

# **Be well Gazette**

Jan. 2003

The holidays are over and many of us will use the next two months to put everything away, recover from the demands, food consumption, stress and try to maintain our resolutions. You might want to put your resolutions in picture form by cutting words and photos from magazines and arranging them on poster board. Place your goals poster in a place where you can review it daily. If you don't know what you want then use symbols of feelings that you would like to have.

This time of year we share with you the techniques we use in our practice. Should you have any questions about how these techniques can assist you, your family and enemies give us a call. Someone asked why I asked for the enemy referrals. We can use all the friends we can have and creating a healing space for a person often makes them a friend or at least an appreciative enemy who will give you less grief.

The most powerful methods I have ever used are the Emotional Release Techniques or ERT. The Gibson Bubble was developed by Lee Gibson Ph.D.

of MasterPeace Institute in Huntington Beach. My assistant Beth will be certified in Gibson Method in Aug. The Bubble allows you to release physical interference coming from stressful situations like a job interview or meeting the in-laws. I have used various elements of Gibson Method for the past 20 years. It works.

NeuroEmotional Technique is soooo amazing that it can seem unbelievable. It was developed by Scott Walker, D.C. of Encinitas, CA. It is often combined with NeuroEmotional Antisabotage, Next Mind and Next Body releasing the physiological impact of emotions. It is not a talk therapy. We use muscle testing, acupressure points and verbal affirmations called Personal

Declaratives to access issues that are impacting our physical, chemical and emotional function. Brain researcher Candice Pert Ph.D. wrote about NET in her autobiography, Molecules of Emotions. This past year I have worked on executives from major electrical and computer companies that are in transition as well as companies like Boeing, Wal-Mart, Vail Associates.

NET/NEAT works well in individual and group sessions. It is an excellent tool in conflict resolution. We can work with families as a group or boards of corporations. Many of you know of my years of working with world class athletes. Using NET/NEAT allowed athletes reach goals that no one thought possible. Sales people in a slump begin making more revenue than they thought possible. Authors become unstuck. Fears, emotional paralysis and phobias often disappear. My areas of expertise are combat and war trauma, which really got a work out after 9/11; vanishing twin syndrome; issues about belonging and purpose in the world; loss and grief; and goal setting for individuals and groups. Group work is about team building in business, sports and sales. We have written 10 papers over the past 12 years for this protocol. If you are stuck give us a call at 562-594-8669.

We do a group NET every month in the office the next events are the following: [Beginning Anew in 2003, Jan. 27](#); [Matters of the Heart, About Love or Lack of It, Feb 24](#); [Paying Uncle Sam, Your Bills and Yourself, March 31](#). A complete list for 2003 will be available Jan. 6 at the office. The group starts at 7pm on the dot and costs \$25. You do not have to be a client of LASS but you do need reservations. Call 562-594-8669. We have a lot of fun at these sessions and the results have been transforming for many of us.

Another powerful technique has a funny name: Total Body Modification. Sounds like plastic surgery. TBM is another energy medicine/healing method like NET/NEAT and Gibson. It was developed by Victor Frank of Sandy Utah and many of his friends including ME! There are over 400 areas of the body that can be accessed plus the combinations or complexes of all these areas.

Many of You have remarked that our new patient questionnaire is the most comprehensive that you have ever filled out. Yes it is. By the time you get thru it you are very aware of problem areas and so are we. Dis-ease doesn't start over night. It takes years for heart disease, cancer and diabetes to develop. What if we could access this information early on and tell you what you need to do to change the outcome? I have this conversation every day with whomever I am facing. One of the banes of my life is people not listening and then hearing that they are now living with a dis-ease we found a potential for years earlier. The greatest gift you can give your doctor is to listen and make changes toward health. There is a saying, "The doctor can't

undo what the patient will not do.”

The method we use to determine toxic conditions and nutritional deficiencies is Contact Reflex Analysis (CRA) developed by Richard Versendaal of Michigan. By using a combination of acupuncture reflex points, symptom surveys and other methods we can determine what the body needs. It is useful in allergy clearing, heavy metal detox, organ detox, and nutritional deficiencies. We use Standard Process and MediHerb products because we know that they are organic, high quality, controlled dose, food based and they work.

Many of you know that I was in a serious auto accident a few years ago and was told by the medical team that I would not be able to continue to work. I used Standard Process as one of the rebuilding tools along with TBM and NET. I had to take 86 pills per meal! Yes, that is a lot. Those of you who have witnessed the transformation I have made, understand how powerful this work and Standard Process is. People say it is expensive. Yup. And I had no insurance. But I am a fine tuned Rolls Royce of a person, with a mission. I can't afford to function at a jalopy speed. As your doctor you wouldn't want that either.

The stainless steel thumper that I use to adjust many of your body parts is called an Activator developed by Arlen Fohr of Arizona. That little instrument packs a punch at 1/200<sup>th</sup> of a second that will move bone structure in the biggest, toughest muscled body, yet it is usually painless. Most of us have 206 bones. Every one of those, except the 6 in your ears, are checked every time you are adjusted.

Last but not least is Veterinary Orthopedic Manipulation. VOM was developed by William Inman, VDM. He is a surgeon who felt that too many pets were being put down because there wasn't a pill or surgery that would save them. His Chiropractor girlfriend kept telling him to “adjust that dog!” So he used the Activator and adjusted the dog. Dog lived and the rest is history. Many of you have had animals adjusted. I have adjusted, cows, horses, rabbits, birds, dogs, cats and snakes. I really don't like adjusting snakes. Do you know how many vertebrae those fellows own?

In addition to our office work and classes, we are available to speak to or teach classes for your organizations, churches and clubs. And we are creative about creating classes for special issues or events. So let us help

you expand health in the world. We are all born healers, you can be a healer too.

Our clients come to us by referral. We greatly appreciate your trust in referring to us. We will treat that 'ol backache, however we are about balancing the structure, chemistry and emotional physiology of your body. If the body is balanced it should work like the fine tuned Rolls it is.

This year we are interested in presenting classes in accessing your healing angels/ guides; one on how to do acupressure and massage on your animals; how to use the clock as a healing tool, and a class for mothers on things you can do for your children. Beth is taking names for these class and the time and dates that work best for you. And we are taking requests for what you would like to read in the **Be Well Gazette**. Is there a class or group NET on a topic you favor? Let us know. Our business is serving you in your health and well being.

There has been a lot of concern about the smallpox vaccination and rightly so. Those people are contagious after the shots. I plan to get adjusted and take Immuplex (2 with meals), Catalyn 2/m, Congaplex 2/m to nourish my immune system. The later two come in chewable form for kids. AIDS research done in England found that regularly adjusted persons had 10 times greater immunity of those not adjusted. At these times on uncertainty it is wise to eat well, exercise well and keep you body at the tip top shape to meet the demands, what ever they might be.

Many Blessings  
Khelly Webb, DC, CCSP, FIACA