



Client Reviews

"Barbara worked miracles with me during my recent IVF cycle. I am in my mid-40s and was trying a stimulated cycle and had lots of apprehension about the shots and the hormones. Committing to seeing Barbara once a week helped me manage the emotional roller coaster of hormones, and my stress level was low throughout the entire cycle. I blew the doctor's expectations out of the water as far as the number of follicles, eggs, and ultimately embryos.

I know Barbara had a huge role in these results. Each acupuncture session relaxed me to the point where oftentimes I would drift off to sleep, which isn't easy for me. Barbara is kind, warm, patient, and a true healing professional. I would recommend her to everyone on the fertility journey."

-WH

"After visiting my fertility clinic, I had no hope. After one visit with Barbara, there was total sunshine. Nothing is impossible when you visit her.

When it comes to infertility Barbara is truly a force of nature. She combines ancient techniques with modern research to create a perfect fertile storm. It is fascinating talking with her about how the ancient/modern overlap. It is even more amazing to feel it working in your own body! Barbara has a beautiful spirit, quick wit, and amazing energy. She is a true healer of broken ovaries and hearts and I am so grateful to have such a great resource so close by."

-Kristen N.

"I sought Barbara's help after I was diagnosed with an ovarian cyst and had been trying for a year to conceive. Barbara listened to all my concerns, never ever passed judgment, and was incredibly caring and knowledgeable. Her advice was solid and helpful, never forced. I looked forward to every appointment I had with her, not only because of how I felt afterward, but because I enjoyed her company.

With her help, my cyst went away and I got pregnant! Barbara continued to treat me for morning sickness. She answered all my first-time pregnancy questions. It greatly reduced my stress and anxiety to have her during a new period of my life. I physically felt better with her help."

-Client

"Barbara has changed my life. I'm in my late twenties and have struggled with acne and hormonal imbalances since my teens. I have tried absolutely everything to fix my skin problems, from numerous oral and topical prescriptions to expensive face peels and products. I even had a professional tell me my bad skin was something I would just have to live with. I was feeling hopeless and about ready to resign to a lifetime of hiding my face. With Barbara's expert skills and thorough practice, I have finally found healing. Not only in my skin but my body and mind as a whole. My energy is back, my sleep is restful, and I feel wonderful! Barbara doesn't just perform acupuncture. She teaches. She's taught me how to understand my body's signs and what it means I need nutritionally. That there's healing within me. Barbara's kind, gentle and intuitive way has led me to inner and outer healing, and for that, I am forever grateful!"

-Courtney

"When I started seeing Barbara, I was at the end of my rope. After years of unexplained infertility, numerous painful visits to leading fertility clinics, and still no hope. I decided to" try something different; the best decision I ever made!

From the first visit, I knew this was going to be a much different visit than the other doctors I had seen. Barbara sat down and talked to me as a person and actually listened to what I had to say. She made me a part of my healing process and gave me control over how I wanted things to progress. She helped me look at all aspects of my life, she advised me on natural supplements, my diet, and exercise, and even helped my husband with his diet. She gave me hope at a time when I had none left. Six months later, I was pregnant and have since delivered a healthy baby boy. My husband and I are forever grateful to Barbara for her help and her constant friendship. She took the time to get to know us and we consider her a part of our family."

-Client



"When I weaned my daughter after three years of breastfeeding, I experienced a severe bout of anxiety and depression as a result of my sensitivity to hormonal fluctuation. I decided to seek treatment with Barbara—and I am so glad that I did! From my first visit, Barbara has always taken time to evaluate all of my symptoms and to obtain the whole picture of my health. She offers a world of knowledge about both acupuncture and traditional Chinese medicine; in addition, she is highly intuitive about which treatment and acupuncture points would most benefit me. I have never had a health professional who so sincerely cares about my well-being. She is a true healer who has helped me overcome significant emotional and hormonal difficulties. I wholeheartedly recommend her care."

-R.Z. Round Hill, VA

"Barbara Mikula is an intuitive and conscientious acupuncturist. She thoughtfully listens to each client and is able to effectively communicate the concepts of Eastern Medicine. She has helped me with controlling my asthma and allergies that I have had since childhood. This year my symptoms have been better than they have ever been. I am a very satisfied client and also refer many of my own patients to Barbara because I know that she is a powerful healer who can help with a variety of problems, symptoms, and complaints."

-Justina Dee, DC, Ashburn, VA

"My husband and I both are Barbara's clients and I believe her expertise has a lot to do with why we are now the proud parents of a beautiful little girl. After my husband had surgery, the doctor gave us a less than 1% of getting pregnant. We both went to see Barbara for acupuncture treatments and were impressed with her kindness and real concern for our situation. She always made me feel at ease and was very professional and definitely knows her stuff. After only a month of treatment, I got pregnant!! Barbara also helped me with nausea during my first trimester and even came to my home to treat me for low milk production when I was having trouble nursing. I recommend her wholeheartedly and know she is really doing what she was meant to do. I thank her for using her gifts to help us to have our daughter Charlotte."

-M. C. from Virginia