

fore dying off from cellular malnutrition. (They also die from poisoning...getting something they do NOT require.)

"Liver cells, endocrine gland cells, antibody-producing cells - these are only a few examples of what is true for all body cells and tissues. All the cells of our body have functions to perform - some humble and some more spectacular - and all require nourishment in order to do their jobs. Whether we are talking about heart trouble or falling hair, about interferon production or brittle fingernails, we cannot escape the fact that the matter of cell nutrition lies close to the heart of the problem." (Dr. Roger J. Williams, Nutrition Against Disease.)

### **RUTH - OPTIONS FILE #109**

#### **Got to start from the inside out....**

She was just coming back from vacation, feeling tired and out of sorts. "And I wanted a kind of check-up before I started back to school," recalls Ruth, a teacher.

Ruth had read about Options Health and Education Center, Peoria Heights, in the newspaper and was interested in alternative or holistic health practices. She had studied herbs and was aware of colon cleansing, but she says she was not aware of the extent to which nutrition is connected to wellness and good health.

Ruth's testing at Options revealed a "terrible yeast infection," so she began a lifestyle change involving herbs and a dietary overhaul.

"I thought I was eating all the right kinds of foods," she says now. Her diet was heavy on fruits, but she discovered through her Options program that with her body type she should avoid sugars. Even natural fructose had to be used with discretion.

"No one had told me (that) to work on the yeast problem, you had to start from the inside out," she notes. "I had not been in good health for a long time, but I didn't realize it."

Ruth acknowledges she was under a lot of stress, which also contributed to a general condition of ill health. She now practices Touch for Health and Brain Gym as ways of redirecting her energy, balancing her mind and relieving stress. She praises the Options program because it takes into account the emotional components of health as well as the physical ones.

"I feel like I can confide in (Options Director Helen Cox) and trust her," Ruth says. "I trust her judgement."

At one point, Ruth went through a "healing crisis," which is expected in such intensive programs, where life-long habits are broken and replaced by healthier ones. Some old symptoms returned briefly which she found discouraging, despite the warnings and counseling at Options.

"But then I started feeling better," she adds. "I feel better now at the age of 55 than I've ever felt." Through the program she says she feels more in control of her health and well-being.

Ruth would like to see more emphasis nationwide on holistic programs like the one at Options, which focus on prevention rather than cures. She feels prevention is the only way to solve the country's health care crisis, and a holistic approach is the healthiest way to go for all of us.

"I wish there were more people practicing this or even aware of it," she says. "...that you can heal without drugs and their horrible side effects."

### Your Individual Nutritional Needs

This complex process that goes on in our bodies of burning energy, building and repairing cells, etc. requires a constant supply of food elements. The cells of our bodies require chemicals, amino acids, vitamins, minerals, fuel (carbohydrate and fat)...all in the correct proportions. And it isn't as easy as driving up to the gasoline pump in your automobile and saying "fill her up!"