

**I BELIEVE THE INDIVIDUAL HAS AN INNATE BUT OFTIMES NEGLECTED CAPACITY FOR SELF-HEALING.** Holistic health is the route of self-responsibility, the utilization of this powerful healer within. Holistic health is an attitude and a discipline that takes practice; an emphasis on individual commitment to personal growth and integration of body, mind, emotions and spirit in order to claim the "flourishing condition" under which we human beings are intended to function.

**JENNIFER - OPTIONS FILE #181**

**Overcomes bulimia with alternative therapy . . .**

Jennifer was ready for another kind of therapy. She wanted to kick her eating disorder, and the traditional psychological route of behavior modification just wasn't working for her.

"I pushed everything aside for awhile and got better," she says, "but then ended up getting worse."

When her father learned of an alternative approach to healing the disorder, she decided to contact Helen Cox at Options Center for Health and Education, Peoria Heights.

Jennifer was bulimic, an addictive eating disorder that affects a person mentally, emotionally and physically. It involves an endless cycle of fasting, bingeing and vomiting. The cycle left Jennifer "hungrier and hungrier," causing her to eat ever larger quantities of food and to vomit more frequently. Eventually, she could not control the vomiting. Her mind was trained to trigger the body to vomit after food intake.

"I couldn't keep anything down," she remembers.

Jennifer was introduced to a multi-faceted treatment program, part of which was simply "talking through things," she recalls. "Helen got me to talk about why, about my inner feelings, about myself and my goals. She taught me how to relax and to express my feelings."

Jennifer learned to face her feelings when she felt like bingeing and purging and to reprogram those feelings into alternative responses instead of the self-destructive behavior.

At the same time, Jennifer began taking herbs to help her repair the devastation her body had suffered from the disorder. She also learned a number of relaxation techniques such as sitting and breathing properly, and utilizing pressure points. She listened to relaxation tapes...."pump up tapes," she calls them....that increased her self-esteem and sense of self-worth. "Now I try not to put myself down so much," she says, and adds she has become more assertive in expressing her feelings.

"I've grown a lot since seeing her," says Jennifer. "A lot of it has to do with Helen; a lot of it has to do with my just dealing with the problem. I wanted to find someone who could make me stop. Helen made me realize it had to come from me."

Her message for those "suffering and taking abuse for it," is that help is available. Her message to everyone else is "it's something that needs to be dealt with. A lot of people don't realize how serious it is and how hard it is to stop."



## **TAILORING YOUR INDIVIDUAL WELLNESS GOALS**

At this point I hope you are convinced you want to take on this self-responsibility, this commitment to total well-being. But where do you start? How does one begin to tap into all the intricate healing systems of our body/mind/spirit? How does one locate weaknesses, deficiencies? How can you be sure you are addressing the true needs of the organism?

Once again, healing is a naturally occurring phenomenon within the human being. Just as it is designed to correct imbalances (dis-eases), it is also capable of assisting us in its diagnosis.

At Options Center, we go through a series of techniques and information-gathering interviews with each new client to determine that person's