



Newspaper: **Journal Star**
Date: **July, 1997**
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Photographer: **Renee Byer, Journal Star**

Nurse: We Create Our Own Problems and Solutions

Helen Cox helps find road to better way of life



HELEN Cox believes we all “have the power to facilitate healing.”

Often we ourselves create our own problems and solutions. When we realize this we can begin on our road to a more balanced, healthier and harmonious way of life," says Helen, a nutritional and holistic health consultant.

A registered nurse who became involved with holistic health in 1979, Helen believes that total healing often must be accompanied by emotional and spiritual cleansing. "We need to look at all aspects of ourselves, because they are all related to the healing process," she says.

Her interest in holistic health has led her into diverse areas. One is iridology, the science of the iris of the eye.

Helen says, "Nerve endings from the iris are connected to other parts of the body. Lines, dots, spots and colors in the iris have meaning in terms of the health of the body.

"Iridology also works hand in glove with herbology. Herbs have been used in healing for centuries. I believe these plants are here to help us."

Her exploration of holistic health techniques also has led her into the study of the energy field of the body.

Within the past few years she has combined these diverse approaches into a 4-phase program to help individuals assume more responsibility for their own well-being.

The first phase, which she calls Body Wise, emphasizes the physical. "We start out with the physical body because people can readily relate to it," Helen says.

"In this phase, I emphasize nutritional counseling. I advocate such things as natural foods like whole grains and raw fruits and vegetables as substitutes for refined products and preservatives. I ask clients to keep a record of what they eat, and then we slowly make changes in the diet. I also encourage people to drink more water, and my personal preference is for purified water.

"I like to see clients weekly for a while to get to know them and see how they are doing. For those who are receptive, we then move into the second phase of the program which I call Mind Wise."

In this area, Helen uses tools such as guided imagery and daily journals to help people get in with their emotions.

She says, "Often repressed or negative emotions can affect health. We develop physical symptoms for a purpose that is often created on an unconscious level. Sometimes anger, for example, can be a factor in repeated throat discomfort. I ask people to turn to themselves for some answers to their physical symptoms. Sometimes we need to look at what we have to give up to get rid of these symptoms or diseases. But ultimately it is our choice to keep or release negative feelings.

"Any part of the body can suppress negative energy. When the natural flow of energy is blocked, disease can occur."

Phase 3 of, her approach, which she calls Attitude Wise, focuses on mind-body wholeness. "Here," she says, "we deal with changing thought and belief patterns from negative to positive, emphasizing potential rather than limitations. We often don't tap our potential because we don't know how."

To assist the client, Helen suggests repeating and writing positive statements or affirmations. She also uses the techniques of Transformational Fantasy pioneered by Dr. John Shaffer of St. Louis.

"We're here to grow spiritually," she says, "and if we're willing to do it, we begin to find answers within us. We can open up pathways of communication for increased harmony and holistic health."

Getting in tune and in touch with ourselves, Helen calls "bonding."

A fourth phase of her work, she calls Baby Wise, which involves prenatal counseling with couples both prior to conception and during pregnancy. Her goals here are to foster a healthy physical and emotional environment in which the baby can grow, and to involve both partners in the nurturing process.

Using some of the same techniques as she uses with other clients, Helen helps the parents bond with the baby and reduce stress, because she believes that "stress occurring prenatally can have lifelong effects upon the individual."

Helen, who holds a bachelor's degree in nursing, currently publishes a newsletter, lectures in both central and southern Illinois, and gives workshops on her ideas.