



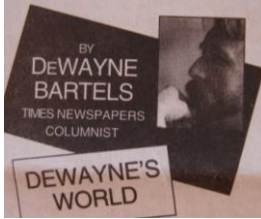
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## Think of the Stories Hair Could Tell



**She said the cure for me was to eat four times a day and eat the right things – which I assumed did not include Pepsi and hotdogs. My superior mental ability being what it is, I knew I was right....**

Stand back! DeWayne's a friggin' time bomb!

That's what the sign I'm devising for my office door is going to say.

So what brought this about you might ask? It was a conversation with Helen Cox, owner of the Options Center for Health and Education in Peoria Heights.

A few weeks ago she called me and said some doctor was coming to town to talk about hair analysis. It's something she does for her patients. She claimed that a person's hair says a lot about them.

"Yeah, like whether or not they wash it regularly," I thought skeptically.

But Helen persisted it was science, not some sort of voodoo. She said she would not read my palm or my tea leaves. So, I went to talk to her.

In the end she offered to take a sample of my hair and have it analyzed to see what it said about me.

"OK," I said. So before I knew it she was coming at me with a big pair of scissors and snip, snip, snip.

Well, a couple of weeks went by. I smoked a couple thousand cigarettes and drank a couple hundred cans of Pepsi and forgot about Helen.

Well, then last Friday rolled around. Helen came to the office with my results.

It didn't take long to get my attention.

She began to tell me things about myself that she could not possibly know.

As Helen sat across the room from me one thought couldn't help going through my mind.

"Is she some kind of psychic?"

"No," she said. "This is scientific."

She could tell I didn't eat enough daily. I usually only eat one meal a day. She could tell my

immune system was in good shape and that I rarely get sick.

From the analysis she could tell I was a Type-A personality.

"You're in a good business for you. You're a driver, self-motivated," Helen said. "You're a Type-A personality. You replenish energy quickly. "

She could tell that because the analysis said my adrenal gland was operating in tip-top condition.

"Fatigue is a problem for you because you're on the go so much, but you can do a mind over body thing and just keep going."

In other words I'm of superior mental ability.

But, it wasn't all good news.

"This says your potassium is high. But it is not affecting you physically," she said. "The effect it's having on you is mental. This shows a lot of hostility. You are the type of person who takes things in, you stuff your emotions until you explode."

Right on the mark, she was. My skepticism began to wane.

She said a lot of the cure for me was to eat four times a day and eat the right things - which I assumed did not include Pepsi and hot-dogs. My superior mental ability being what it is, I knew I was right.

"You need to eat lots of fish, lean beef, fruit and olive oil," Helen said.

I guess I can live with that.

But, then it got worse. "You need to cut out the soda and the cigarettes," she said.

That hurt.

But, I said nothing. I held it in.

That was a mistake. I should have unloaded on Helen.

As a sort of therapy maybe I should unload on Helen now. That spot where she trimmed my hair, it's been bugging me lately, you know, growing back. I keep scratching the back of my head like infested with bugs. Thanks a lot Helen.

And by the way did you really need that much hair? You could have made a toupee from all the hair you took. Are you telling me you didn't notice the bald spot back there?

You know I feel better already.

All kidding aside though, it is amazing what Helen could tell me from a sample of my hair, and be so accurate. If you can go to the seminar held by Dr. David Watts of Trace Elements being held tonight at the Hult Education Center at Proctor Hospital at 7 p.m., you might find it worthwhile.

As for me I'm going to try and follow Helen's recommendations. So be on the lookout for a hostile looking man. Don't approach me unless you're armed with a banana.

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