

Colorado Courageous Women

Courageous Woman: Nancy Waldrop

By Sharon Roberts-Meyer



Nancy Waldrop

I have had the wonderful opportunity to meet courageous women who have lived courageous lives and done courageous deeds in many different ways. The woman I recently interviewed has shown courage in being a mother by not only facing, but finding a creative solution to a diagnosis her daughter was living with.

Nancy Waldrop is a transplant Coloradoan, coming here from Virginia, almost 2 years ago. She has that sweet southern drawl with the warmest smile you'll ever want to see. She sparkles when she shakes your hand and you know she is listening to you and wants to get to know you. This in itself says so much about her.

Nancy's story of courage has to do with her daughter, Sarah. Sarah was diagnosed with ADHD when she was in the 2nd grade. She was having trouble learning, had a bad temper, was difficult to be around, and didn't have many friends. Sarah was prescribed Concerta, which is the time released version of Ritalin, for her ADHD. While her mother saw some improvements when Sarah was taking the medication, she also noticed some disturbing side effects; one being that Sarah had lost her appetite and wasn't growing.

Nancy decided to take it upon herself to learn more about Sarah's condition. Nancy, being an RN, was conditioned in traditional medicine but she was also open to alternative options. She learned about the Brain Integration Therapy technique process discovered by

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Susan McCrossin from Australia. She was so curious she had to find out more.

As most mothers, we want the best for our children and are willing to do what it takes to get it. Having a child with ADHD who was suffering from the side effects of drugs, Nancy saw an opportunity for Sarah and they dove right in. After only a few months of the Brain Integration Therapy Sarah blossomed and was able to come off of the drugs she had been taking for her ADHD.

Nancy learned all she could about Brain Integration Therapy and when she saw the difference it made in Sarah, she became certified in BIT so she could help other families. Brain Integration Therapy works by helping to restore proper blood flow to parts of the brain that have previously had decreased blood flow which may cause learning difficulties. BIT is non-invasive and uses techniques such as muscle monitoring and acupressure as well as left and right brain integration to increase blood flow to those affected areas. Being able to open the brain pathways for these children, teens and even adults has given families hope that they or their children are not forever doomed to be classified, as ADHD, ADD or Dyslexic.

What would you do to make someone's life better? It is a scary feeling to question what you have always known or been taught. Nancy Waldrop took the courageous step to look outside of her "traditional" learning to discover a path that many may consider "alternative", but in doing so it changed the life of her daughter as well as the lives of her whole family. Courage to do the right thing, especially when it ventures from familiar, isn't easy.

Nancy Waldrop is now sharing this modality with other individuals and families. She has a passion and a mission to help families be successful. She wants everyone who has heard the

words, "you can't read, can't do math, will always be on drugs" to know there is a different way - a way that may take some courage!

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Colorado
Courageous Women
"Stories of Courageous Women"



If you have, or know someone who has, a courageous story, please contact Sharon Roberts-Meyer.

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Courage: I believe all women are courageous in just living life! Some women have experienced life at different levels or heights, allowing their experiences to shape their lives in ways they share with their families, their children and their worlds.

"Colorado Courageous Women®" is about sharing women's stories of all kinds of courage. I hope these stories will inspire you to live your life to the fullest while looking for ways to make our world a better place for everyone.

Sharon Roberts-Meyer, Author and Creator of "CCW" is the owner of Advance Motivation, offering marketing, public relations and event planning services. She is a certified coach in the "Best Year Yet" process as well as host of "CCW" on KRFC 88.9 FM Radio. "CCW" is broadcast every 2nd and 4th Monday nights at 7:30 PM. Sharon can be reached at: sharon@advancemotivation.com or 970-613-9610.