

# **This Chiropractor decided to lead by example**

Prior to coming to Options, I suffered from severe bloating that started when my menstrual cycle began and they never went away after my cycle ended. I also had severe, painful acne on my back over the regions of bilateral adrenal glands/ kidneys. I was starting to get chronic urinary tract infections (UTI) again (I had this problem in the past also). Being a chiropractor, I received chiropractic adjustments. I also tried to clean the skin well twice a day and drink lots of water. The acne would lessen with the adjustments, but as soon as I was subluxated again, they would return full force. The UTI's responded the same way the acne did. I found ways to stop the UTI's just a few hours after they started via, chiropractic adjustments, cranberry, uva ursi, and other herb mixes; but I couldn't figure out why I couldn't stop them from occurring. I was extremely frustrated. I knew my body was worn down and fatigued. I didn't know what was going on with the bloating. I wasn't fitting into my clothes, the acne was painful and embarrassing, and the frequency of the UTI's was beginning to scare me.

I heard of Options from my sister who got a hair analysis and was very impressed. I decided to try Helen for myself. When I went in for my appointment, Helen did a hair analysis. I thought I ate well; however, Helen taught me how to eat and what to consume on a daily basis. It has changed my life in so many ways. The changes were easy and I couldn't imagine eating the way I used to. I had no problem taking the supplements. I knew nutritionally I was lacking, but I didn't know where, or how to figure it all out. The hair analysis pointed out my highs and lows. The dry skin brushing, supplements and topical aloe vera improved my acne, and now even the scars are almost gone. The chronic UTI's are gone. I think I felt only one or two coming on since last September, but it was when I was exhausted and not adjusted to eating well.

I tell people about Options and Helen all the time. I use myself as an example, and let people know that there are many aspects to health. To see the response in one area, we need to strengthen the other areas! I am extremely impressed by her emotional guidance, her professionalism, and her knowledge. Thank you, Helen!!

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