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Nutrition, Herbs and Forgiveness: Helen K. Cox's Rx



"We create our own problems and solutions," claims Helen K. Cox, RN, BSN. "When we realize this, then we can begin on our road to a more balanced, healthier and harmonious way of life." Helen publishes her own newsletter, Nutritionally Speaking in which she shares her insight, nutrition know-how and herbal suggestions with friends and clients. The newsletter is a part of her private practice "Options in Health and Education Center."

Helen became interested in holistic health in 1979 when she began searching for alternative approaches to dealing with her own low blood sugar problems.

She tried a number of alternative modalities and found some more beneficial than others. Nevertheless Helen goes on to explain that her energy level changed, she felt better and she learned a lot. Her experience prompted her to increase her understanding of nutrition and natural nutritional remedies such as herbs.

Helen came to believe that permanent healing (not just temporary elimination of symptoms) needs to be accompanied by an emotional and spiritual cleanse. Helen says that words, emotions and thought patterns need to be examined. And forgiveness to others and ourselves is something to do often.

Helen uses primarily two alternative approaches when working with clients to design a plan for health. The first tool is iridology which looks at the idea of the iris as an indicator of imbalances or disharmony. Next Helen uses muscle response testing or behavioral kinesiobiology to discover which herbs, vitamins and minerals are right for the individual. She introduces both of these unusual techniques to people in the Peoria, Illinois area in a lecture titled "Healing the Body: Modalities of Personal Health Evaluation."

Having a private practice has afforded Helen with such a great opportunity for learning that she doesn't believe that she will ever return to the traditional nursing that she once practiced as a public health nurse. "Working with people who also accept the idea that health is a personal responsibility has brought me into contact with clients who are open to alternatives. It is learning for me, too, because we share our experience."

The independence Helen has found in private practice has enhanced her ability to blend family and professional responsibilities. Helen, her husband Ed, and two daughters Amy and Nicole enjoy the peaceful surroundings of rural life in the woods of the Illinois river valley northeast of Peoria. Peaceful rural life will never be boring, not as long as Helen continues to discover new ways employ her unique style of nursing.