

Fall Be well Gazette

from L.A. Sport & Spine

Welcome to Fall 2003! Is it I or did 2003 disappear quickly? Every October I have suggested that we look at our consumption of sugars, simple carbohydrates and alcohol. Science has shown us that these items reduce immunity. School attendance records show increased absenteeism 2-3 weeks following a sugar holiday due to so-called flu and colds symptoms. Halloween is the first of 5 sugar holidays. Protect yourself and family by avoiding sugar, simple carbos and alcohol. Give dimes or quarters or packages fruit or a toy instead of candy. Some families buy the candy loot collected by their children or exchange it for a toy.

The average American will gain 5-10 pounds over the next 12 weeks from changes in diets related to holidays. It is possible to attend parties and to have fun without having to eat the non-nutritious foods and drinks. Those sources also increase anxiety and undermine temperament--inauspicious feelings when dealing with the family holidays.

We will be offering an Emotional Release Group to work on family holiday issues called "More than surviving the stress of the Holiday Season" on Monday, Oct. 20 at 7 PM for \$25 fee. This class is filling fast so call 562-594-8669 now to reserve your chair. Should you have family issues, and don't want to work in a group, call for a one hour private session. We can share wonderful stories about how this work has brought families together. We have even had families who have done this work together resulting in wonderful bonding.

This is the season the trees and grasses off gas the green chlorophyll. Some people respond to this colorful event with allergy, cold and flu like symptoms. We have found that Allerplex, Congaplex, Antronex and other Standard Process products help maintain your health. Those of you who want to avoid flu shots can use Immuplex, Cataplex ACP or other products that test well for you. Please ask us about them. I do not recommend flu shots for my family.

If you are really serious about protecting your self from sugars, holiday stress and the "flu Season" then a Love Your Liver detox might be in store.

It is a three-week diet and supplement protocol. I personally use it most of the year because it is a sound food and supplement program for those under stress.

Now that the kids are in school, weigh those book bags. They should not be heavier than 10% of the weight of the child. We know of one book that weighs 5 pounds, which is 50% of the weight of a 100-pound child. The teacher told the kids to leave the book in the locker.

I want to thank you for hanging in there with us during the changes and reorganization of the office. It has been a challenging year since June. We have new classes, forms and a great new technique in the form of Craniosacral Technique done in one-hour sessions. This is a very soft but effective process used to reorganize and balance the body and brain. My goal is to be certified in Brain Speaks and the other powerful techniques John Upledger has made available. To that end, I will be absent about one long weekend a month, at least until June '04. My next class is Nov 10-14. This makes our schedule sort of crowded so make your reservations for care early. A number of people have scheduled multiple appointments based on how their body usually tests for care.

Thank you for your wonderful referrals of new patients, your gifts, avocados, oranges, flowers, cards. They are extra special and greatly appreciated.

I will be at Wild Oats in Long Beach Oct 12 and Nov 30, 11 to 2 to demonstrate muscle testing and the Emotional Release Techniques. Tell your friends to come on by! I am also available to speak to your group/club.

I have been given the extraordinary honor of being the commencement speaker for Cleveland Chiropractic College, Kansas City in Dec. Hope I say the right things to inspire them. Please send your prayers and Blessings. Again thank you for being in our world.

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