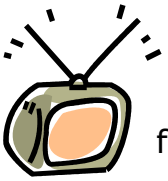
Mother is Amazed at Son's Transformation after Using Hair Analysis

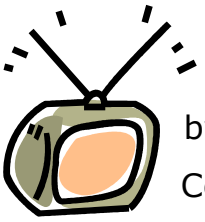
TMA - Supplements, Diet and Classes



Dawn's son Josh is now eleven years old. Josh took Ritalin until he was about eight years old and has been taking Dexedrine for the past three years. The reasons why Josh takes the medications are in Dawn's words because "Josh wasn't able to function in school. He was irrational and hateful. He was just out of control at school and had been expelled twice."

Taking the medications helped somewhat while he was at school, but when off the medication, Josh would return to his impulsive, irrational behaviors and negative attitude. Josh also experienced side effects from the Ritalin and Dexedrine. He got severe headaches and his appetite decreased dramatically. As Dawn says, "His appetite was destroyed. He started losing weight and I think it stunted his growth somewhat."

Dawn knew that the medications were not the answer and was getting to the point where she did not know what to do. "I didn't know if I could continue to handle Josh alone. I was ready to ask my parents if they could help me because Josh was so out of control."



Dawn heard about Options Center through her mother who saw a special on 'Kids Nowadays' on WEEK-25. The special was by Christine Zak who interviewed Helen Cox, Director of Options Center, and two of her current students and their mothers.

Christine Zak focused on Options' educational services and the Hair Analysis in helping children with learning and behavioral problems.

Dawn scheduled Josh for Options' two-hour Skills Assessment. Dawn was amazed how accurate the Hair Analysis and testing were. Josh showed visual and auditory processing difficulties.

The Hair Analysis revealed that Josh had high amounts of toxic metals (lead, cadmium, aluminum, mercury) and his other minerals were extremely unbalanced. These unbalanced minerals and toxic metals were contributing to Josh's impulsive, irrational behaviors, attention difficulties and hyperactivity. After hearing this evaluation, Dawn felt that she had finally gotten to the core of Josh's difficulties.

She immediately began making changes based on the dietary and supplement recommendations. "It made logical sense. The body's going to react to what we're putting in it. It was difficult at first to get adjusted to the idea of changing the diet and taking supplements, but I started noticing results.

I cut out all sugar (very difficult!) and decreased his sodium intake. We mainly eat meat, vegetables and fruit now. After two weeks I really started noticing changes.

His appetite increased, he started gaining weight and growing, but the biggest difference was in his attitude and behavior. Josh is a lot calmer and rational. He has peace of mind. Josh is finally coming out of his shell and will be sociable. He even wants to sit and talk to me about things that are going on. I was amazed! My parents (Josh's grandparents) can't believe he's the same kid!"

Dawn also signed up Josh for Options' Brain Gym® classes designed to correct his visual and auditory processing difficulties. She says that the Brain Gym® exercises, visual and processing exercises have helped her and Josh tremendously. "Josh has started taking responsibility for himself and his actions.

He's noticing when he starts losing control and then does the exercises or eats a healthy snack to make it better. He is aware of when he begins to

revert back to his old attitudes and behaviors. Josh has told me that he wants to get off the Dexedrine for good.

He's definitely motivated to make these changes. It was hard for him to make the dietary changes, but now he knows how big of a difference it has made. He'll actually turn down junk food because he knows how bad he'll feel if he does eat it. The Brain Gym® exercises have given us a closeness I had never thought possible. I use the Brain Gym® exercises myself to release stress.

I recommend Options Center and the Hair Analysis to anyone who feels that they are in a situation with their child that they don't know how to handle. I have been in the same place where I didn't know what to do and felt like there was no remedy. Now I know Josh can be helped and can reach his potential. I know it's not a cure, but it sure has made life easier. The difference has been amazing!"

If you would like to communicate with Options, please feel free to email - options@mtco.com.

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