

Kay's hair analysis discovered a **bacterial infection**

Kay remembers last year she was a different person -- a much unhealthier person. She had been feeling unwell and had gone through with a surgery she wasn't totally prepared for. "My nutrients were out of balance before the surgery and afterwards they became more imbalanced." The surgery, she says, "shocked her system."

After the operation, Kay began having severe **blood sugar fluctuations, insomnia, anxiety, aching joints** and she noticed **allergic reactions** to things she was not allergic to prior to the surgery. "I had little appetite and when I did eat, I would feel sick. I could feel my health steadily declining."

Kay began seeing specialists all over the Midwest to find out what was happening to her body. She had been to such places as Chicago, Bloomington, even Mayo Clinic to find help. The doctors put Kay through a battery of tests, but could find nothing wrong. They tried antibiotics, but those just increased Kay's allergic reactions. Kay could see that her doctors were "at the end of their rope" and did not know what else to offer her. Finally, a doctor in Hopedale referred her to Options Center. He had heard good things about Options and Helen Cox, Director.

Helen suggested that Kay get a Hair Analysis so that she could see what was going on in her body on a cellular level and get to the core issue. **The hair analysis revealed many element imbalances and a severe bacterial infection.**

Helen saw that Kay's diet needed changes and that Kay could benefit from herbs and supplements. Helen suggested that Kay eliminate potatoes, other starches, breads and sugar from her diet. She put Kay on a diet that consisted mainly of meat, vegetables and fruit.

"The diet really helped. It wasn't that hard to change because I was so ill, I was willing to try anything. It worked! I began to sleep better -- not having to get up three or four times a night because of my blood sugar. My blood sugar stayed more stable throughout the day, giving me more energy. I'm less anxious and fatigued. I've also lost 60 pounds!"

Helen says, "Kay's bacterial infection was the worst I have ever seen. We worked together to build up her health and immune system. Kay has been through a lot just to get to the health she is at now. She has a deep dedication to improving her health and life. Kay has made vast improvements from when I first saw her."

Kay has recommended the hair analysis to a lot of people because she has seen how it has positively affected her life. "I'm really glad I contacted Helen. She was the first one to give me hope and the motivation to get well. I thank her for being the first to tell me that I could get well. Helen was never afraid to say that out

loud, even when I walked in sick. Helen knew how to work with my body and knew what it could and could not tolerate. She has given me the motivation to get and stay healthy.”