

# Be Well Gazette Feb., 2004

Many Blessing to you all. No, you aren't missing the January newsletter. With all of the busy-ness and seminar travel you received only a small note. We are back with some great news. Those of you who remember the article written and published by Steve Reed regarding traumatic brain injury and my experience will be happy to know that Steve won a national journalism award

for that article. We are not sure what that means in terms of my involvement, 'cept a CNN booking agent has contacted me. Do I really want another 15 minutes of fame?? I am a homebody these days. Time will tell.

I attended a 4-day SomaticEmotional Release seminar with John Upledger himself. Upledger Institute sponsors techniques using light touch. It is done in one-hour sessions releasing blocks in your brain and spinal cord thereby releasing pressure that alters your natural body rhythm. It is the technique that so greatly helped me after the '94 auto accident. It must have worked. Don't you think I am a walking miracle? I will attend SRTII and then Brain Speaks. UI techniques are useful for almost any problem be it emotional, stress, physical or even chemical. One day I would love to be able to do only UP techniques and the Emotional Release work.

Speaking of ERT. Our next group will be about change, the new year and goals on Jan 26 at 7pm. Fee is \$30--yup it went up. We have new landlords. Mark your calendar for Monday Feb. 16 we will have a group on "Being Comfortable with Being Loved for Yourself." Just in time for tax season, our

March 22 class is "Money, \$\$\$, Money and you!" Reserve at 562-594-8669

I will be presenting two seminars for American Business and Professional Women at their convention in Fullerton Feb 7, at The Anaheim Park Hotel, 222 W. Houston Ave, Fullerton (91 at Harbor Blvd.) 562-925-7023. or 562-426-1827 to registrar. The emotional release class is for those who feel stuck, trapped and overwhelmed by life, stress and emotions. The Fears and Phobias class is for those with seemingly irrational fears. Emotions are emotions. They are real and they are always related to a perception of a survival event. Isolating that event often assuages the fear or phobia. These classes are also available to your group(s).

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Remember this quote from Linton's *Little Pill Made a Big Difference* the next time you take aspirin. "From paint to pain: Friedrich **Bayer** and Friedrich Weskott were two buddies who set up an international paint and dye company in Germany in 1863. Scientists in 1886 discovered an antipyretic (fever) painkiller could be manufactured from the waste of one of the dye products. So, in 1888 the pair set up a pharmaceutical department." The CDC has issued new warnings on the danger of Tylenol, aspirin and non-steroidal anti-inflammatory Drugs. Bleeding, kidney and liver disease are just some of the side affects.

Back in 1989 a couple of Vietnam vet friends got in a tussle while at an NeuroEmotional Seminar. Yours truly stepped between them and started to do the emotional release work on them. As a result they were able to deal with the posttraumatic stress syndrome of that war--OK, OK police action. I went on to write a protocol using NET on combat vets who were still fighting in their dreams and nightmares. I have worked on almost every kind of soldier as well as refugees, war victims and camp detainees. I was hoping my work was finished, however, it is not. If you know of people returning from the Middle East who are having trouble socializing, sleeping, relaxing or are experiencing rage, hair trigger tempers and other aberrant behavior please tell them about our work.

We are having a birthday party for the office! 26 years old! Feb 21, 11-2. You have given us your trust with your selves and your families and friends and even enemies. It is quite humbling. You will be receiving invitations. Please do stop by and bring a friend who can benefit from our work. Speaking to that we do have a few new patient openings.

An interesting study done annually by MIT finds that most of us hate machines in the following order: cell phones, alarm clocks, TV, razors, microwave ovens, computers and answer machines. . .but we can't live without them!!

Cardiologist diet: If it tastes good, spit it out! Drink water, eat fresh organic produce and meats, walk 30 minutes a day and choose to be happy.

There are two “new” diseases. precocious puberty which is generated by estro-genic products like plastic-stored foods, soy and possible hormone interference from the Pill. CDC studies show children as young as age three showing secondary sex changes. If this a problem?? You bet. Gonad and breast cancer in children is a growing statistic In fact breast cancer in men is a growing statistic. I personally don’t eat soy and don’t recommend it. Eating fresh, organic veggies, fruits and meats is the way to go.

The other new “disease” is persistent insomnia. The leading causes for insomnia are caffeine, gerona ma huang, ephedrine, green tea, Red Bull, “energy” nutrition bars ( Not those from Standard Process) Taking members of the B-Complex vitamin late in the will keep you awake, Watching TV will keep you awake. Being out of adjustment will create wakefulness. Eliminate those from your life or talk to us for help.

Many Blessings to you in your life