

September 2007

# PATIENT OF THE MONTH



## Leone Coons "a curiosity" at 100

Leone Coons is used to the surprised looks and comments she receives when she shares with people that she is 100.

"I'm a curiosity," says Leone, who celebrates her milestone birthday on September 14.

Leone, who continues to live on the rural Whittier farm where she's lived since 1944, says, "I keep saying I look better than I feel. I just don't have much energy, but maybe that's to be expected."

While she wishes she could do the things she used to do, like garden and sew, Leone does credit the good health she's experiencing to Dr. Terri Cooper and Wholistic Wellness. "I think Dr. Terri is a miracle worker," she says. "She can do so much."

Leone went to chiropractors for most of her life. But about five years ago, she asked her general doctor about acupuncture. He steered her to Dr. Cooper. Acupuncture and regular chiropractic adjustments have been part of her health care program since. She's also experienced eye-light therapy at Wholistic Wellness to stimulate brain activity and help with balance. And when a six-week bout of diarrhea hit recently, Leone turned to Dr. Cooper again when traditional medicine failed to turn up a reason for the malady. Dr. Cooper suggested adjustments, supplements and acupuncture to combat what she suspected was either a bacterial or parasitic infection. "Within three days, I noticed a difference," Leone says.

She believes chiropractic care has contributed to her longevity. She also suspects a lifetime of good nutrition, thanks to fresh produce from her garden, played a big part in her well being. But in the end, she says, "I don't know. I think the Lord programmed it that way."

She went through "youthful attempts at most everything," like drinking alcohol and smoking, "but I didn't like them so I thought, 'why would I do that.' And I know smoking kills."

Her husband also enjoyed good health, for the most part, until his passing at age 92 on Christmas Eve 1999. Leone has outlived all of her family, including her daughter, who died at age 62 1/2 of a brain tumor. That was one of the most difficult times of her life, she says.

Leone hasn't set any goals for how long she'd like to live. Instead, when asked that question, she answers: "Until I draw my last breath." "I just live from day to day. I thank the Lord every morning when I'm waking up that I'm waking up." ■

## Leone Coons

**Age:** 100

Happy Birthday on September 14th!

**Education:**

BA in psychology, Coe College, 1967

**Occupation:**

retired school teacher

**Interests:**

loves to garden, sew, quilt and do handiwork



**Wholistic  
WELLNESS**  
CLINIC, PC

According to statistics, married people live longer than single ones; therefore, loved and being loved and needed may add to longevity.