

## CAROL - OPTIONS FILE #171

### **Body, mind and spirit connection most important revelation . . .**

Suffering from clinical depression and chronic physical ailments for six years, Carol felt she had exhausted all her resources for getting well and leading an active, happy life. Going to Options Health and Education Center was a last resort which, she says now, "couldn't have been a better choice."

Carol's symptoms included severe premenstrual syndrome and vaginal yeast infections. She had taken a traditional medical route which included prescriptions of tranquilizers and anti-depressants, as well as a five week stay at Mayo Clinic. At Mayo she was freed from medication, but the physical symptoms persisted.

Carol was part of a PMS support group when a midwife leading the group referred her to Helen Cox at Options. She embarked on the Candida Diet and for the first time in years got the yeast infection under control. However, the infection was only the physical component of her problems.

After her second meeting at Options, Carol was asked if she was interested in looking at the psychological aspects of her chronic condition, and she said yes. Through visualization, guided by Helen, Carol uncovered repressed memories of childhood sexual abuse. She discovered she was the victim of incest. Helen referred Carol to a psychologist specializing in work with incest survivors, but Carol continued working with Helen as well.

Looking back, Carol now realizes she had no memory of early childhood...which should have been a "red flag," she says, but was a "protective mechanism" for her at the time to avoid dealing with the painful reality.

The year she spent on this difficult emotional work took its toll temporarily. Separated from her husband, and not working, Carol put all her energy into getting well. "I knew I had to give it my full focus or I would be sick again. I did everything I knew to do to heal my mind and body."