



Newspaper: **Observer**

Date: February 16, 2000

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Photographer:

Non-Traditionalists Offer Alternatives

Simple tests are given to see how the body and brain are working together. A hair analysis also indicates which minerals are imbalanced.

"Hair analysis is fairly well researched," says Helen Cox.

Dr. David Watts and Dr. Richard Malter have done extensive research on it, and she considers them her mentors.

Options Center provides tools to the families so that the children function in society without medication.

Gracie's mom is a firm believer in this alternative program. "I noticed huge differences in her behavior," she said.

Gracie still has some school problems, but nowhere to the degree that she once did. Through testing, Helen identified that Gracie had several allergies, including an immediate reaction to milk. When she removed milk from her diet, Gracie's hyperactivity level went down sharply.

Helen says that society today too often looks for the easy way out. A pill is much easier than alternative programs.

"I don't like labels - Instead of 'This is where you are and that's fine.' I would prefer, 'Now, let's get you where you can be.'" stated Helen. "We [as a society] have got to change."

The link between nutrition and child cognitive development has been well established over the years by medical and nutritional experts. Many government programs provide funding to ensure that kids, especially in poorer areas, get basic nutritional needs met.

But much of what is offered to the kids today includes dyes and sugar.

Gracie's mom would like to see grants at schools to experiment with different foods.