

## ***Carole uses Hair Analysis to conquer **fatigue** and streamline supplements.***

I suffered from being **tired** and **fatigued**. I remember seeing the advertising on TV promoting calcium, magnesium and iron to increase bone density. Since I did not know my bone density I thought I would purchase these recommended supplements for my health. For years, I took these supplements without an increase in energy nor a noticeable change in my health.

In January of 2000, I became aware of Options Center and Hair Analysis. When my hair analysis results came back, I had much too high levels of calcium, magnesium and iron. The calcium contributed to my sleepy, tired feelings, the magnesium made my irritable bowel syndrome worse and the iron I didn't need at all.

I feel there were a lot of people doing the same self medicating that I did. Thanks to Helen Cox and Options Center the guess work for me is over. I now know exactly what my body has to little or too much of. Now that I am taking the supplements that are designed for my body's needs, I feel better than ever. I have more energy and a new zest for life! – Carole R. – April, 2004