

Be Well Gazette

February 2003

Thank you all for helping us begin 2003 with a bang. Your referrals have brought us wonderful people with whom to work. We get to meet two people with each of your referrals. The one who is not feeling so well and then after treatment we meet the person who is so much happier and healthier in body.

Our Emotional Release Class, held Jan 23, was one of the most powerful sessions to date. We worked on releasing obstacles to bringing our goals to fruition. I can already discern the difference in my life. We usually laugh ourselves silly and have a great time in this hour and a half class. Our next ERT class will be on issues of love, being loved and being loving. It is just in time for releasing emotions generated by Valentine's Day. See you at 7PM sharp, Monday Feb. 24. Reservations are required so let Beth know by calling 562-594-8669. There is a \$25 fee. We schedule private sessions also. Don't forget to pick up a memento for your sweetheart. Valentine's is on a Friday this year. Why not plan a weekend away?

The Chiropractic philosophy often quotes B.J. Palmer who was the son of the developer of the profession, D.D. Palmer. One quote is my favorite and is apropos during these times. "We never know how far reaching something we may think, say or do today will affect the lives of millions tomorrow. It is better to light one candle, than to curse the darkness." Since 9/11 I have kept a candle burning for Peace. Sunday, Feb. 9 at 9 am Pacific time there will be a world day of prayer for Peace. If appropriate please join me by lighting a candle for Peace.

Research shows that here is a new dynamic way to lower cholesterol that is less expensive and more affective than medications. Get this, I love it. Doesn't this sound like something I would say? Lower sugar, lower processed grains like pasta, cookies, etc, lower iron, increase olive and sesame oils, increase exercise, increase lake/ocean-caught (not farmed) fish. Might as well throw in drink a quart of water for every 50-75 pounds of weight.

Should you be having a medical physical have them check your C-Reactive Protein or CRP and hsCRP. Current research suggests the it is the damage by these enzymes that set one up for heart disease and not the cholesterol.

At LASS we use various methods of muscle testing which is an extremely sensitive way to glean information from the body. Cell phones, pagers and other electronic equipment interferes with the readings. Since I adjust from the reading it is necessary to be as accurate as possible. This is a reminder to leave your electronic devices in your car or turn them off in the office. Thank you.

As many of you know I talk and listen to the body. We do not fix symptoms here. To tell me about your symptoms after the first visit won't help me fix them because I am more interested in balancing the mechanisms that are causing the symptoms. If you are busy talking about symptoms there is no time to teach you how to care for your body. We offer you the opportunity each visit to list your symptoms and other information on the progress report. Just a word or two will let me know what is going on. I do have a few clients who like to make a game of seeing if I can find their problem. A hint on the pink sheet is greatly appreciated.

The Chiropractic philosophy is Vitalism. It is the knowledge that there is an Innate Mind in the body that is a self regulating bio-energetic and biomechanical phenomena which will continue to regulate itself by the continuous process of biological adaptation. for as long as it has the reserves and energy necessary to sustain life. The body will regulate itself and return to balance if the appropriate neurological and neuromuscular context is created which we call alignment. What you eat, how you exercise and breath, what you think, how you handle stress and how you water and rest yourself determine the quality of your

Vitalism. Research has shown time and again that regularly adjusted persons are healthier than those who aren't adjusted.

Health is the gift of love you give to yourself.

Most of my most vital training has come from working with you. Recently one of you made a comment about lost dreams or expectations. This got me to thinking about the impact of holding on to lost dreams, dreams that never came to fruition, and expectations and how they impact the body and our minds. I think that depression and fatigue are a result of holding on. We define depression as you depressing your expression in life or life depressing your expression. If we see a lost dream as depressing our expression then I think that our bodies express the fatigue and depressed function of that loss. Using that as a premise I sat down and wrote out all of the lost dreams and expectations I could remember or think of. That led me to those times when I had nightmares or vivid day dreams about the horrible things that could happen. We tend to call those dreams "worries." After I writing pages of losses I said a ceremony of release over them and burned them, washing the ashes down the drain. I feel like I have more energy. You might want to try it. Let me know how you feel after releasing the dreams and expectations.

The March 2203 issue of DISCOVER has a wonderful article on pp. 31-39 about how emotion impacts us. The first part of the article explains how significant emotional events wear down the body. What the article doesn't say is now NeuroEmotional Technique and other methods we use release the impact and restore balance.

We are available to speak to your business or organizations. We have various classes that can be presented in our office or on location. Should you have nutritional needs let us help. If you aren't sure how we can help please ask. We have a great many tools at our disposal to assist you in regaining or preserving your good health.

Many of you have asked for a web site. One is in the making. We hope to give you the address in the March BE WELL GAZETTE. The site will also contain the information for BIIFF which is the organization Dr David Schwieter, his wife Rhonda and I created to inform persons about brain injury. BIIFF is Brain Injury Information for Families. We share our personal experiences in dealing with brain injuries and list useful hints and referrals.

Late in 2002 I was interviewed about my adventure with brain injury. The interview was published in an E-zine along with my list of 12 Rules for Living Life. An editor in Missouri heard about the interview and over the past week I have been doing another one for VIEWPOINT.

Our Newsletter was named by the Swigarts who have been with us for many years. We bid them a reluctant farewell as they relocate in Washington. We could always count on them to bring us good jokes. Since their children and grandchildren won't be traveling to California to visit we will miss them too.

Many Blessings
KW

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