

For her, the healing is in the eating

Shannon Eggleston treats a range of ailments from the standpoint of diet.

By **DORIS BENAVIDES**
THE ORANGE COUNTY REGISTER

Shannon Eggleston grew up in Hawaii learning what to eat to perform well as an athlete.

"Working for Ironman Triathlon in Hawaii during 10 years brought me to where I am today," Eggleston said.

As part of the support crew at the triathlon, Eggleston learned what someone needs to eat for each sport. She applied that to herself during years of canoeing.

That experience, plus her 15 years fishing for salmon commercially in Alaska, inspired her to what she became what she calls a natural path practitioner (she says she's not a member of any naturopathic organization), and owner of Natural Healing Center of Orange County, in Brea and Costa Mesa.

Here, Eggleston shares her experience.

Q. Where does treatment start?

A. In the first session I analyze people's body through a pH test - a little piece of tape you put in your mouth to check fat assimilation. I also apply the nutrition response testing technique. I perform a gait analysis, analyze people's sleeping behaviors, their pain pattern, apply a heart rate variability test, and I get a wellness score. As people get better their score goes up.

Then I do a type of a muscle testing, holding the arm up and checking at what point the arm goes down, while doing acupuncture. Overall, I test how those points relate to each other. I check neurological reflexes.

With the results of these tests I figure a healing plan using food as medicine.

Q. How does that work?

A. First, people go off the food that makes them weak for a week. Then I compare the first testing with a second one. I check the thyroid reflex point, the stomach reflex point and



COURTESY OF SHANNON EGGLESTON

CHECKUP: Shannon Eggleston works with client Romina Landers. Eggleston analyzes people's bodies to determine their wellness score.

HEALTHY ALTERNATIVES

the intestinal reflex point. Some people are bloated, nauseous and tired. They drink a lot of coffee and sometimes with just one week out of the coffee and off of food such as corn, dairies and sugar, they feel better. Their intestinal reflexes are no longer weak, and a whole new layer of health pops up and you get to see different reflexes.

Q. Who are your clients?

A. People who feel weak, who want to feel more energy. Athletes who want to be more competitive by cutting time. People who want to rehabilitate injuries, and those who are looking for scar tissue relief. For this I also use the cold laser treatment, which is a little cold light that looks like a pencil light. (It) helps heal scars and helps people with more energy. I also apply the Chinese cupping, another modality of Chinese therapy. It is a suction glass that you put on scars.

I also receive patients who are suffering from emotional disorders such as anxiety, or post-surgery problems.

Q. How long does recovery take?

A. After the first visit, and by taking off the food that makes them weak, people immediately start feeling better. It takes

about three or four visits for basic symptoms to heal. I tell my patients that it takes one month of healing for every year of dysfunction.

But the true healing, when they are symptom-free, happens in three months. Reflexes are clear in three months. I ask my patients to check in once a month for a wellness check.

Q. Talk about the food treatment.

A. I use Standard Process organic food - whole food organic supplements that can be purchased at any doctor's office.

I suggest phase 1 and 2 diets, depending on where (they are weakest). For example, if the thyroid reflex is weak or the adrenal reflex is weak or brain reflexes are weak, the person needs essential fatty acids.

Q. Could you provide an example of a treatment?

A. A client came in because she wanted to feel better from her anxiety. She's been (taking) anxiety medicines her whole life, and she also (has) diabetes. I set her up with a whole new fresh food regimen to eat e

Natural Healing Center of Orange County

Shannon Eggleston, founder and chief executive.

Academic background: Mueller College of Holistic Studies in San Diego; doctorate, Southern College of Naturopathy; natural response testing certified; studies with Standard Process organic foods.

Cost: \$130 for first visit. Includes full body analysis. Lasts 30 minutes-1 hour. Patients get results right away and a healing plan. \$65 for follow-up visits, 15-30 minutes. First heart rate variability test is free; \$25 subsequently

Addresses: 238 S. Orange Ave., Suite 102, Brea 92821. 2991 Grace Lane, Suite 2-G, Costa Mesa 92626

Phone: 714-255-8038

Web site: www.ochealing.com

For info: info@ochealing.com

two hours. She had to stay away from caffeine, sugar and essential fats, roasted nuts, popcorn, cookies with lard, and beans with lard.

After four weeks eating normal food she recovered her normal blood pressure. The doctor cut down half the diabetes medication after 14 years of taking it, and she is out of the anxiety medication.

Q. Do you work with children?

A. Yes, my youngest client was 9 weeks old. She had colic.

Q. What was the treatment?

A. Hormone balancing and an organic food medicine. She was symptom-free four days later. The coughing and crying stopped. She is 4 years old now and she still comes for wellness checkups. My oldest client is 96 and lives pain-free now.

Alternative

An O.C. woman says the right diet can help as much as medicine > 2