

Diabetes sufferer takes holistic route

Debie had suffered with the effects of diabetes for 17 years, watching it ravish her body, raise her blood pressure and nearly shut down her kidneys. The route she was going would have led to a kidney transplant and life-dependency on drugs, she says, looking back on her decision to forego the traditional route and opt for a holistic approach.

“The thought of permanent loss with my kidneys” is what led Debie to seek the holistic route of healing. Through the works of Bernie Segal, she learned “there’s no such thing as an incurable disease,” so she set out to tackle the diabetes and its complications.

Debie’s journey took her to massage and other techniques before a doctor referred her to Helen Cox at Options Center.

With Helen, at Options, Debie began using guided imagery, herb therapy, and other techniques, such as Touch for Health. The first thing that cleared up for Debie was the lung congestion she was suffering. Eventually, she was able to get off the blood pressure medicine and has had some temporary relief from the diabetes, in which she has been able to get off the insulin for several hours. In addition, her kidney function level went from 25 percent to 39 percent with visualization alone, she said.

Eating properly comes more easily to her now as well, she said. She no longer craves certain foods and doesn’t “feel obsessed with food anymore,” thanks to the herbs she has been taking.

Debie even has her pets on herbs, helping them ward off allergies and other minor ailments. Her dog’s, skin lesions cleared up and her cat’s hair grew back.

Debie admits she is sometimes impatient, wanting the healing to come quickly, but understands healing takes time and is meant to last a lifetime.

“I have accepted it will happen when it’s meant to happen,” she said. “We’re used to the quick fix, and I’ve got to remind myself it’ll be better in the long run.”

In the meantime, said Debie, her energy level is up and she is “learning a lot of things about herself –things I would never have realized without Helen’s help.”

She said relapses occasionally occur, in which she suffers from former chronic symptoms. But now the symptoms come back at a less intense level and for a shorter period of time, she said. They serve to remind her of the journey ahead of her.

“There will always be something I need to work on,” she said.