

## **SUE - OPTIONS FILE # 186**

### **All aspects of life affected . . .**

It was just a small item in the paper that caught her eye...an announcement about a class for women on how to combat yeast infections. For several years, since the birth of her first child, Sue had been battling recurring yeast infections, so she clipped the item, intending to call.

The classes came and went, but she did make the call eventually and started on a road to healing she never expected to travel. Her yeast infections cleared up, but so did a number of other ailments she had come to accept as a part of her life. "I got more than what I bargained for," says Sue. "These other benefits are great."

Sue's journey began with the Candida diet, which eliminates certain foods and adds others to keep the body in balance. Yeast infections do not occur in the first place. Sue also started herb therapy, taking those herbs her body needed to create healing from within, and she worked with Director Helen K. Cox on energy balancing.

For balancing, Sue and Helen developed a positive, active, affirming goal at the beginning of a session and then did the appropriate therapy - touch therapy, guided imagery, etc. - to achieve the goal. To be most effective, goals and affirmations must be carefully and powerfully worded. Sue says that Helen has a "real gift" for determining "just the right phrasing" needed for the situation being worked on.

It has helped her develop discipline, says Sue, and positive thinking which has spread to other areas of her life. "Everything is better. I can think more clearly, I'm more efficient than I have ever been, and my body parts function better. I'm learning to care about myself more, enjoy life more. I'm learning to appreciate my body."

And her body is healing itself, she says. No longer does she have dizziness and headaches associated with asthma, or the symptoms of allergies to contend with. Symptoms of spastic colon and colitis are gone. Periodic laryngitis is no longer a problem.

"It sure pays to watch what you eat, just to be watchful of how you take care of your body," Sue says, attributing a lot of her new-found health to the diet and herbs.

She also gives credit to God and Helen, in that order.

"God gave Helen the ability to help people," she says. "He used her to help me."

Before seeing Helen, Sue says she would always dwell on the negative, which led to her poor health. But when a person isn't feeling well, it is hard to dwell on the positive, so a vicious cycle of negative thinking and ill health develops that is hard to overcome without help and a conscious effort to change, she says.

"I think people have to want to do these things before they can help themselves," noting she tries not to push her enthusiasm onto others. "I know one thing; I don't want to get off (the program)."

### Trager® Psychophysical Integration

TRAGER bodywork is a body/mind therapy that is a unique blend of psychological, physiological and spiritual theories. It requires a trained therapist, and its practitioners strive to break up and release repressed physical and mental patterns that restrict a muscle's full range of motion. The manipulation is gentle and non-intrusive, reminding the body "of what it feels like to feel good..."

According to TRAGER philosophy, stiffness, restricted movement, tension, pain, etc. are products of an unconscious mental process. The prac-