is important to note that you were treating my WHOLE self. You and Pat were, at this point, my only human interaction. Remember, my ex-fiancé was the only person in Florida that I knew, and I worked from home and had barely any opportunity to meet anyone. You talked to me and let me ramble on (forever) to the both of you. You hugged me. You hugged me. You can NEVER know how much that meant to me. It brings me to tears just writing about it all these months later.

Thanks to you, I have managed to completely reinvent myself! I am not my old self again...I am a brand new, bigger and better version of my old self. I have embraced my world, made friends and built a life here in Florida.

It is a most heartfelt thanks that I give to you. You are an outstanding doctor and a wonderful human being. No matter where I go and what I do with the rest of my life, I will forever remember you and Pat and all that you continue to do for me even today.

Please tell your patients that it is so important to continue treatment regularly. It truly makes all the difference...I am living proof.

Much love and gratefulness,  
"N.M." Palm Harbor, FL



Dear Kym,

I have many to thank in writing this letter. First of all I am forever indebted to Dr. Black, my mother, and fate for their remarkable contributions in getting me to where I am today. I suppose my healing story begins not surprisingly, with my mother. If not for her energy, beautiful spirit, and relentless efforts to provide the best life for me as possible, I would not be the happy and most importantly "healthy" man I am today. My mother has always guided me to see the world with an open mind and to explore solutions to life's problems that might not be the easiest or the most popular. It was her guidance and support that gave me the confidence and courage to explore acupuncture and other forms of alternative medicine in combating my Chron's disease. My mother and I share countless similar traits, most notably our ability to just feel when a situation, opportunity, or in this case a special person presents themselves into your life. So many people let these special opportunities slip past them without giving them a second thought. My mother has always taught me to trust such impulses throughout my life.

This is where Dr. Black comes into the picture. My mother was in the spa talking with some of her friends about my diagnosis and all the medication I was taking at the time. Suddenly this woman sitting nearby popped out from behind her magazine and said "acupuncture" We were on vacation at the time over a thousand miles away from home and this mystery woman behind the magazine just happened to be Dr. Black who was also vacationing over a thousand miles away from home. Little did my mother know at the time but she was casually chatting with the woman capable of healing her son. For this encounter I have fate or a power far greater than I to thank. Meeting Dr. Black has proved to be one of the most fortunate discoveries of my life. We remained in close contact with Dr. Black and just less than three months later my mother and I flew to St. Petersburg, Florida from Kansas City for my first set of acupuncture treatments. I believe the cliché goes something like..... "And the rest they say is history."

I was diagnosed with Chron's disease in May of 2003. My doctors said it was chronic and that I would be heavily medicated and could possibly require several surgeries over the rest of my life. They said no cure was available and within days of leaving the hospital I was taking over twenty pills a day. I had not been seriously ill a day in my life. What one day was a stomach ache had turned into a full blown crisis in a matter of weeks. I was not all that scared at the time only because I could not fully comprehend the magnitude of the situation. I began taking all the pills and felt tired, weary, moody, weak, nothing like the energetic 20 year old I was only months before. Then Dr. Black stepped into my life. She said she thought she could cure me. CURE ME!!!.....but I thought I was incurable, at least that is what my western medicine doctors had said in May. Well lets just say this, those other doctors are not "my" doctors anymore. Dr. Black treated me aggressively both physically and mentally. Her confident attitude fueled my healing process. Dr. Black does not work to cure disease or alleviate pain; she works to heal human beings. She did not just beat my Chron's, she healed "me." My Chron's ran deeper than simply physical pain; it was engrained in my mental state. I felt imprisoned by the disease; it would not allow me to live my life the way I wanted. Dr. Black sensed this and convinced me that I could be freed from Chron's, but I had to believe that was possible. It was such infectious confidence that sold me on Dr. Black. She asked me to believe in something I saw as impossible. I took the leap of faith and I have never looked back.

Now just over seven months later I am no longer taking any western medication, only a few supplements prescribed by Dr. Black. I do whatever Dr. Black asks of me. She has accomplished in seven months what my original doctors said was never possible. Dr. Black told me the first time I met her that she could cure me, get me off all my toxic medications, and I would once again be just "me." I was excited to hear that but I was not sure if that would ever be possible. For anyone who is skeptical or unsure with regards to the use of alternative medicine or Dr. Kym Black, let me say ..... This is for real, it works, it is enlightening, it is safe, and it changed my life!

With deepest respect and gratitude,  
"G.A." Kansas City, MO

Kym,

I have told you before but I wanted to thank you for the miraculous recovery of my son. Our meeting was definitely in my eyes part of God's master plan for my life and I am glad. For those who don't know we met in a spa in Canada. I was discussing my son's condition with some friends when Kym who just overheard the conversation said "He needs acupuncture." From there we shared further discussion and I vowed then that she would get a chance to heal my son. He was diagnosed with Crohn's Disease in May of 2003. The Dr's in the western medicine world gave us little hope that healing would ever happen. He would face many drugs and probably flares of the illness at which time we would decide when to have surgery only to start the whole cycle again. Kym, on the other hand offered healing as an option. I live in Kansas City and my son and I flew to Florida to seek Kym's advice and treatments. We started in September 2003 and came monthly for treatments. Upon leaving Florida in December 2003 my son was no longer taking any of the medications prescribed by the western medicine doctors. He is currently on homeopathics selected by Kym and is doing beautifully. It was my Christmas wish to have my son's health back and thanks to Kym .....We Have IT! I refer to my friends all the time and I will continue to do so.

From: "DB" Kansas City, MO



"I began using acupuncture for pain management when I came down with shingles. Since then, Dr. Black has treated me for other conditions, notably energy loss and immune deficiency. I'm better now than I was 10 yrs ago."

From "J"



When I get off the elevator to come to Dr. Black-Caporale's office I just take a deep breath and smile. I can look into her office and I am so thankful I found such a beautiful place and such a beautiful knowledgeable person to help me. I have been going to Dr. Black-Caporale for about a year. I first went to her for menopausal symptoms and an alternative to hormone therapy. I was so impressed with her ability to listen and take time with me. I was having night sweats, hot flashes, depression and fatigue. Within two weeks almost all my symptoms were gone. More women should know about All Women's Institute of Natural Medicine and Alternative Health Concepts. My husband also sees Dr. Black-Caporale for his chronic back pain. My teenage children have been to her. She is fantastic!

From "N.A." in St. Petersburg

I am writing this note to express my gratitude to two very special people. First to Debbie B. for introducing me to Dr. Kymberly Black. And second to Dr. Kymberly Black. Without Debbie I would never have heard of Dr. Black since I live in Blue Springs, Missouri and Dr. Black practices in St. Petersburg, Florida. As fate or good fortune would have it, Debbie crossed paths with Dr. Black while the two were on vacation in Canada of all places. After doing wonders with Debbie's son, Debbie thought I should take a trip to Florida and see what Dr. Black could do for me and my "Shingles". Since February of 2003, I have had 5 different epidural blocks with steroids and cortisone that basically drove the shingles deeper into my body. I can't tell you the drugs that I have taken in that same period as they are too numerous to list in this note. Anyway Dr. Black has begun cleansing my insides with Homeopathic medicine and the shingles pain has actually moved closer to the surface. I also developed a shoulder ache similar to a rotator cuff inflammation. My shoulder has improved so much that it is a non issue at this point. I still have a way to go to get rid of the shingles, but I have faith in the treatments I have received from Dr. Black and looking forward to a full recovery very soon.

Sincerely and Gratefully,  
REM, Blue Springs, Missouri 64015



Dear Dr. Black,

Before arriving at your office I had pretty well decided what was wrong with me. I still filled out the forms you asked for, the ones where I detailed my symptoms. Then I let you in on my diagnosis. You listened carefully and never discounted my take on my ill health. Then you told me what you thought the problem was and what might help. In retrospect, I know my self-diagnosis was way off. I also know that you, my Doctor, treated me with respect and that because of this I was more inclined to follow your advice. My hormones are being restored to the proper balance so that I don't have symptoms of PMS for two weeks out of every month. I have no more pain in my toes and my concentration has improved. I'm not depressed all of the time. There has been an unexpected side benefit of your treatment: I've lost weight since I no longer crave sweets and fatty foods and I feel more inclined to exercise. If I haven't done so already, I'd like to thank you for all your help, interest, expertise and patience.

Thanks for all your help.  
From "NC" in Portland, OR



Dear Dr. Black Caporale,

Having just described you to someone as a "miracle worker," it occurred to me that I should tell you as well.

After having been scared witless by a number of traditional physicians who shook their heads, finally, I found doctor who listens and offers medical help that works. That's you.

The other doctors would say things like, "we could do such and such but your insurance company would be upset so we can't do that." My question is, who is running the medical profession? Do traditional doctors now leave a patient untreated because the insurance company doesn't want to pay for proper treatment? Sadly, the answer appears to be yes.

Your office has become my oasis of tranquility. What a difference from the hard plastic chairs and old magazines found my most waiting rooms.

Thank you for being there for me and making me well again. Thank you for not scaring me and thank you for making each appointment something to look forward to rather than dread.

Best,

From "FH" in Palm Harbor, FL



February 17, 2008

Dear Dr. Kym,

I wanted to take the opportunity to formally thank you for all that you have done for me. Coming into your practice 10 months ago was the best decision that I have ever made for my health as well as for my peace of mind. As you are aware, I came in seeking infertility help. However, not only did I get the help that I so disparately needed with my infertility issues, but I also received help on a multitude of other ailments that I had just grown to live with in my life – anxiety, constant fear, sleeplessness with severe night terrors, premenstrual cramping, non regular menstrual cycle and back problems.

Needless to say you have changed my life on so many different levels that the words thank you just don't seem like they are enough. Because of your knowledge, professionalism, support and love, I am now 4 months pregnant! The role that you played in making that happen for me is absolutely invaluable. How can thank you be enough? You have blessed me with the child that I never thought I'd have and you have completely cured all of my other ailments! You are the best doctor that I have ever known. You are a doctor that truly cares for her patients on the deepest level. A doctor, and a friend, that will always take the time to listen and understand the issues her patients are having.

Please know that you are a true jewel and that what you give to your patients is so completely special. You have made such a difference in my life. Truly you have done more for me than I could have ever dreamed possible. Thank you from the bottom of my heart. I will forever be grateful for you!

Sincerely,

C.H. Tampa, Florida