

John uses Hair Analysis to fight depression & environmental illness

John says he has to fight to keep his **depression** at bay. He remembers not having enough energy to get out of bed some mornings. John still has moments of low energy or being sensitive to certain scents, chemicals, fibers, etc., but he sees himself on the road to wellness with some ups and downs along the way.

John first heard about Options Center at a talk given by Amy Fasig, an Options staff member, for a manic-depressive group. Amy talked about the many services offered at Options Center including herbs, acupuncture, touch therapy, chiropractic services, nutritional counseling and Hair Analysis. What Amy said made sense to John and sounded like another way to work with not only his depression but also his environmental illness.

Environmental illness consists of severe sensitivities to certain chemicals, fibers, scents, etc. Many times environmental illness can develop so strongly in a person that he may suffer weaknesses in all parts of his body; develop depression, mood swings or other nervous system and psychological disorders; become unable to get around or have the energy to do normal everyday things. Environmental illness occurs most often when the person has a low-functioning immune system which gets progressively worse.

John saw the Hair Analysis as a way to understand why his immune system was so weak and to see if he did indeed have a "chemical or element imbalance" which was causing his severe symptoms and depression. "I have never been exposed to take anything other than medication. It was a different way to treat my symptoms and I thought that since my medication was not working I might as well try something new."

He made the decision to get the Hair Analysis done because his anti-depressant and mood-stabilizing medications were not working and "had never really helped."

When John got his Hair Analysis back, he says that his elements were imbalanced and that toxic metals had accumulated in his tissues. The element imbalance and toxic metal accumulation as well as his slow metabolism were causing **fatigue, depression, low energy, blood sugar fluctuations** and **food cravings**, mood swings, and a weak functioning immune system. John started the supplements right away and began incorporating the dietary recommendations into his lifestyle.

"The first day I was on the supplements I was up and doing things. I hadn't been able to do that in months. The supplements definitely gave me more energy."

John says the diet was harder. "When I'm on the diet completely it works really well. I am an impulsive over-eater so I still have issues regarding food that make it difficult."

The supplements and diet also helped John's system detoxify high levels of elements and toxic metals. After his third Hair Analysis, he noticed that his elements and nutrients had really improved. "I feel healthier and have a lot more energy than I ever have had. I am not constantly dragging myself around anymore."

John also noticed that he is a lot more calm and less anxious. "Helen was willing to work with my anxiety and nervousness in a holistic way. We're doing Brain Gym, goals, imagery and other holistic techniques that I can also do at home. She has really made me aware of how I can make a difference in my own life."

John recommends the Hair Analysis to other people, including parents. He has recently gotten a Hair Analysis for his son and hopes to include his daughter soon.