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Splitting hairs over health

Wellness Weekend attendees learn that strand analysis can point to deficiencies

PEORIA – Some of the health and wellness seekers Saturday were surprised to learn that just a strand of their hair could show what nutritional needs their body had.

Adopting a diet program will not bring the best results without knowing the individual's nutritional needs, said Patrick Haskell, a chiropractor at Options Center for Health & Education in Peoria Heights. He spoke at the Holistic Health Fair held at Wildlife Prairie Park. The healing arts fair started Friday as part of "Wellness Weekend in the Wild." The event ends today at 4:30 p.m.

Along with other experts of non-traditional medicine such as art therapy, energy and magnetic therapy, Haskell offered a health-care option not available at a medical physician's office.

"People who have gone to the doctors but didn't get any help finally come to our office," he said. "That's when they start to improve."

Hair analysis is a controversial form of treatment that, Haskell said, allows clients to find out what their health problems are and where to start treating them.

"For example, if the test shows that a person has too much calcium and magnesium, they can be sluggish and have tendencies to ADD [attention deficit disorder]," he said.

Options Center's clients range from children with learning and behavioral problems to women in menopause.

"Based on the results of the test, we instruct what changes they can make in their diet and what supplements they need," he said.

Besides learning about hair analysis, fair visitors got a chance to get in tune with nature at free yoga and tai chi classes.



Amy Becker leads a yoga demonstration during the Holistic Health Fair Saturday at Wildlife Prairie Park. Becky owns YogaWay and teaches how to use yoga in everyday life. "It's a wonderful tool for any age and any body," Becker said.