

March 2007

# PATIENT OF THE MONTH



## Jen Miller

**Address:**

Center Point, IA

**Age:**

39

**Family:**

husband Jeff; children  
Erica, 11, and Lucas, 8

**Occupation:**

stay-at-home mom and  
freelance caterer

**Interests:**

volleyball, traveling  
and cooking

### Gall Bladder Relief Without Surgery

A year ago, Jen Miller, 39, was diagnosed with a panic disorder and prescribed medication. "I knew in my heart that's not what it was," says Jen, a stay-at-home mother of two.

Jen sought out a second opinion and discovered her gallbladder was actually to blame. Immediate surgery was recommended. But again, Jen listened to her intuition and sought out the advice of Dr. Terri Cooper at Wholistic Wellness.

Dr. Cooper told Jen that immediate surgery wasn't necessary and suggested she first give chiropractic adjustments, supplements, and NeuroEmotional Technique (NET) a try. Jen agreed and decided to take the holistic approach for two months. When Jen shared her plan with her surgeon, she got an earful.

"He told me I was stupid and wasting my time. He said I was going to wake him up in the middle of the night to have emergency surgery," she said. Still, Jen wasn't deterred. "There's a reason you have your gall bladder. I'd like to keep it."

After a couple small episodes, Jen soon experienced relief from the shortness of breath and back pain. She continues to take four supplements, homeopathic drops, and receives regular acupuncture and chiropractic treatments.

"I feel excellent," she says. "I used to feel anxious when I traveled because I thought it would happen when I traveled. I don't even think about it any more. My energy level is better. I feel my digestive track has regulated itself on its own. I never have the panic episodes that were attached to the whole gallbladder thing."

Her husband Jeff, a former college wrestler, also sees Dr. Cooper regularly for help with aches and pains due to neck, back and knee injuries. "She's helped him have a better range of motion," Jen says.

Jen has seen a lot of doctors in her life, but no one has listened to her like Dr. Cooper. "She takes the time. My first session with her was over an hour, just talking and doing the NET, really trying to get to the bottom of my health issues – rather than a traditional doctor trying to figure out what kind of medicine to put me on right away. I take her opinions to heart. I like that she gives me a lot of information."

Jen also enjoys the atmosphere at Wholistic Wellness. "It's just such a nurturing environment. It's peaceful." ■