

December 2007

PATIENT OF THE MONTH



Rudy Chihak

Age: 22

Hometown: Cedar Rapids

Education:

BA in secondary education (major, psychology; endorsement, U.S. history), University of Iowa, 2007; Student teaching, CR Jefferson High School; 2003 graduate, Kennedy High School

Family:

mother, Brenda Hack; stepfather, David Hack; sisters, Sheena Chihak, 25, April Chihak 23, Laura Chihak, 17

Interests:

Running marathons; traveling; baseball

Wholistic Wellness helps marathoner Rudy Chihak breathe easier

Rudy Chihak took one look around the waiting room of the respiratory doctor's office and knew he did not belong.

The 22-year-old marathon runner was surrounded by people four times his age who were hooked up to oxygen tanks. "It was very disheartening," recalls Chihak, a student teacher at Cedar Rapids Jefferson High School who will graduate on December 21 from the University of Iowa with a bachelor's degree in secondary education.

Even more disheartening was that the doctor couldn't find anything wrong and sent Chihak on his way with an inhaler. A visit to the allergy doctor concluded that he did have some allergies, and a different inhaler was prescribed. Still, Chihak had difficulty breathing.

The problem had been going on for over a year. "I couldn't ever get a deep breath. I was always searching for it," he explains. Finally, he considered going to Wholistic Wellness. His sister had interned in the office so he knew of it through her. Also, he spent some time on the Wholistic Wellness Web site, reading about the services offered and the testimonials of others who had received help there. One service in particular caught his eye: NeuroEmotional Technique, something Chihak had experienced about five years ago when his father had died. He recalled feeling "a thousand times better" after he received NET and was hopeful for a similar result.

Chihak learned he had environmental allergies, including to cats, dust mites, and some trees. He began taking supplements, homeopathic remedies, tried acupuncture, chiropractic adjustments and IonCleanse. After a change in the homeopathic remedy he was taking, he began feeling better within a couple days. "Everything was perfect. It was a huge relief."

Soon, he'll be gearing up to train for the Boston Marathon, April 21, 2008. Part of his training regimen: stepping up his now monthly visits to Wholistic Wellness to every two weeks. ■