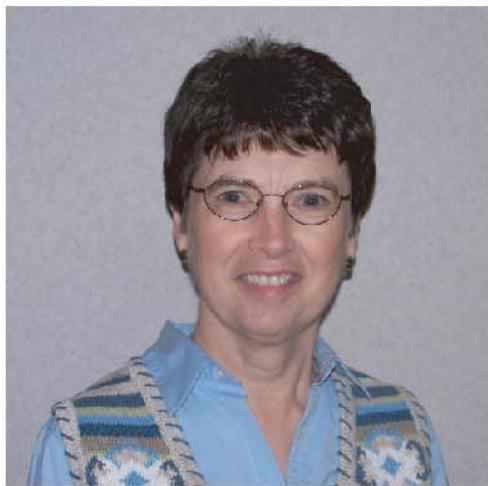


PATIENT OF THE MONTH



Karen Volesky

AGE: 64

ADDRESS: Cedar Rapids

OCCUPATION:
"Domestic Engineer"

FAMILY:
Husband Eldon; daughter
Katheryn of Kansas City and
Don of Swisher; two
grandchildren

Finding Her Path to Health

Karen Volesky was sick and tired of feeling sick and tired.

"My health was failing," Karen says when she reflects on 2002. "I was tired all of the time. I was sick all of the time. It seemed like I was on antibiotics all of the time. I didn't have any energy. I didn't have any color. I was really thin."

Then she found Dr. Terri Cooper at Wholistic Wellness. "I had a good friend who went there and was helped marvelously. She kept after me to go and she finally took me out there."

Karen was so tired her friend had to drive her to that first appointment. "I just put myself in her hands," she says of Dr. Cooper. Beyond chiropractic adjustments, Karen has tried NeuroEmotional Technique (NET), IonCleanse, reflexology, and massage. "Some of the things, I don't understand. It's hard to explain to people. I just know that they work. Otherwise I wouldn't be at the point that I am with my health."

Her husband Eldon remarked after they began riding bikes together, "We couldn't have done that before." Karen says traditional doctors could never pinpoint what was wrong with her. "They kept telling me there was nothing that was causing this. I had kind of given up. I had gotten to the point where I didn't know what good health was."

Dr. Cooper determined that Karen had a compromised immune system that wasn't allowing her to fight off viruses and infections. She then worked to boost Karen's immune system. Feeling better didn't happen overnight - but it happened, Karen says.

"I'm not going to say my health is perfect, but I have energy," she says. "If I walked in the morning before, I'd be exhausted for the day. Now at least I can walk and do things and have energy. I have color. I was as white as a ghost when I walked into Dr. Cooper's office."

"I'm going to be 65 in January and nobody will believe me that I'm that old. I've gained weight, in a healthy way. I've had family members tell me how much better I look." Karen's advice to new patients: Trust Dr. Cooper. "If she can't help you, she would let you know. She's not going to string you along. I had to make quite a few visits at first. If you want to get better, you've got to totally commit to it."

Since Karen began going to Wholistic Wellness, so has her husband Eldon. Her adult daughter Katheryn also has received relief from health challenges from Dr. Cooper. "She's been a blessing for us in so many ways," Karen says of Dr. Cooper. "She has a gift I've never found elsewhere. It's a joy to go in there." ■