



Deb Pulver is a survivor. She faced cancer head-on and has been in remission for 15 years.

Her diagnosis and treatment of breast cancer were the most challenging times of her life; she credits acupuncture for helping her get through it and recover quickly.

"I knew that I wanted something to help me deal with the chemotherapy and all the toxins that were being put in my body," says Deb. "I was amazed by how much acupuncture helped me physically and emotionally during that time."

Deb had an acupuncture treatment before and after every round of chemotherapy. She says it helped her body and mind prepare for what was to come, as well as recover more quickly.

"Abby knew what chemotherapy drugs they would be administering and she would educate me on what to do to get through it. She would tell me what food to eat, and what nutrients I needed so I wouldn't feel dehydrated. She told me what to do to help my body heal, and it made things so much easier than I imagined."

Astonishingly, throughout all eight rounds of chemotherapy, Deb never got sick.

"I attribute it all to my care at Des Moines Acupuncture," she says. "Abby was a godsend to me. I don't think I could have done it without her."

In fact, Deb, an avid horse rider was able to ride horses throughout her chemotherapy. Because of her good health, her blood count levels were always on target, and she never had to delay a round of chemotherapy.

"Not only did acupuncture help me physically get through breast cancer, but it also helped me mentally and emotionally deal with the stress associated with a cancer diagnosis," she says. "I always felt so positive after my treatments with Abby, she made me feel like I could beat it, and when you are fighting cancer that is a huge thing."

After Deb's experience with breast cancer, she created a non-profit, Strands of Strength, to provide other women who are fighting cancer a high-quality wig, even if they can't afford it. Their mission is to decrease feelings of vulnerability and provide greater self-esteem, resulting in the personal strength needed to successfully battle the disease.

“Along with wigs, I wish someday that all women battling cancer could also receive acupuncture treatments,” she says. “It helped me tremendously during my battle with cancer and I would love to provide that to other women too.”