

7<sup>th</sup> January 2018

To Whom It May Concern,

In the past two years, it has been a pleasure to have shared care of my patients with Miss Nivedita Rawal Raj, a highly experienced Medical Psychotherapist. The patients I referred to her, whether suffering from depression, anxiety or work place bullying, all came back with positive feedback in regard to her professionalism and mannerism. Most of all, they had experienced emotional healing and be able to resume normal functioning by which medication prescribed alone certainly could not have achieved.

In my dealings with her, Miss Nivedita has always been genuine, caring and driven to provide the best holistic care to her clients. To that end, she has acquired numerous skills and qualifications in the last twenty years including Hypnotherapy, EMDR Therapy, Mindfulness Meditation and Psychoneuroimmunology (PNI) Therapy, just to name a few. PNI Therapy is slowly emerging as an adjuvant therapy to boost patients' immunity through the subconscious and conscious mind.

Miss Nivedita has applied successfully PNI Therapy in numerous patients combating cancer, chronic pain and autoimmune disease. In particular, she has developed a Cancer Prehabilitation and Rehabilitation program and is ready to work with any clinician as partners for the wellbeing of their clients. It is hopeful through PNI Therapy, patients can achieve the maximal capacity of healing medically and emotionally.

I have no hesitation to recommend this excellent healer, Miss Nivedita, to any doctors or patients alike who believe true healing starts from the heart.

Yours Sincerely

  
Dr Clifford Loo 