

# Patient sings praises of holistic healing teams

BY TOM HILL, VANCOUVER SUN JUNE 29, 2012



In December 2009, interior designer Jamie Deck was sick. She had the symptoms of a severe flu, but she was confident they would simply run their course. As the days passed - and her symptoms worsened - she realized she might be up against something more serious.

"First of all, I don't like to take medication, but [then] I tried it out because I was really sick," Deck said. "The next step from there was to go to see a natural doctor to see if they had a second opinion."

After her naturopath ordered blood work, they were able to determine Deck's body was unable to absorb iron.

The diagnosis was a start, but hardly offered a complete explanation of Deck's dire health. She sought a variety of medical opinions, but none were able to offer the comprehensive diagnosis she was looking for.

"They all said that potentially, I [could have] Lyme disease," Deck remembers.

As Deck worked with doctors to find answers, her symptoms continued to deteriorate.

"I was experiencing symptoms of not being able to walk long distances. I had headaches so bad I couldn't think," she said. "I had to take a month and a half off work. I basically couldn't function at all."

Deck's sister suggested she explore alternative therapies and taking an integrated approach to her health. Deck made an appointment at Connect Health, an integrated health care clinic in Vancouver, and was soon sitting down for a 90-minute consultation.

The visit was a turning point. While she had explored alternative therapies with her doctors and naturopath in the past, the team of specialists at Connect Health was able to integrate several disciplines under one roof and work together toward a solution.

The Connect Health practitioners helped Deck determine that, in addition to issues with nutrition and stress, she had also picked up a parasite while on a vacation.

As part of her treatment, Deck received treatment from Melissa Carr, who is a specialist in traditional Chinese medicine as well as a chiropractor and massage therapist.

"I also had a conversation with one of their nutritionists just to figure out what to eat that was agreeing and disagreeing with my system," she said.

The results were remarkable. In just a few weeks, Deck started to feel like her old healthy self again - an amazing feat considering she had been unable to do even basic work before her first visit.

Deck's impressive results make her an example of the impact an integrated approach to health care can have.

By putting herself at the centre of her own treatment, and pursuing adjustments to her nutrition, physical body, and stress levels, Deck empowered her immune system to right itself.

It's a lesson she won't soon forget. "I feel educated about how to take care of myself, about how to be responsible for my own body," she says. "I feel better than I ever did even before I was sick."

*Empowered Health* airs Thursdays on CJDC at 11 a.m.; CHEK-TV Vancouver and Victoria, CFJC and CKPG at 7 p.m. and CHAT at 7: 30 p.m. The show is broadcast Tuesdays on CFTK at 11: 30 a.m. You can also view episodes online at [vancouver.sun.com/empoweredhealth](http://vancouver.sun.com/empoweredhealth).

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