

The LA Sport and Spine Be Well Gazette

Dec 2002

Thank you for participating in naming our newsletter. We had suggestions from all over the world. It was fun observing your creativity. Geraldine S. is our winner.

There are all kinds of saying like "it is never too late to learn", "We learn something new each day" and so on. It is exciting to learn new things. The other day I was researching some exercises to use with persons who had experienced brain injuries. I learned that the act of sucking thru a straw can cause involuntary contractions and it is recommended that women who are pregnant NOT drink thru straws. Please pass it along.

On the other hand if you have trouble drinking the daily allowance of water, drink it thru a straw. You will consume more. A British newspaper article that was given to us demonstrated how the simple and inexpensive act of drinking water can reduce heart conditions, headaches, high blood pressure, kidney disease, depression, stiff and achy joints. Sounds like a miracle product to me. Try it you will like it.

The Santa Ana winds have taken toll on our sinuses and mucous membranes. Keep those babies wet by drinking water, taking long tepid showers to increase negative ions and eating live fresh fruits and vegetables. Standard Process has a number of products to help you avoid or survive the allergy responses we have toward the Santa Ana conditions. Cutting out the sweets, drinking water and walking uphill will help greatly.

Should you be 45 or more you experience a 15% drop in digestive enzymes and acids which mimic heartburn. If you are 65 or older there is a 45% drop in digestive aids. Standard Process has Zypan, Multizyme, Black Radish and other goodies that help you absorb your nutrients and aide in digestion. This is a good time to take AF Betafood to protect the gall bladder from the rich foods consumed at this time of year.

LA Sport and Spine will be closed from Dec. 19 to Jan 5. Should you need to be balanced before the holidays please make your appointment now. Should you have trouble enjoying the holidays and your families this is a great time to participate in Group NET on Dec. 16. Private sessions are also available by calling 562-594-8669.

November is Birthday time for Beth and myself. I want to thank all of you who remembered us with cards, gifts, lunches and dinners. Many people don't like celebrating their birthdays. Never understood that myself. Birthdays are the only holiday that is truly our own. We won the Great Sperm Race at conception and we survived the womb--a surprisingly BIG accomplishment. Birthdays are our New Year. It is good time to contemplate the past year and set goals for our New Year. It is also a good time to contemplate our purpose of being in this body. Edgar Cayce said, "Depend more upon the intuitive forces from within and not harken so much to that of outside influences but listen to that still small voice within." 239-1. Mark your calendar to really celebrate your day of birth.

In looking back on 2002 I thought it was sort of a bum year. It was an extremely difficult business year. And it was tough that many of my friends passed on. Thanks to you we are still here. Once I looked at a calendar I realized that this was a very productive year. Beth and I got another certification in nutrition, Beth is nearly thru her two year certification as a Gibson Method facilitator which is sort of like a life coach. We researched, wrote, presented and had published SIX papers on the NeuroEmotional Technique. We developed a fun event using NET in a group setting, tackling issues that come up around annual events. Yes, we will be doing Money and Taxes again in April! The Love Your Liver protocol turned out to be quite successful for a detox..

I was featured in a new journal (copies are at the office) and I was able to hang out with many new friends listening to Blues, Jazz or just sharing. The rest of the house got painted and there was time to read great books. Not a bad year after all.

Thank you for your support, encouragement and most of all referrals. We have met many wonderful people this year. We are also available for talks and group work with your organizations, clubs and

houses of religion.

Why not create a new tradition of celebrations for this month of holidays. Make it meaningful for you. Explore the other celebrations that exist at this time of year or those of other faiths and cultures. Make it different this year. Make it special for you. And if you over indulge use Black Radish by Standard process or the homeopathic nux vomica.

Can you walk two miles in 40 minutes at least three times a week? If so you will have a longer life even if overweight according to a Texas study.

Should you be at a loss of what to get for family, friends and enemies check out our gift suggestion list. You can be a healer, too by sharing LASS thru gifts and gift certificates.

Please keep the sugar products at an all time low, get plenty of rest, keep your body regular by keeping regular hours and drink a quart of water for each 50 pounds of weight. Park the car out a distance so you can get in some exercise--up to 30 minutes a day. An apple a day will help keep the doctor away. Get adjusted to keep the immune system tuned.

A wise health resolution is to go on the Love Your Liver Detox after the holidays. Beth has the protocol all ready for you to pick up at the office. Our last work day will be Dec 18th. We will open again Jan 5 at 2 PM.

Many Blessing
Khelly Webb, DC, CCSP, FIACA