

CAROL - OPTIONS FILE #171

Body, mind and spirit connection most important revelation . . .

Suffering from clinical depression and chronic physical ailments for six years, Carol felt she had exhausted all her resources for getting well and leading an active, happy life. Going to Options Health and Education Center was a last resort which, she says now, "couldn't have been a better choice."

Carol's symptoms included severe premenstrual syndrome and vaginal yeast infections. She had taken a traditional medical route which included prescriptions of tranquilizers and anti-depressants, as well as a five week stay at Mayo Clinic. At Mayo she was freed from medication, but the physical symptoms persisted.

Carol was part of a PMS support group when a midwife leading the group referred her to Helen Cox at Options. She embarked on the Candida Diet and for the first time in years got the yeast infection under control. However, the infection was only the physical component of her problems.

After her second meeting at Options, Carol was asked if she was interested in looking at the psychological aspects of her chronic condition, and she said yes. Through visualization, guided by Helen, Carol uncovered repressed memories of childhood sexual abuse. She discovered she was the victim of incest. Helen referred Carol to a psychologist specializing in work with incest survivors, but Carol continued working with Helen as well.

Looking back, Carol now realizes she had no memory of early childhood...which should have been a "red flag," she says, but was a "protective mechanism" for her at the time to avoid dealing with the painful reality.

The year she spent on this difficult emotional work took its toll temporarily. Separated from her husband, and not working, Carol put all her energy into getting well. "I knew I had to give it my full focus or I would be sick again. I did everything I knew to do to heal my mind and body."

In addition to therapy with her psychologist, Carol's program at Options included guided imagery, Edu-Kinesthetics, affirmations, exercise and nutrition.

"Helen was very much a nurturing aspect of my life at that time and also a guide through the journey. Obviously, I had to be ready for the recall work, but maybe she was there at the right time."

The most important revelation for Carol, she says, was the connection made between mind, body and spirit."From her (Helen) I learned how to take control of my life, how to deal with the stresses that lead to disease or emotional discomfort."

Carol is now reunited with her husband and works with support groups for cancer patients, helping them make the body, mind and spirit connection.

"I have not had clinical depression since and I've gained all kinds of mental strength to take charge of my life."

WHAT IS SPIRIT?

When asked to assess their spirituality, I'm sure the majority of my clients' thoughts turn to earlier religious training (if any) within one of society's organized church structures. Or to visions of the flower children of the sixties sitting in yoga positions chanting mantras while inhaling incense or other substances!

Either of these two scenarios may be your choice as the path to enlightenment and enhancement of spirituality. If it works for you, fine! Or if you fail to see the necessity of any sort of "religious experience" in your lifestyle, that's O.K., too. But whatever attitude you hold, SPIRIT is still part of the multidimensional entity you identify as your self, and your spiritual abilities as well as your physical and mental abilities focus together to form your present experience and degree of well-being.