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# NEIGHBORS OF *Victoria Dark* and THE ISLES



## Meet Danielle DeFreitas!

Cover photo provided  
by Danielle DeFreitas

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*Danielle and Joseph  
are the perfect  
example that  
loving partnerships  
will always yield  
prosperous beauty.*



# Meet Danielle DeFreitas!

BY CHRISTOPHER MIYARES  
PHOTOS PROVIDED BY DANIELLE DEFREITAS

**W**e are constantly walking around the world, seemingly without cognition of the lived experiences of those around us. Oftentimes, it's those who have been through the most that can bring us the most prosperity. These unsung heroes are always behind the scenes, hard at work to enrich the lives of their loved ones, and of their communities. This month's featured resident - Danielle DeFreitas - is the perfect example on how one can be a beacon of hope in this world, through her skillful expertise in Acupuncture.

In a world where virtually every interaction you have is meticulously curated to get you to buy something, the words "Harmony through Health" can seem like a cute catchphrase for generating views. For Danielle, her life's vitality was literally dependent on such a concept.

When she was in her thirties, Danielle suffered from stress and anxiety, constantly in a state of "fight, flight, or freeze". She had developed diabetes at 18 years of age and for over two decades was ashamed of her diagnosis.

Following the advice from professionals, Danielle did what anyone else would have done. "I turned to the standard medical model, leaving little room for social, psychological, or behavioral dimensions of chronic illness."

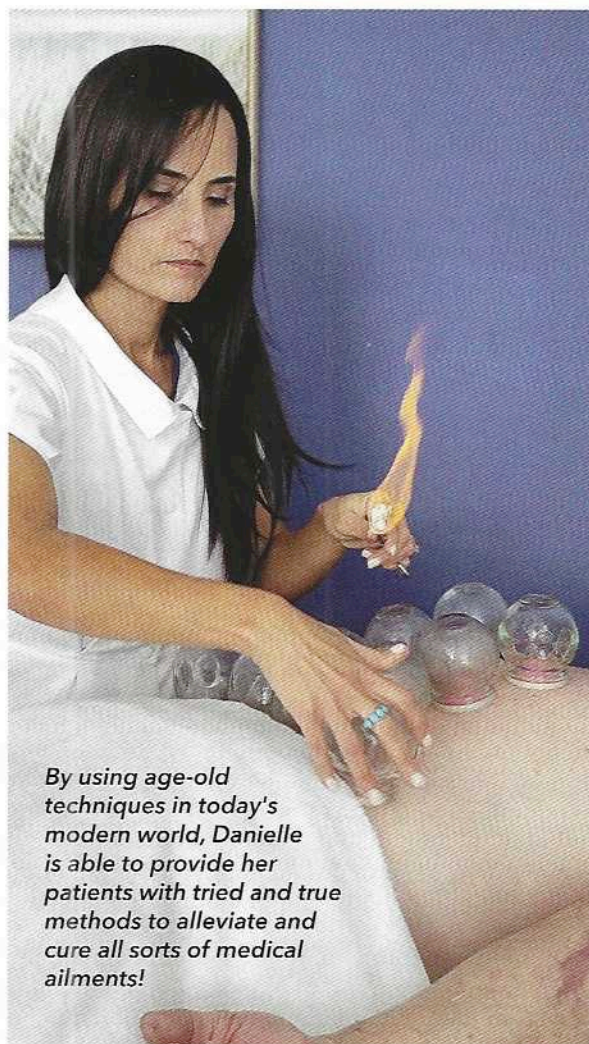
After being told that she can never expect to live 'anything like a normal life again', she became enthralled in the idea that no life is without its limits.

Danielle had battled for over 20

years with the disbelief of not being able to control her sugar levels - causing complications to arise, eventually facing a very early death. Danielle also felt a level of shame that is not addressed enough in today's society, which can have many lasting emotional and psychological affects. She had felt detached from the world and did not want to speak about her experiences. Luckily, meeting her husband Joseph opened the world to her - she was finally able to learn how to be vulnerably transparent about her condition, leading her to engage in more and more uncomfortable conversations with others. Joseph played a crucial role in her daily diabetes management by cooking healthy meals, speaking with purpose, exercising often, and constantly reassuring her that he will be by her side, through thick and thin.

Facing the worst, Danielle persevered and decided to change course into the world of complementary medicine - specifically Traditional Chinese Medicine (TCM).

For the first time after her diagnosis, an Acupuncture Physician asked her a question which opened up her entire worldview, eventually leading her to the path of better lifetime health: "Were there any childhood traumas or stressors that might have contributed to the diabetes?" Shocked by such a profound question, Danielle faced inward and continued further into the realm of Acupuncture. The herbs, methodology, and concepts found in this treatment helped her overcome the negative feelings associated with diabetes, and had



*By using age-old techniques in today's modern world, Danielle is able to provide her patients with tried and true methods to alleviate and cure all sorts of medical ailments!*

led her to normalize her blood sugars.

For the first time in a long time, Danielle had felt as if she was in control again. "I was no longer on the roller coaster again - I was the boss of my own body!" Danielle studied the mechanics and mathematics of the disease, had changed her diet, and wanted to share her story with others. This desire was so profound that she had decided to become an Acupuncture Physician herself.

Currently as an Acupuncture Physician, Danielle practices Traditional Chinese Medicine to help and heal her fellow Fort Lauderdaleians. "I can't help but think of how my own story would have been different if the medical community had been trauma-aware."

Having extensive training in TCM, Danielle is a licensed Acupuncturist from the Florida Board of Medicine, the Pennsylvania State Board of Medicine, and the National Certification Commission for Acupuncture and Oriental Medicine. She has a Bachelor's Degree in Health Science, and a Master's Degree in Oriental Medicine. During her residency, Danielle even observed the integrated approach of TCM at several hospitals in China and in South Korea.

Since her knowledge on the subject is virtually endless, and she herself has benefitted from her methods, Danielle aims to serve her fellow Fort

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*Danielle DeFreitas is becoming a force to be reckoned with!*



Lauderdalians who are in need, focusing on patients who consider their **WHOLE** self - body and mind. Behavioral health plays just as big a factor when treating disease, and Danielle excels in showcasing these concepts to her patients, making the critical suggestions which will ultimately alleviate both the root causes and symptoms associated with all forms of disease.

Danielle recognizes that there are millions of people around the world who are unnecessarily suffering. This is why she opened TCM Wellness Project - to open up the minds of people who have been led astray by traditional standard medical systems.

Danielle is a true lover of life, and knows that if we want to experience happiness, we must decide to actively look for joy in everything that we do. She understands that she might be the practitioner of her TCM systems, but it is up to her patients to take charge of their lives and find their inner voices if they truly want to experience life-changing health. "I enjoy teaching people how to practice self care because I know how important it is to look out for ourselves first. It will help manage stress, lower your risk of illness, and increase your energy." She teaches her patients that peace begins within them, and when they overcome their past traumas, they will be able to take responsibility for their actions and feelings. "It's like pressing the reset button so you can live the way you want to, no matter what is happening around you!"

Danielle's story is one of inspiration, growth, open-mindedness, and ultimate love. She has only the best intentions for her community and wants everyone to experience the beauty of everlasting joy that can come from Traditional Chinese Medicine.

Catch her lounging out on one of our gorgeous beaches, walking through nature, or simply interacting with the rest of our beautiful community. You never know what can happen when you follow her lead into the world of open minded, non-traditional medicine!

Make sure to check her out here!  
[www.experiencetcm.com](http://www.experiencetcm.com)