

Sue was relieved of **symptoms of arthritis** and **ear problems**

Sue was sick for a long time, she said. For 4-5 years, she went to doctors for the cure to her ailments, only to walk away feeling more and more ill. "I never did well, never got well," said Sue. "I basically wasted 5 years of my life. The doctors cared about me, but what they gave me made me sick. And some of the medication fattened me up, like cattle."

Sue began seeing Helen and after changing her dietary routine and working to reduce her stress level, Sue watched the symptoms disappear. "From the start," said Sue, "I succeeded with the program at Options. It has changed my life. For five years I was a non person. I was so unhappy. There was that big chunk out of my life. Options has made a dramatic difference in my life".

Sue's individualized program includes taking supplements and adhering to a specific food program. Sue had problems with both knees, one not recovering from surgery, the other showing **symptoms of arthritis**. Now both knees feel strong and healthy. For 30 years Sue suffered from **ear problems** – a tiny noise and pressure. She no longer experiences either symptom. She even lost part of the weight she gained with the hormone medication.