

Welcome to Options Center!

Options Center is a privately owned learning center and is free to develop and use innovative learning programs that are on the cutting edge of the educational process. Options' approach to learning does not duplicate the teaching methods used in most school systems. Instead, the emphasis is on an individual's unique learning process and learning styles.

Options Center's learning center is unique because the focus is on the whole student -- a complete "whole brain & body" approach. Helen Cox uses two assessment tools to determine the student's academic skills, processing skills, biochemistry, behavior, and attitudes.

Step 1 The **first** is an assessment of a student's unique and personal information processing style.

Often a family will choose to start with the Initial Screening [one hour] that is a brief assessment of processing skills and dominance profile.

The two hour appointment, called a **Skills Assessment**, includes:

- academic testing to see what the student's grade levels are for reading, math and spelling
- evaluates the student's processing skills, i.e. -- auditory, visual, and kinesthetic processing
- determines a dominance profile showing the student's dominant brain hemisphere, eye, ear, and hand which can make a big difference in what the best seating arrangement is for the student in the classroom, as well as how the student learns best
- attitude and behavioral evaluation

Immediately after the evaluation, Helen suggests what individualized Brain Gym® Classes need to be taken at Options Center. At the Brain Gym® Classes, specific Brain Gym® exercises are taught to the student and parents so the exercises can be repeated at home. Helen can also suggest what Brain Gym® exercises could be done by the teacher at school.

Step 2 The **second** assessment tool used in most cases is the Trace Mineral Analysis or **Hair Analysis**.

The hair analysis is a laboratory test which measures the mineral/element content of the hair which corresponds to the element levels in the body.

Hair Analysis can tell you a wealth of information as to why your student may be having difficulties learning and give you clues as to the basis of your student's behavior.

Many students with learning and behavioral difficulties have toxic elements as well as unbalanced element levels. Getting these elements into proper balance and getting rid of stored toxic elements can make all the difference in how they learn and behave.

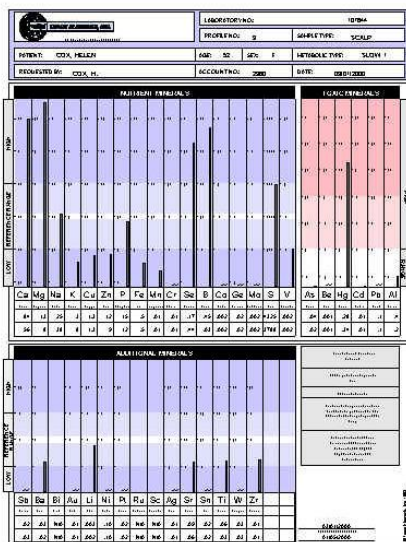


Why test for mineral/element levels in students?

Did you know...

- that high levels of **calcium** and **magnesium** correspond to low attention spans?
- that high levels of **sodium** and **potassium** correspond to hyperactivity?
- that low **magnesium** levels can lead to stuttering and memory loss?
- that low levels of **zinc** correspond to viral infections, allergies and memory and learning problems?
- that high levels of **copper, cadmium, aluminum** and **lead** are often associated with learning and behavioral problems in students?

The hair analysis is a laboratory test which measures the element content of the hair which corresponds to the element levels in the body. The sampled hair is obtained by cutting hair in the back of the head, close to the scalp. The amount of hair needed is approximately a tablespoon's worth in size. Once the sampled hair is obtained, we send it to the TMA laboratory in Dallas, Texas which is directed by Dr. David Watts. Testing is then performed using highly sophisticated detection equipment to achieve the most accurate and precise results.



After reviewing the student's element levels, **Helen Cox**, Director of Options Center, a registered nurse and a licensed dietitian nutritionist, is able to recommend specific supplements and dietary changes for a student.

These recommendations are made with the goal of bringing the elements into balance while also ridding the body of toxic elements.

Once the elements are in balance and the toxic elements have been eliminated, the student can learn and pay attention with more ease and many times their behavior will be noticeably improved. Many students notice a change in their thinking ability and how much better they feel after just a few days of taking the supplements and/or incorporating the dietary recommendations.

Following are students who have experienced improvements using Hair Analysis:

Title	What student did besides a Hair Analysis	Age Of Student	Family Names
Mother Sees a Difference in Son's Temperament after Using Hair Analysis!	1) Part of Supplements	9	Sylvia Chris
Mother Uses Hair Analysis to Get to the Core of Daughter's Behavioral Problems!	1) Supplements 2) Nutrition	4	Annie Audrey
Hair Analysis as an Alternative to Ritalin for ADD	1) Supplements 2) Nutrition	8	Rebecca Tyler
Mother Uses Hair Analysis to Decrease Son's ADHD symptoms	1) Supplements 2) Nutrition	8	Tracy Colin
Mother is Amazed at Son's Transformation after Using Hair Analysis	1) Supplements 2) Nutrition 3) Classes	11	Dawn Josh
Successfully overcoming ADD!	1) Supplements 2) Nutrition 3) Classes	13	Jill
Hair Analysis Used as a Way to Improve Son's Behavior	1) Supplements 2) Nutrition 3) Medication	9	Karla Clint

OVERVIEW OF EDUCATION HANDBOOK

The Options Center Education Handbook is intended for potential students and their families. Options Center is dedicated to helping students and their families achieve permanent beneficial changes and accessing their potential. The **purpose** of the education handbook is to help you understand the reasons for learning problems and ways to correct them.

Overview of Parts 2-4:

2. Evaluations-Initial Screening & Skills Assessment
 - a. Visual Processing
 - b. Auditory Processing
 - c. Motor Processing

 3. The Brain and Brain Gym®
 - a. Brain and Learning
 - b. Brain's Major Parts
 - c. Brain Gym® Exercises

 4. Brain Gym® Classes
 - a. Visual Processing Classes for Reading
 - b. Auditory Processing Classes for Math and Listening
 - c. Motor Processing Classes for Writing and Coordination
 - d. Thinking Skills Classes for developing Positive Attitudes, Behavior & Self-confidence
 - e. Whole Brain Body Integration Classes for integrating the Brain and the Body
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Reminders:

- After reviewing the handbook, you can e-mail Helen with any questions and/or feedback at: www.options@mtco.com.
- Helen reads her e-mail twice a day and usually answers the same day.
- If you want to talk to Helen, call between the hours of 8:00 am and 10:15 am weekdays 309-685-7721.

Thank you for choosing Options Center!

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