

Welcome to the April 2002 Newsletter at LA Sport & Spine.

Dr Webb has mentored teams of chiropractors and therapists using the NeuroEmotional Antisabotage Technique which many of you have experienced using to sweep out disruptive habits. In March she met with the Houston, TX team and an executive from WalMart to debrief their successful seminar. Top executives experienced personal one hour sessions as well as group sessions focusing on team building; being congruent with working for the company; congruency with their position, name and job title and other factors that interfere with success in the corporate structure including personality conflicts. As usual the feed back is overwhelmingly positive.

Should you be interested in personal or group sessions please give us a call. Our next group session will be Monday April 22 at 7PM at 3461 Sausalito St in Los Al. Reservations are necessary as these sessions have become popular. This meeting will concentrate on April 15<sup>th</sup> tax, IRS and financial issues. Expect to laugh and have a good time. May will be dedicated to Mother scars and June will be Father scars. It is not too late to reserve your seat. (562)594-8669

Should you have a group of people dealing with an issue we can arrange to meet with you and have some fun using the NeuroEmotional Antisabotage Tech and other Emotional Release Techniques. We have a pamphlet explaining the process. So far we have found it useful in team building, dealing with family illness or death, dealing with a recalcitrant teenager, personality conflicts in business, schools, teams and religious scars. (562)594-8669

Dr Webb will be teaching Sat. May 4 for MasterPeach Foundation certification course in Huntington Beach. She will cover the Kiery Sorter, a personality profile we use in the office and Emotional Release Techniques. As many of you, who know Dr. Webb, know she can talk about almost any natural health subject from stress management to food. Should you need a speaker for your group let us know.

There are many economic changes going on these days. We at LA Sport & Spine are feeling them also. It is important that you maintain your optimum health to ensure that you can go to work. Please support your body functions with proper fresh, bioactive foods, water, walking restand being adjusted one or two times a month to maintain health. Research shows Chiropractic patients spend no or less money on drugs, spend no or fewer days in the hospital and have ten time the immune strength of the average unadjusted persons. Should you be having a economic moment talk to us. Health is priceless. Without it nothings gets done. More people today are on unnecessary drugs as a result of trauma and drama from

9/11 please talk to us. We many have an easier, safer less expensive solution.

This is get-ready-for-sports season. Many of you will blow out a shoulder, knee or low back because you failed to prepare the 'ol bod. Bob Anderson wrote a wonderful book 20 years ago called STRETCHING. It is one of the most valuable books in your library. Five or ten minutes of stretching a day will make the difference. There are even stretches you can do while sitting at work, watching TV or on the airplane. Just do it.

The another most valuable book is Nutrition Almanac. John Sarno, MD wrote a book, Healing Back Pain. He says pain is a result of emotional stress. We use NeuroEmotional Tech to release stress generated back pain. Other back pain is related to what you eat like sugar, caffeine and fats impact on neck and shoulders.

Last month Beth and Dr. Webb completed a five month nutrition course using whole food nutrition that some recognize as Ayurvedic with a twist to fit into Western life style. Ask us we can help design a nutrition protocol for you.

The Journal of Epidemiology and Community Health Jan.2002 links the NEED for mental health services in adolescents to a lower frequency of meals with the family.

There is an increase in anxiety and depression assuming that family meals are relaxing and fun. We have found in our research that the family meal filled with dissension, criticism and spousal tension will actually result in inappropriate eating habits and self esteem issues. Eat together at the dinner table without the TV. Eat in peace and have fun. Dr Webb will present Family Mealtime, Family War Time at a protocol symposium in Colorado in Aug and in Australia in Nov.

Many Blessings Staff at LA Sport & Spine