

June 2007

# PATIENT OF THE MONTH



## Emma Thompson

**Age:** 61

**Occupation:**  
Retired

**Family:**  
Husband Larry, daughter Jill, son Al, and four grandchildren

**Interests:**  
Sewing and gardening

### Back to a Normal Life

Erma Thompson had just retired after a career as a computer professional in the Cedar Rapids area. Retirement was great and Erma's many hobbies, including sewing and working outdoors, kept her busy. But retirement also brought migraines that grew more and more severe.

Erma tried to find relief through various physicians and even a neurology specialist. Their answer (drugs and, at one point, a series of shots administered at home every eight hours by a nurse) didn't work and even made the migraines worse. She was told there was nothing more that could be done to help her. She tried yet another neurology office and received more medication. The result: marginal relief and grogginess.

During a meeting of the Eastern Iowa Pond Society—the first Erma had been able to attend in months—Erma shared her situation with a fellow member, Casey Novak. It was Casey who suggested Dr. Terri Cooper, who had "performed a miracle" for Casey when other doctors had given up on her chronic health condition.

After her first visit to Wholistic Wellness, Erma was very hopeful. Dr. Cooper adjusted Erma's neck, offering great relief from a long-standing condition. This was the start of a very productive series of visits. Dr. Cooper suggested a thorough review of Erma's diet and lifestyle, ultimately recommending a blood test to determine if there were food sensitivities that could be contributing to Erma's migraines. The results revealed several foods that were contributing to her problem.

"Dr. Cooper's approach is unique in that she has multiple holistic physician skill sets and lots of 'weapons' and approaches to try to solve difficult problems that may not be solvable by any single approach," Erma says. In Erma's case, it required Dr. Cooper's and Dr. Robin's adjustments, knowledge and technologies, plus diet and lifestyle changes to get Erma to the point she is today.

Erma reports that her headaches are now 95 percent less frequent than when she started to go to Wholistic Wellness. When they do occur, they have substantially less intensity.

"The diet requires much discipline, but compared to the alternative, which is migraines, the decision is a no brainer," Erma says. "Many thanks to Dr. Cooper, Dr. Robin and the Wholistic Wellness staff." ■