



## Options Center Health Topics



### Alternative Health Care Q&A With Helen

**You were an R.N. practicing in traditional medicine before you opened Options Center in 1985. Why the switch? To some minds this would seem to be a radical career move.**

**Helen:** I know, and the decision was not made lightly. I value my degree in nursing and the experience it gave me. However, I became firmly convinced that all aspects of one's self must enter into the healing process. Body, mind/emotions, and spirit must be in a harmonious balance. I wanted to work with this holistic approach.

**How does one get a check-up on mental/emotional and spiritual areas? Isn't this a very subjective evaluation?**

**Helen:** Yes and no. Yes, you and only you, can heal emotional imbalances. No outsider can change your thinking or beliefs for you. They can offer guidance and support, new perspectives, but in the final analysis you have to make the changes for improvement.

No, it is not a completely subjective evaluation because the emotional roadblocks to balanced health do become objectified in your body. This is what the whole subject of psychosomatic illness addresses. You can learn to "read" the clues the body is sending to tell you something is amiss. There are non-intrusive therapies to assist you in uncovering and healing these imbalances.

**Does your book go into all of this, and where is it available?**

**Helen:** Yes, the book was written to give an overview and historic background of holistic and natural healing. Check it out on our website under, General/Helen's book.

**To what do you attribute the increased interest in alternative healthcare?**

**Helen:** I think what we are seeing has been evolving for a long time. Many health seekers and care providers are well along the road to a new definition of good healthcare. However, the recent establishment of an Office of Alternative Medicine at the National Institutes of Health in Washington, D.C. seems to have provided a catalyst and a wider recognition that this is field worthy of further investigation. I also believe the high costs of healthcare, without increased consumer satisfaction, is disturbing to many. Preventive medicine and/or therapy is making economic sense.

**What does alternative healthcare offer that conventional does not?**

**Helen:** First, I'd like to emphasize, as I do in my book, *Alternative Health Care: Space Age Interpretations of Age-Old Truths*, that I do not see so-called "alternative" systems of healing opposed to orthodox medicine. The two are, and should be, complementary. It is not an either/ or situation.

The interest in other avenues to good health seems natural (no pun intended!).

Today people are looking for effective non-toxic treatments for physical ailments.

Side effects from some modern miracle drugs are undesirable. As I said, preventive therapy is looking very attractive... people are deciding to take personal responsibility for their well-being and want vital, energetic, smooth-running bodies. They are not satisfied with just patching up symptoms. Limping along at half-speed isn't acceptable.

**What do you mean by “non-toxic” treatments?**

Helen: I was thinking of natural herbs as well as homeopathic remedies. There are herbs and plants with antibiotic, antiviral, antihistamine and antiparasitic properties. Others assist the body with hormonal balance, blood sugar balance, digestive, assimilation and elimination balance. Still others are used to strengthen and support the immune system, and/or relieve pain. A whole pharmacy to choose from that works with the body in a gentle, natural way.

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