Mother Sees a Difference in Son's Temperament

TMA - Part of supplements

Sylvia's son Chris, nine years old, has had learning difficulties since he started school. She believes he has dyslexia (a learning problem where the student switches letters and numbers, has a difficult time reading and spelling, and has visual processing difficulties), and a short attention span. Doctors have hinted that Chris may have ADD, but no definite diagnosis has been made. Sylvia did not want Chris to be put on medication due to the side effects and the fact that doctors did not definitely diagnose Chris as having ADD. She did want to find help for Chris and began looking at other alternatives.

Sylvia had known about Options Center for a long time and heard good things about them working with children with learning problems. She finally decided to try some of their educational services for her son. Sylvia began by getting a Hair Analysis for Chris. A Hair Analysis, sometimes referred to as Tissue Mineral Analysis (TMA), is an analytical test which measures the mineral content of the hair. A Hair Analysis can give you a wealth of information as to why your child may be having difficulties learning and give you clues as to the basis of your child's behavior. Many children with learning and behavioral difficulties have toxic metals as well as unbalanced mineral levels. Toxic metals can be eliminated and the mineral levels can be balanced through diet and supplementation. Getting these minerals into proper balance can make all the difference in how children learn and behave.

After reviewing Chris' mineral levels, Helen Cox, Director of Options Center who is also a registered nurse and licensed dietician nutrionist, was able to recommend specific supplements and dietary changes. These

recommendations are made with the goal of bringing the minerals into balance while also ridding the body of toxic minerals. The dietary recommendations are usually the most difficult to follow because they eliminate many of the foods that the child is craving.

Sylvia has had Chris on the recommendations for about five weeks now and reports, "We've increased protein, decreased dairy products, sugary foods and soda. I've noticed some changes in Chris. He's more even-tempered. Chris can handle stress and disappointments better. Chris has a lot of aluminum in his system which is causing attention problems and we're using the supplements and diet to get rid of it. I would tell other parents to try the Hair Analysis and see if it can help instead of putting their child on medication right away. The diet and supplements can certainly help with a chemical imbalance."

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

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