

## AHHHH August!

As many of you know, Beth and I have written six papers this year on the protocol of the NeuroEmotional Technique, one of the Emotional Release techniques we use here at LA Sport & Spine. These papers have been published by the ONE Foundation which is an international interdisciplinary health research, educational and service foundation. Soooo Aug 1-3 yours truly will be presenting them at an international invitational symposium in Golden Colorado.

The papers deal with the neuro-emotional physiology of weight gain and being single, written by Beth Ornstein, my assistant. Those that I wrote deal with the trauma at the family dining table, aging, vanishing twin and timing in the womb and the most basic assumptions we have about our selves. Basic assumptions are that we know our name, when we were born and to whom. We know our gender, that we fit in or belong and we are OK with God and God is OK with us. Should any of these be of interest call for an ERT appointment.

In the past my published papers have included protocol on our relationship with God and its impact on our health, dealing with relocation and being the new kid and using NET/NEAT for building corporate or sales teams

We will eventually be presenting Beth's work on Food, Weight and the Whole Enchilada as a series for group ERT. On **Aug.19** we will work with loving your body: dealing with body image and scars. If you have seen "O" by Oprah for Aug you can see how they are advertising our group session on body image and scars. Reservations are necessary because space is limited. Cost is \$25 for the evening. School scars and trauma will be **Sept 8<sup>th</sup>**.

Natural health care docs have been frustrated for many years with the lies that big business have perpetrated on citizens. Lies about vaccinations and their safety. Lies about the Standard American Diet. Lies about processed, genetically altered foods. We see the Drugging of America campaign not about illegal drugs which affect very few people. We see the Drugging of America as the advertising of prescription drugs in nearly every magazine and up to 6 times an hour on the radio and TV. Finally, something is being done about the lies. The N.Y. Times exposed the SAD diet, the nightly news exposed the horrible perpetration on women by hormone replacement drug lords and the Wall Street Journal is writing about the danger of vaccinations. Should you have questions about these things please call. Also if you are on HRT do not go off cold-turkey. Talk to your medical physician or us at (562)-594-8669

We are still offering natural health at LASS. We do have new client openings. In the mean time drink 4 oz. clean fresh water every 20 minutes, eat fresh lean unprocessed meats, fresh vegetables and fruits each meal. Breath! Walk, do Tai Chi or yoga 3 to 7 times a week. You will be seeing a government campaign encouraging Americans to eat fresh foods, walk, drink water, cut out fats, sugar and caffeine. This has been our advice for 24 years. It is sound.

We use concentrated food supplements. Catalyn as a basic nutrient and Immuplex to maintain the immune system. Should you need other information about your nutrition or supplements give us a call. Standard Process had been the leading supplement researcher since the 1920's. They are the Rolls Royce of food supplements. It may be time for a nutritional evaluation.

It is important to have great nutrition because that is how the body builds new cells for great life. For instance, the stomach changes its lining every 5 days. If you have a stomach lining that is faulty something happened in the message center to allow it to make an altered, less than perfect lining. Was that something lousy building blocks? Something to think about the next time the tongue craves junk food.

The body has three phases of health. Therapeutic, regenerative and maintenance or the wellness phase. We use the same three phases in the healing setting however there is the fourth phase which is emergency. I see most new patients when they are in emergency phase. It usually includes pain, dysfunction, inappropriate diet, no exercise and general-not-taking-care of the beautiful, miraculous body temple.

This is from an e-mail, "When you enter someone's life, whether by plan, chance or coincidence, consider what your lesson will be. Will you teach love or a harsh lesson of reality? When you die will your life have resulted in more loving or hurting? More comfort or pain? More joy or sadness? Each one of us has power over the balance of love in the world. Use it wisely. Don't miss an opportunity to nudge the world's scale in the right direction towards love."

And from comedian Jonathon Winters, "I couldn't wait for success so I went ahead without it."

It seems crazy to be talking about autumn but it is right around the corner. When laying in supplies for the school lunch use veggies and fruit. Leave the fat laden, sugary, processed foods on the shelf. When buying shoes have both them measured while you are standing and buy only the correct size. An 7 1/2A is not an 8B. If it were there would be no need for the two sizes. Your feet are your foundation and so important they have the fourth greatest attention from the brain.

We will be out of the office Aug 1 thru 12.

Enjoy the dog days of summer.