

## Annie Uses Hair Analysis to Get to the Core of Daughter's Behavioral Problems!

TMA – Supplements and Diet

Annie first began going to Options Center to help her youngest daughter, Audrey (now four years old), get over repeated ear infections.

Annie says that she didn't know what to do with Audrey. "She always looked unhappy and would usually wake up with a scowl on her face. She was very demanding and never content with anything. Even when she was feeling healthy physically, Audrey would still have a negative attitude."

Annie decided to use Hair Analysis for both of her daughters. After two years of use, dramatic changes could be seen in Annie's daughters.



"I saw Audrey smile for the first time! We've cut out all whites: white sugar, white flour, white rice, margarine, salt and dairy. It has made a huge difference in Audrey. She has not had an ear infection in almost two years! I feel like we've tapped into her true personality. She is so lovable now, so giggly. Audrey has gotten out of her resentment and anger shell. For both of us it has been an emotional as well as a physical healing. I know that if I would have kept her on antibiotics, we would have grown up not liking or enjoying each other. We just would have cut each other off emotionally. Now, we're both able to enjoy each other's company."



Annie started Audrey on liquid herbs and chewable vitamins and minerals because the capsules were hard for Audrey to swallow. The Hair Analysis recommended that Audrey stop eating dairy products for a while due to allergies. Not all of these changes were easy.

"The diet was the biggest challenge, but offered the biggest results. I've used trial and error to find healthy treats that Audrey likes. I like to be prepared so that if we are away from home or at a social activity then Audrey doesn't feel left out food-wise.



When we began to restrict the foods that the Hair Analysis recommended, Audrey got better. When she eats some of the 'bad' foods, I can tell because she goes back to her demanding, angry shell. It was easier for her to adjust to the diet knowing that it was going to help. She remembers not being well and that's a motivating factor."

Annie has also seen benefits from the diet and supplements on Audrey's learning abilities even though she's only four years old. "I could see early on that Audrey was headed toward hyperactivity. She doesn't exhibit these behaviors when we're on the diet and supplements. Audrey's a lot more positive and has a good attention span. She can sit through a whole story without fidgeting or leaving. I think that's really good for her age."



"I recommend the Options Center as the first place to turn to when facing a chronic illness of any kind. I would not even hesitate to call Helen. The Hair Analysis is an awesome tool. It tells you first hand what your body needs, what's off balance, and then how to correct it. The Hair Analysis alerts you of toxins in the body. It lets you know what foods your body can't tolerate.

Many times a person has to have tried traditional methods without success. Then they may accept the challenge and be willing to make such dramatic changes but it is amazing and worth it in so many ways!"

***If you would like to communicate with Options,  
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