

Wilhelm Reich, an Austrian psychoanalyst, is considered by many to be the father of most present day body/emotions physical therapy. He used the term "muscle armoring" for contracted muscles, tightened against physical or emotional pain. This tightness and its pain can be relieved at times by heat, whirlpool, aspirin, etc. but the initiating cause lies dormant. Then when some similar situation comes along, the same old response, which is programmed into the system, is reactivated.

Bodywork is a generic term used as a catch-all for body massage, body manipulation, as well as energy-based body therapies. I feel the energy-based therapies are less intrusive, quicker and reach areas of the unconscious often difficult to reach. You can get to the initiating cause in the energy field in order to "re-program" unconscious responses.

The emphasis in energy-based procedures is to get the vital force back into a free-flowing pattern. Resistances are broken down, buried cellular memories and repressed emotions are released. **IT IS NOT NECESSARY TO IDENTIFY THE INCIDENT OR EXPERIENCE THAT HAS BEEN REPRESSED**, although it is not unusual for the event to surface to the conscious level.

ALICIA - OPTIONS FILE #145

Finds what was missing in her life . . .

"I always felt something was missing when I went to any doctor," says Alicia, reflecting on her odyssey from doctor to doctor as she battled a number of "female problems" for years.

"The doctors never seemed to know what was wrong. They would prescribe medication and send me on my way, but the problems persisted." Sometimes she was bed-ridden with the pain. She says she knew the answer was out there, somewhere, and that she would eventually find it. She says she always felt "you can't buy it and you can't take it like a pill."

That's when she discovered holistic health care and Options Health and Education Center, Peoria Heights. She sensed the pain and ailments went beyond the physical - that they had an emotional element as well.

"She went right to the heart of the problem," Alicia says of Helen Cox. "She listened to me without putting any boundaries, without telling me what was normal and that I was abnormal."

Alicia began taking herbs as dietary supplements and her life changed, she says now. Relationships changed, everything became clearer to her, she "became more aware of everything."

The herbs, she says, helped her "get over the physical blocks" and begin to heal. "I discovered that healing comes from within. I learned it's there if we want to see what's wrong or what our sickness is. I learned it's okay to change, to be afraid. But we can overcome that fear."

Alicia says the program at Options treated her as a whole person. When the physical ailments which were "eating (her) away" at one time "dissolved", she was able to concentrate on the emotional issues and look toward a future. Relaxation techniques that she learned complement the herb therapy, she says.

Now she practices yoga daily, believing getting in touch with oneself is essential to good overall health. A great side effect, she adds, is learning "neat things" about oneself in the process. It strikes an emotional balance, she contends, something we all need to be truly healthy.

"Emotions really do affect your immune system," notes Alicia. "What you feel is what you are."

Alicia rarely takes over-the-counter drugs anymore, preferring the herbs, which she notes "have been on the earth for thousands of years....they're there for a reason."

Alicia says she's grateful Options is within reach for her. "I'm glad that she's here. No doctor has helped me before like Helen has. I'm back on my feet again."