

Patient of the Month



Sheri Soukup

AGE: 50

ADDRESS: Marion

OCCUPATION: fifth-grade teacher, Oak Ridge School

FAMILY: husband Barry; daughters Cara, 17, and Lauren, 12

INTERESTS: gardening, reading, movies, baking, walking, hiking



Sheri Soukup is breathing easier, thanks to Wholistic Wellness

For the first time in 17-year-old Cara Soukup's life, the windows will be open at her home this spring.

"I just wanted to cry," says her mother, Sheri Soukup, when Cara pointed that out.

When you suffer from severe allergies, as Sheri has throughout her 50 years, windows stay shut in the springtime. But thanks to Wholistic Wellness, Sheri is actually breathing easier.

Sheri can't remember a time when she didn't have allergies. She recalls as a kindergartner going to the nurse's office each day for her allergy pill. Sinus infections started as an adult. In her 30s, she developed asthma. She regularly saw a lung specialist. Her problems often landed her back at the doctor's office.

Sheri, who has won teaching awards, including Linn-Mar Teacher of the Year and the A+ teacher award by KCRG-TV 9, says she loves her job but found it exhausting to give her all, due to her health issues.

It was through one of her students — Catheryn Cooper — that Sheri discovered Wholistic Wellness. Catheryn's mother is Dr. Terri Cooper, owner of the clinic. Nearly two years ago, Sheri began seeing Dr. Cooper for adjustments, acupuncture, NeuroEmotional Technique (NET) and nutritional supplements. Through ASERT (Allergy Sensitivity Elimination Reprogramming Technique) treatments, she is being desensitized to her allergies. Only a portion of her lungs were working properly when she began seeing Dr. Cooper, who told Sheri that if she didn't make changes, she would be on oxygen if she did not make some serious changes in her life.

Sheri listened. Thanks to Dr. Cooper, "I feel alive," she says.

"Now I can be outside and do the things I want to do," says Sheri, an avid gardener. "I just feel like she gave me my life back; my health back. It's great to feel good."