

Be Well Gazette

Dec., 2003

Yup, it is that time of year for shopping, parties, late nights, unaccustomed food, joy and laughter. And if we believed the TV ads and news it is cold and flu season. It is time to prepare a home supplement kit for emergencies.

Digestion issues: Gastrex for gas usually stirred up by milk and grain products. Black Radish is a miracle worker for any kind of tummy upset, constipation, etc. Phosefood is good for cramps.

Achey painy bodies respond to Phosefood, Ligaplex II or CalAmo

Can't stop eating sugar? Gynemia is your pet so is eating more vegetables and fresh lean meats.

Stuffy nose, sinuses, allergy and cough --Allerplex and Congaplex are what we use.

Immunplex protects by increasing the immune strength.

2003 has been a most eventful year. Beth has recovered from her dog attack and has move to a new area with a new job. Dr. Webb is gathering more hours of training in Upledger Institute CranioSacral Techniques. Carolyn has come on board to get us computer organized.

Dr. Webb is giving a commencement address Dec. 12 to graduating doctors at Cleveland Chiropractic College in Kansas City, MO. Prayers for successful travel and speaking are welcomed.

The Orange County Breast Cancer Support Group will learn self care tips when Dr. Webb speaks to the group Dec. 2 in Fountain Valley. Dr. Webb is available to speak to your group, too.

The Emotional Release groups have been a fun success so we will continue them beginning Jan. 26 with Beginning Anew: Setting Goal, Accepting Changes. 7 to 8:30, Fee \$25 Call 562-594-8669 to reserve your chair. One does not have to be a patient of the office to participate in the ERT groups.

This time of year is supposed to be fun; however it is a tough time for those who have family issues. The Emotional Release techniques work very well on these kind of issues. Your relationship to past events CAN change. Schedule a hour appointment to help make this a better holiday.

Dr. Webb will be scheduling one hour appointments during holiday brake Dec 30 from 8 am. If you want to bring in the family for the hour that is OK too. It is first come first serve so call for your appointment. The fee is \$175 for the hour.

Many of you have asked for an idea for a hot drink in the morning that will perk one up but not with caffeine. Check out Emergen-C by Alacer available at the health food stores or Trader Joes. It is quite delicious in hot water and contains potassium and other goodies to give you a good start in the AM.

We have met some very wonderful people this year. Your referrals are greatly appreciated. We are looking forward to serving you and your family and friends in 2004. Many new techniques and services will be coming forth.

Thank you for your generosity and trust. We appreciate your desire to give us gifts but no sweets, please.

Happy Holidays from L.A. Sport & Spine

Dr Webb and carolyne

We will be on holiday break from Dec 24 to Jan 4. Back to work Jan 5.

You are welcome to share our newsletter with others. They, in turn, can subscribe by following the directions below.

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