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Dear Bev,

I am writing to show my support of Second Wind Farm. I visited Bev's farm with my husband and my then four-year-old child in 2016, and we had a wonderful experience. It was beyond our expectations.

Bev has created a unique, beautiful, healing and very warm experience that allows people of all ages to meet with and do haltered walks with Llamas. Second Wind Farm is a space where every living thing is granted permission to feel safe and be themselves. She intuitively watched how we interacted with her beloved llamas and chickens, giving calm and gentle guidance and sharing helpful information.

As a person and as a professional psychologist specializing in trauma and torture, I strongly believe that people of all ages and walks of life, whether they have endured a traumatic stress event or not, would benefit from some quality time with Bev and her llamas at Second Wind Farm. The experience with the Llamas is helpful for those who have to reestablish trust or need a calming and gentle companion. By offering friendship and warm touch, Bev's llamas help alleviate loneliness, can lower blood pressure, and reduce stress. Interactions with Second Wind Farm's llamas can certainly be beneficial for veterans suffering from PTSD, children or adults with disabilities, or those going through physical rehabilitation. I have recommended my patients to visit Second Wind Farm as I know it can offer them a unique healing experience!

Warmly,

A handwritten signature in black ink, appearing to read 'Paula A. Madrid', with a stylized flourish extending to the left.

Dr. Paula A. Madrid