

December 2006

# PATIENT OF THE MONTH



## Zach Matthews

AGE: 10

ADDRESS: Cedar Rapids

OCCUPATION:  
Student, Westfield Elementary

FAMILY:  
Parents Donna and Jeff  
Matthews; brothers Brandon  
McCarron, 16, and Danny  
Matthews, 18

INTERESTS:  
Sports, especially football  
and baseball

### Relief from Food Allergies

Zach Matthews' headaches started in late kindergarten. Between first and fifth grades, as the headaches shifted into painful migraines, Zach went to his medical doctor several times, an allergist, a neurologist, and endured CAT scans and an MRI. Third and fourth grades were a blur of missed school and missed playtime with friends. This past summer, Zach, now 10, couldn't get relief, even with powerful painkillers.

"He couldn't go to school when he had these," says Zach's mother, Donna. "He couldn't function. It was very frustrating, to have someone you love and care about be in so much pain and all they want to do is lay in a dark room with ice on their head. You feel helpless."

Donna says "we were running out of ideas" when a church friend, Julie Bushman, told Donna about Dr. Terri Cooper and Wholistic Wellness. Julie is a massage therapist at Wholistic Wellness and suggested Zach see Dr. Cooper. Donna admits she was somewhat "leery," only because she knew little about the types of alternative services Dr. Cooper offered. Still, she adds, "I certainly wasn't closed off to the idea."

At the first visit, Dr. Cooper suggested food allergies might be behind the migraines. Dr. Cooper recommended that Zach stay away from dairy products, including near-daily doses of his beloved ice cream. In the meantime, Donna and her husband Jeff decided to have Zach's blood tested for food allergies. Through the test, they learned that Zach had significant food allergies, mainly to wheat and to all dairy - including milk, eggs and cheese, which Zach ate frequently. Dr. Cooper suggested Zach go 30 days without eating any of the items on his food allergy list. Additionally, Zach had regular chiropractic adjustments to correct his misaligned spine. Zach also went through some NeuroEmotional Technique sessions with Dr. Cooper to help with some stresses in his life.

By the fourth week, the family could see a change. Zach's normally pasty skin began to brighten and the bags under his eyes lessened. The headaches dropped from five to six times a week to three times - and they weren't as severe. Since mid September, Zach hasn't had any headaches at all. This fall, he went from sitting on the sidelines during the Metro Youth Football season, due to his health, to playing in the latter part season.

"It felt great" to feel better, Zach says. The tough part, he says, has been to give up foods that he loved, especially ice cream. "I felt sad, but I know I won't have any headaches if I follow my diet, so that's good."

Zach's advise: "If you have any problems and you want to have them fixed, you would want to go there" to Wholistic Wellness.

Donna, who also has suffered from headaches her whole life, discovered she, too, has significant food allergies. She's changed her diet and sees Dr. Cooper regularly.

"Everybody at that place is great. They're extremely nice and very conscientious of the patients they see." ■

