

“Lyme Disease Can Affect Every Single System in the Body”



Dr. Holloway has been awarded the highest level of certification as an instructor with the International Association of Colon Hydrotherapy and was selected as its first International Colon Therapist of the Year in 2009. Last year, she received the President's Award, acknowledging outstanding service to the profession. We asked her what all the letters behind her name stand for: **ND: Naturopathic Doctor** (someone who treats the body without drugs); **LMT: Licensed Massage Therapist**; **CT: Colon Hydrotherapist**; and **SIT: Structural Integration Therapy** (focuses on the body's connective tissue).

Dr. Darlene Holloway, ND, LMT, CT, SIT, opened the doors to the Alternative Health Center of Cary in 1992, after coming north from her native Florida. She and her colleagues take pride in offering a wide array of therapies, including colon hydrotherapy, ion detoxification, structural integration, sports massage, lymphatic drainage, deep tissue massage, reflexology, biofeedback, Swedish/therapeutic massage, and ear candling.

In a recent conversation, we asked Dr. Holloway what part training and education play in her everyday practice and whether all of her credentials help her offer a more holistic approach to health and wellness.

I started out in colon hydrotherapy because I was seeking alternative therapies for my own health issues. From the very beginning, I realized that I would have to keep learning in order to work with a client on different levels of wellness and well-being. There are many layers to my profession—as there were to my own health issues. Every year there seems to be a different workshop, a different topic—and always more to learn and experience. And the biggest move forward was the intense work, over time, to become a Naturopathic Doctor.

My clients lead me—case by case—to seek more education and do more research as they present themselves with remarkable depths and ranges of illness. There are

times when we work with a client who has a disease we've never worked with before. And so, we begin the research process to help determine causal issues: *What clearly or more likely caused the problem they are dealing with? Can we help move them off of a medication and onto a different health pathway? What are the very best healing options, based on our experience and the healing literature?* Studying and training are a never-ending, critical part of what we do. That's an exciting part of the healing experience. It keeps us all passionate and continuing to grow in what we do.

A CLASSIC EXAMPLE: LYME DISEASE

We deal quite often with Lyme disease and its co-infections. Treating Lyme disease is not a 'one size fits all' case. In fact, one treatment protocol is not right for everyone because Lyme disease can affect every single system in the body. You have to work with the individual client. For some, the condition may affect the heart, another may experience a different co-infection that affects the muscles. As a therapist, I need to know how each co-infection affects every part of the body and work from there. I have to be educated as to what treatments and remedies are available to help that individual person.

We also have to have a good referral base, as there are times when I need to refer a client for more specialized care—and I

have to know who is available around the country who is caring for patients with these particular co-infections, and with what level of success.

For example, I worked with one client who had such a bad case of Lyme disease that she was on a feeding tube. I had to know how to work with that individual when she came to us for colon hydrotherapy. This is a health issue that deserves more recognition and further research. Thankfully, Johns Hopkins is now developing a section for Lyme disease and co-infections.

I keep up with Lyme disease by staying in contact with others who treat the condition. Clients themselves educate me by telling me where they've been and what treatments they've received. I rely on the health community that treats Lyme and I study the methods they use. There's a Lyme disease community within our community that's always disseminating educational information.

Reading and seminars are crucial to my work. You've got to be on top of every new book and product that comes out. The more exposure I have to different materials, educators, and classes, the more-rounded I feel as a healer and the more holistic my care becomes.

RESEARCH ESSENTIAL FOR INDIVIDUAL TREATMENT

Research is fundamental to my profession. Two clients may walk in with the same symptoms and it's highly likely they will respond in different ways to different treatment protocols. We are wonderfully complicated and distinctive people. I have to stay on top of all the options and keep putting the puzzle pieces together. I have this saying: "You put everything on the plate, you throw out what doesn't relate, and what are you left with?" That's my job in a nutshell. **h&h**

For more information about colon hydrotherapy and other therapies offered at the center, contact:

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