

Anecdotal reports of better posture, increased mobility, pain relief, improved mental outlook are all benefits on record at Options.

TRAGER work is very popular in the field of athletics and sports. Increased stamina from conserved energy, improved flexibility and suppleness all aid the athlete...golfers, swimmers, cyclists, runners, weight lifters, football players, tennis players.....as well as your average exercise enthusiast!

JANET - OPTIONS FILE #141

Our daughter is a different child . . .

In early January 1990, Janet's parents brought her to Options for an initial consultation. The 12 year old had already spent over two years working with her allergist on chronic health problems; in addition, she had been seeing a gastroenterologist for the previous seven months.

With all this medical care Janet's health had not improved; she had no strength, no endurance, and no immunity. She was taking three to five lomotil a day for severe cramping in her colon. She was missing school by the weeks.

Director Helen Cox immediately started Janet on an individualized diet. Her parents say they "were shocked to learn what foods were to be eliminated. However, we stuck rigidly to this new diet and did not eat sugar, salt, red meat, etc. Herbs were also daily food requirements."

Besides the special diet and herbs, Janet enrolled in Trager® sessions, a deep muscle tension release therapy. These sessions helped to reduce the tension in her neck and shoulders so that the migraine headaches she suffered occurred less frequently.

By the end of four weeks, "she was still missing as much school, but her skin tone had a hint of color to it. She was taking lomotil only occasionally," according to her parents.

At the end of eight weeks, she was not missing as much school. "She was still catching every virus/cold, but her recovery time was cut in half. She had stopped the lomotil entirely and experienced no cramping. Her energy level was much higher."

At the end of fifteen weeks, her parents report "our daughter is a different child. She knows she feels better and has more energy on the diet and rarely asks for any of her 'old favorite dishes.' Her color is fine. Her endurance is almost normal. In fact, she just completed two weeks of school with no absences.

"We are grateful a thoughtful friend told us about Options."

Touch for Health

Touch for Health is another bodywork therapy or system developed by a doctor of chiropractic, John F. Thie. In 1973, after years of lecturing and presenting seminars on the subject, Dr. Thie wrote his book Touch for Health and began instructor training workshops.

The Touch for Health Foundation, a non-profit educational foundation, followed. It is now recognized by the state of California Bureau of Post-secondary Education as a Vocational Training School, and its instructors can be certified.

The Foundation also submitted a course outline and was accepted as a provider of Continuing Education for Nurses (BRN # 00631).

Health professionals of all persuasions...medical doctors, chiropractors, psychologists, dentists, physical therapists, etc....can be found in Touch for Health classes as well as educators, social workers, athletes and their coaches, laborers, business people, and persons in the service of God.