

Alternative Choices is a great name for this business. Why? Because I needed an Alternative. I was searching; my life was not working, and I was convinced I was dying. Anyway, through my search I re-tried church, the Western medical professionals and counselors, searching for some kind of answer that would satisfy my soul. I realized that no answers were coming; just more questions, and that I was just waiting for the end, 2012, Armageddon, cancer whatever got me first.

But there was still something in my soul that was telling me to keep going. Thus, I tried something Alternative. I wasn't convinced at first about what Karen was doing in her business. I am a skeptic, but I stayed with it, until the day I realized the "fix" is not in pills, church, or counselors, (even though I know there is a purpose for doctors and churches) but my fix was inside me, and I needed to stop looking "OUT THERE" for something to "fix" me. The fix was in me -- I just needed to release the deep traumas that were holding me captive, and to move forward.

Through this journey with Alternative Choices and Karen Lacy, I have found more answers than I could ever imagine, I also found a new purpose in life, and am happy to be alive, and the "Fix," well, there have been more than I can count. Don't be fooled; this journey has been difficult at times. Some deep work needed to be done, but the rewards have been so great. Health-wise I am off all "western medicine" antidepressants, hormones, thyroid medicine, and weight loss junk. My blood pressure is low, my cholesterol has gone down, and I have lost more than 30 pounds. Mentally, well it's been a process, but getting better every day. Emotionally, well I can cry now, and not just because I am angry. I can feel compassion for others, and forgive myself and them. This list goes on and on but the answers are there. Spiritually, what can I say, God, or whatever you chose to call Him is closer than ever before. That alone was worth the journey. God created me with purpose, because of love..... Thanks Karen ... you have helped me see my life for what it really is --Worth while!

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