

# PATIENT OF THE MONTH



## Kristi Cooper

**Age:** 48

**Address:** Swisher

**Family:**  
husband Mike; son Nathan, 20; daughter  
Kaci, 16

**Occupation:**  
spiritual director, Healing Touch  
practitioner, Stepping Stones, Ely; family  
lifeeducator, Iowa State University  
Extension

**Interests:**  
guitar, gardening, family,  
dog Candy

## Finding menopause relief through supplements

LATE LAST WINTER, Kristi Cooper's doctor suggested the hot flashes, mood swings and other symptoms she was experiencing indicated she had entered perimenopause and sent the Swisher woman off with these words: "Good luck."

Kristi, 48, wasn't willing to accept "luck" as an option. "I was miserable," she says. "I couldn't concentrate. I had hot flashes, mood swings, lack of libido, skin changes. Everything.

Instead, she turned to her longtime chiropractor, Dr. Terri Cooper at Wholistic Wellness. A saliva test to determine her hormone levels determined Kristi was in fact postmenopausal and her adrenals were not functioning properly. Dr. Cooper started her on a regimen of supplements.

"Within two days, I could see my energy level rise," Kristi says. These days, "I feel like I'm alive again. I feel like I'm back to where I was 10 years ago in terms of my ability to function."

Kristi wasn't surprised she received relief through Wholistic Wellness. Over the years, she's used the clinic's many services—from acupuncture to IonCleanse—to assist her with various issues. "Everything they offer has been helpful for my own health," she says.

A spiritual director and Healing Touch practitioner at Stepping Stones in Ely, as well as a family life educator with Iowa State University Extension, Kristi says she believes in research and science as well as "intuition." Wholistic Wellness strikes a balance, she says.

"Science doesn't tell us everything. I appreciate the fact that Wholistic Wellness goes that next step. They know there are other ways besides Western science that will help us with our total health. And they're willing to work with the medical community." Kristi believes the clinic offers "hope."

"The other thing I gain from Wholistic Wellness is a sense of empowerment that I'm in charge of my own health. They give us specific directions and we can always choose if we want to follow them or not. I know I've made great decisions. I feel great." ■

