



Newspaper: **Woodford County Journal**  
Date: **February 16, 1995**  
Author: **Arlene Franks**  
Photographer: **Arlene Franks**

## **Area Woman Featured in New Book**

Blaine Patino of Peoria sought help for a chronic problem through a place called Options Center for Health and Education in Peoria Heights.

She was always interested in the Mind-body-spirit connection, which she had heard Options stressed, so thought she'd give Options Director Helen Cox, R.N., a try.

"In two or three days, she had this all wrapped up, and I was so impressed. So, I thought I might as well take care of the rest of my body," said Blaine.

Blaine continued to be impressed with Helen's work. So much so, she eventually asked her, "Helen, why don't you write all this down?"

When Helen said she didn't have time, Blaine decided to take on the project herself and penned the book *Alternative Health Care: Space Age Interpretations of Age-Old Truths*, from her own research and interviews with Helen.

The book is available at Options, 4700 N. Prospect Rd, Peoria Heights, as well as House of Books and Alternatives, also Peoria Heights, and Looking Glass Books, Naturally Yours Health Foods and Nature's Own Health Foods, all of Peoria. The book is also available through Peoria-based mail order catalog Magazine Marketplace.

The goal was to explain the types of techniques used in alternative, or holistic health care at Options. It is geared toward readers unfamiliar with the language and philosophy of holistic health, to let them know, "This isn't just some way-out weirdo stuff."

We're trying to get to the person who's just starting to think about it," said Blaine.

"-to give credence to it," added Helen.

It is not a do-it-yourself book," Blaine stresses.

The book does advocate taking care of oneself, but recognizes the need for a professional to give some guidance.

Both Helen and Blaine see holistic health care as a compliment to traditional medicine. Helen noted traditional medicine is good particularly for trauma, emergency medicine and diagnosis. Traditional medicine, however, should respect the holistic health care field for its contributions as well, she added.

Helen noted the concept of holistic health care has been used in traditional medicine. However, when she was working as a nurse, the nurse met the physical needs of the patient, holding the patient's hand met the emotional needs and the spiritual needs of the patient were deferred to the hospital chaplain.

"What I do here, which I love.... I see them perhaps for months and it's neat to get to know them," said Helen.

Holistic to Helen means, "working with the whole person." It is an old concept in health

care, one that was lost when medicine was segmented by specialists, but it is slowly coming back, she said.

"They need to work together," said Helen.

Blaine agreed, noting, "Maybe the health care crisis has come up for a reason. We have to look at it at a different angle, take a different tactic.

"Maybe we need to look at the spirit," Blaine added. "Everyone has a spirit, whether they realize it or not."



*Helen Cox, RN, Lowpoint, Left and Blaine Patino have written a book about the work Helen does in holistic health out of her office in Peoria Heights.*

Of the three components of human beings--mind, body and spirit--Helen and Blaine believe the spirit is the most neglected.

The book is categorized according to the three parts of the human being--body, mind and spirit--with an explanation of various techniques, such as acupressure (putting pressure on certain points of the body), iridology (reading the iris to determine what is happening in the body) and auricular therapy (low electrical current applied to the ear).

Also interspersed throughout the book are profiles of Helen's clients who describe how holistic health techniques helped them overcome chronic problems, such as exhaustion, recurring cold symptoms, recurring yeast infections or, as in one case, an eating disorder.

The profiles, written from interviews with the clients, give the client's perspective, said Helen, and adds human interest to the book, noted Blaine.

As the material for the book increased through her research and interviews, she found herself paring down what she had, consulting with Helen as to what could wait for another book.

"I was worried I wouldn't have enough material for a book; now, I have six volumes planned," Blaine, said with a laugh.

As it is, Blaine believes she has a pretty comprehensive book to offer.

"You can't speed read this book, said Blaine. "It'll whet people's appetites."

"Sometimes when people know that a pill is not the answer, they may not know the

answer... (but they know they need to get) to root of the problem," said Helen.

"It's your body telling you, Blaine added. "You've just got to listen to your body."

"But just listening.... Helen responded. "They don't know what else to do. This just opens that up."