

Hypertension

I, Karen, have had a lot of medical problems in the past few years. I retired from Caterpillar five years ago expecting to enjoy retirement to the fullest. I was on diabetes medications, vaster lite booster, blood pressure medicine, and other antibiotics. After several weeks of feeling bad, I heard about herbalists and natural cures. I decided to look further into it. I called the Options Center in July for an appointment. Then I went to pick up a health folder. Inside the folder were forms for me to fill out. I listed the medications I was on and any medical problems I was having. I prioritized five important problems I was having as: easily fatigued, ringing in the ears, sleepy during the day, headaches, and frequent urination.

At my appointment, I saw Helen Cox right away. She did an iris reading, a zinc taste test, saliva test for pH, and reviewed my health history. I had to put off getting my hair analysis for six weeks due to recently coloring my hair. She also tested a sample of my tap water. It was terrible, so I got a reverse osmosis water system, which made a huge difference.

At the first appointment I got a nutritional program and supplements. On my own, I went off all my medications except my heart medication and began to follow her diet. I tracked my blood sugar and blood pressure regularly for two months. The results were always normal. I felt great --no more blurry vision or feeling tired!

I had my hair tested in August and I found out a lot about my body. She told me my main problems included my thyroid and my stomach and she fine-tuned my diet and my supplements. I will get another hair analysis in November. I look forward to seeing the difference. I know it's got to be better because I feel great and my joints don't hurt the way they used to.

I weighed 175 lbs. before I came to Options. I've always been big throughout my stomach area; but since I've been on the diet Helen gave me, I've even lost inches in my waistline. It's the first time I have ever lost weight throughout my stomach area first! I am now 152 lbs. I feel great now that I have lost 23 lbs.

My husband Sam has had M.S. for 28 years now. I got him to go see Helen because he had gotten so weak that I could hardly transfer him from his chair to the bed without using a Beasly board. Now he has enough strength to help me and can walk fifteen to 20 steps with my help. He says he feels better than he has for years! It is a slow process but since Sam decided to go off his "wicked" medications, he's doing a lot better.

We were spending \$400.00 a month for our medications. Our herbs don't cost more than that and we are doing a lot better. Everywhere I go, people tell me how good I look. I owe it to Helen and the Options Center. I highly recommend her to anybody who wants to get their life back on track. I tell everybody about my wonderful angel!