

Christine eases **osteoarthritis** symptoms with hair analysis results

At the age of 32, Christine first learned she had **osteoarthritis**. She was diagnosed by orthopedic doctors and was prescribed medication for the pain. She also went to a chiropractor who diagnosed her as having osteoarthritis as well. Christine tried heat, ice packs, chiropractic adjustments and Advil when the pain was severe. She learned how to control the pain and reduce her stress levels through prayer and exercise.

Helen remembers her initial encounter with Christine and "watching her walk down the hall to my office, obviously experiencing a great deal of pain."

Through the hair analysis, Christine learned that she had a slow metabolism, slow thyroid, and underactive adrenal glands. Christine was provided the vitamin supplements and nutritional dietary guidelines that were specific for her body's needs.

Christine admits that at first she was skeptical of the dietary suggestions. The elimination of all dairy products, especially cheese, was hard for her. Nevertheless, Christine decided to follow the suggestions and was faithful in taking the supplements and following the diet. Christine's traditional medical health practitioners had a difficult time supporting her in going off calcium supplementation.

Currently, Christine does not have any symptoms during warm weather and pain is minimal in cooler weather. She continues to have more energy and no depression.

From her experience at Options Center and working with Helen Cox, Christine has this to offer others: **"Go in and get a hair analysis done, detoxify your body, and find out what supplements and foods you need."**