

Patient of the Month



Alaina

AGE: 7

FAMILY: mom Staci, dad Travis and sister Andrea (4)

INTERESTS: swimming, gymnastics, day camp, ice skating, and playing Xbox



ASERT and IonCleanse bring end to Alaina's rash

The rash first showed up when Alaina Mysak of Marion was 15 months old. Over the years, it went from the inside of her arms and the back of her legs to all over her face, stomach, and back by age 5.

"Everywhere was just covered," says her mother, Staci.

Staci and her husband Travis had tried everything. A dermatologist diagnosed eczema and suggested a cream. That worked, but eventually the rash would come back. An allergist tested Alaina and said she was allergic to cats, mold and dust. The Mysaks didn't want to put Alaina on allergy medication. That's when they turned to Wholistic Wellness, where Alaina's grandmother is a patient.

Staci says they wanted to not just mask symptoms but get to the cause of Alaina's problem. Through Wholistic Wellness, they learned that Alaina had issues with some foods, especially wheat and dairy. After about eight ASERT (Allergy Sensitivity Elimination Reprogramming Technique) treatments, which helped desensitize her allergies, Alaina started to improve. IonCleanses also helped. Staci was thrilled when Alaina began sleeping through the night instead of waking up miserable from the itching. That also meant the whole family, which includes sister Andrea, 4, was able to sleep all night, too.

Alaina has occasional flare-ups, but for the most part, the rash is gone. Though Alaina never really complained about the rash, Staci knows she's feeling better and is happy to have it cleared up. They're grateful, too, not to have to answer people's inquiries about Alaina's rash.

Staci was always open to taking a holistic approach to her child's problem, but didn't know who to turn to for assistance. She was grateful to discover Wholistic Wellness. "Everyone is nice," she says. "I like that they are doing things naturally and trying to find the root cause."