



## OPTIONS CENTER HEALTH TOPIC



September Issue 2005

### THANKS TO ALL CUSTOMERS WHO HAVE HELPED ALONG THE WAY

It's only because of many loyal clients who have stayed with us from the very beginning when Helen was starting out from an office in her home that we have been able to continue providing help and hope to all our customers. We are grateful to those who gave us a chance when their doctors had given up trying to treat them anymore. And we are thankful to those who have always believed in prevention and just needed some guidance to stay well and on the right track. To all the students Options' staff has helped and their parents, thanks for believing in us and having faith in the process when the whole concept of Brain Gym® was new and unknown to them. Our celebration is all about YOU and your loyalty and faith in our ability to change your life because, in the end, that's what it is all about.

...Making a difference in your quality of life...

THANKS!

From Options staff

**Options  
Staff**

### REMINISCING ON THE PAST

I was recently asked how I got my training for what I do. I replied that I knew no one who had ever done what I do. (And I still don't.) I learned it on my own by reading, studying, attending conferences and constantly perfecting what I did. There were times when I would have liked to call someone up and ask some questions.

As I look back on the last 20 years, one of the biggest changes came when I started incorporating hair analysis into my practice. That completely changed the way I taught nutrition. It also became a part of the education center in that it helped students with learning and behavior problems to overcome the difficulties without drugs. Then came functional tests, which gave tremendous clarity to underlying core problems. Through the conferences I attended, I learned how to interpret the results and how to determine very specifically the kinds and amounts of supplements to suggest.

I have enjoyed meeting all of our clients and working with them. My job satisfaction comes from people telling me their stories of successful healing. It always motivates me to hear others' happiness and know that I have been a catalyst to get to that happiness.

- Helen K. Cox, RN, BSN, LDN
- Director