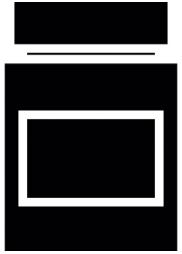


AFTER 30 YEARS

HELPING OTHERS GET HEALTHY, Options & Staff have...



Sold over
204,550
Bottles of supplements



Serviced over
36,400
Office Visits



Moved
SEVEN
Times

Helen's Taken
259
Additional
Education Courses



Coordinated
34
Workshops

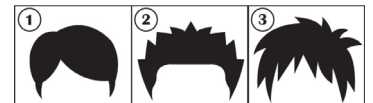


Sold over
151,930
Protein Bars



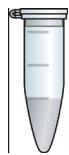
Featured
43
Times in the press

Only had
TWO
Phone numbers



Cut Hair Samples

Evaluated
873



Functional Tests

Revised Website
THREE
Major times



5690
for Analysis



Processed over
234,000
Emails

Instructed
65

Only had
ONE
Fax number

Analyzed
97

CM Vitals
Blood Tests



Lectures, Public Speaking,
Talks and Workshops

