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The Preferred Options is Early Prevention



At the Options Center for Health & Education, Helen Kay Cox provides her clients with the alternative of early detection of illnesses through what she contends are methods that are "unusual, unique" and outside the scope of normal medicine. She contends that hair sample analysis, for example, can show deficiencies in the body that might create disease some 10 to 20 years before these deficiencies show up in blood tests.

"Your hair contains all the minerals present in your body. In most cases, it also reflects how much of these elements are in your tissues. Results from hair mineral analysis provide a vivid picture of your internal environment. With this information, a world of metabolic events can be interpreted. Not only can your nutritional status be viewed, but we can also learn much about how efficiently your body is working," *Commonly Asked Questions about Hair Mineral Analysis,*" by Trace Elements Inc.

The prevention Helen Cox recommends emphasizes vitamins and minerals and many other characteristics of diet and exercise, to overcome the deficiencies discovered. Helen Cox describes this as basic common sense and an approach to wellness too often overlooked in favor of later masking or suppressing of symptoms with prescription medications.

Hair analysis provides clues to what is happening within the body. Here is where minerals are detected, toxins are found, ratios between the various elements are found to be within or outside of a health balance, thereby measuring metabolism, thyroid functions, blood sugar and other illnesses and bodily deficiencies such as infertility, which Helen Cox contends are capable of reaching epidemic proportions in industrialized countries due to factors in our life style and diet.

While most of her clients come to the Options Center looking for dietary supplements, vitamins, minerals, and nutritional aids, Helen Cox also takes many of her clients into more depth of understanding of their life style and health. She is concerned about the affordability of health care costs. She will often also assist her clients in dealing with the stresses of their lives, many of which lead to health problems. Helen sees a strong mind/body connection to most of our stress. She seeks to work with her clients and change the way in which they look at their individual situations and the encounters they have in their lives. Too many people think about themselves from a negative perspective, Helen says. It is possible to work with people and make changes in their perspectives that, in turn, can have a profoundly positive effect on their health.

Helen Cox is a registered nurse and director of the Options Center Inc. She has been working in the "alternative health care" field for almost twenty years. She is co-author of *Alternative Health Care: Space-Age Interpretations of Age-Old Truths*. Her experience and

her business extends to Trace Mineral Analysis (hair analysis), functional (saliva) tests, nutrition, herbs, homeopathies, "Touch for Health," and a variety of other mind/body techniques.