Karla Finds Hair Analysis as a Way to Improve Son's Behavior

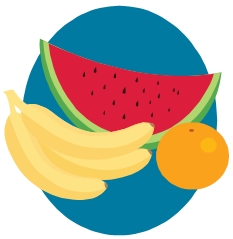
TMA - Supplements, Diet and Medication

Karla's son Clint (9 years old) has been on Ritalin and is currently taking Dexedrine. Karla would prefer that Clint was not on any medication, but she knows that when Clint is off the medication, his behavior -- particularly his oppositional behaviors -- get worse. She has noticed that Clint has experienced side-effects from both medications, the effects coming and going with no real pattern. Karla decided a few months ago to try something different.

She heard about Options Center, Inc. and Hair Analysis from a special on WEEK-25 TV. The special was covering Options Center's workshop, "Choose Drug-Free for ADD, ADHD" which was held at Illinois Central College. Karla was not able to attend the workshop, but decided to get more information on Options Center's health and educational services.

When Karla heard all that the Hair Analysis could tell about a person (i.e. -- metabolism, thyroid and adrenal gland functioning, immune system functioning, mineral imbalances, toxic metal accumulations), she got a Hair Analysis for Clint.

As Helen Cox, Director, interpreted Clint's Hair Analysis, Karla was amazed to find that Helen could describe Clint's behavior accurately from looking at his mineral levels. Karla began Clint on the diet and supplement recommendations. She says the diet was the hardest part to change.



"The diet called for drastic changes. I never would have known that Clint shouldn't have been eating certain foods without the Hair Analysis. We did well in the beginning, but it's gotten harder for him in the summer being around his friends who are eating things that he is not supposed to eat. Clint is a picky eater, so it's hard for me to get him to eat more fruits and vegetables. Increasing the protein is getting better. The diet has been

very hard for us to follow, but we're still trying to put it into our lifestyle. We've only been doing the Hair Analysis recommendations for a few months, so we're still getting used to it. Clint is a lot more calm and steady, but can still be oppositional and push his limits. I would still recommend the Hair Analysis to other parents as another option. It takes time to do, but it's worth it."

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

Options Center for Health and Education
4316 N. Prospect Road • Peoria Heights, IL 61616 • (309) 685-7721
options@mtco.com • www.options-center.com