

Welcome to the July 2002 newsletter. Thank you for the wonderful feedback on our past missives. Should you have family or friends who want to subscribe have them write [lasportandspine@yahoo.com](mailto:lasportandspine@yahoo.com) and write subscribe in the subject box and you will be added to the list.

June 16 was my 24th anniversary as a licensed D.C. Beth, bless her, contacted many of you and you sent truly wonderful cards, gifts, notes and memories. There isn't a dry eye when I read the book filled with the good words. One letter came from Cambodia from a truly amazing woman. I heard from a person from PA who was one of my very first patients the first week of practice. I still see some of those original people. One letter said **WATER, WATER, WATER!** It was a humbling experience reading the messages. Thank you so very much for sharing your thoughts with me. And thank you for allowing me to be in your life of health and that of your friends and families.

Food poisoning is often an issue in the summer time. Keep foods refrigerated, wash off cutting boards after using meat or eggs and heat meat to the appropriate temperature to remove the buggies. People who have a compromised immune system will be more susceptible to food poisoning. If you suspect you are one of those people talk to us about Black Radish, Lactic Acid Yeast, Zymex and other goodies that will help improve your digestive immune defense. Often person will have greater problems if they have been on antibiotics.

We are in a major allergy season, compounded by the fires which burn poison oak which gets into the air. Water washes irritated skin and eyes. Drinking water dilutes the histamine response. Foods with high natural salt or using sun dried sea salt will also help.

One of my favorite food stores has started to sell junk supplements which is a real disappointment. One product is fruit flavored and chocolate flavored calcium chews. First off the calcium used is carbinat which likes to make kidney, bladder and gall stones. Look for calcium citrate. Chocolate contains oxalic acid which needs a high quality calcium to be processed. So if the body is low on blood calcium then the oxalic will go looking for calcium in the bones which leads to osteoperosis, not a good thing.

When supplementing the body you want to use what the body needs and you want to use food based products. The best source is whole, fresh veggies,

in-season-fruits and lean unprocessed meats.

Well I got off on a tangent there, I was talking about food poisoning. You might want to consider having this combination in your first aid kit because it works like a charm. Phosefood 10 drops in 8 oz of water and sip it over an hour. Every hour take a Choline and Cholacol until you feel better. It took about three hours for me. And I was sick!!! You can read more about Standard Process at [www.standardprocess.com](http://www.standardprocess.com).

Other summer remedies include using oatmeal bath for skin rashes or insect bites. Fill the tub with lukewarm water and a cup old rolled oats and jump in and soak for 15-30 minutes. One can use an oat poltice over a rash area. If it doesn't clear up in a few hours come in to have it checked out. Most people think of chiropractic as a musculo-skeletal technique however it originally started as a cure for the deaf and then a cure for skin conditions and has grown thru the years to include everything in the body. In our office chiropractic is about balancing the body.

To treat a bad sunburn, which should not have happened in the first place, use cold peppermint tea with milk and wash over the burn. Also if your are brave take ½ teaspoon of turmeric spice in ½ cup of cold milk, shake very well and wash that over the burn. Turmeric is yellow and stains so be careful with cloth. It will make the skin yellowish but it puts a stop to the burn.

Another item for your first aid kit is Arnica Montana, a homeopathic which is used as an ointment on bruises, strains and sprains. The best time to use it is immediately after the injury. Keep a tube in your sports bag. It can be taken orally in a pellet dose of 30C or 6x. Arnica will also stop bleeding. Learn more about homeopathics from us or from homeopathic sites on the Internet.

Should you be swimming in lakes and streams you might want to consider the findings of a U.S. Geological Survey study of 139 streams nationwide. Researchers found levels of steroids, aspirin, hormones used in birth-control pills, caffeine and cotinine a breakdown chemical from nicotine high enough to have harmful effects on fish and other aquatic life. I wonder what happens to us when this stuff is in our drinking water, most of which comes from the Colorado river drainage? For sure take a shower after swimming.

July 15 is the date for our group ERT on scars, fears and phobias developed during family vacations or holidays. Bring a friend. Reservations are necessary. The Aug. 19 class will address body image and school scars will be tackled Sept. 9. July 19,20,21 are the dates for Focus by Dr. Lee Gibson. Focus helps remove the habits and blocks stopping you from living your life by your standards. We have sent a lot of people thru Focus and the results are often amazing and pleasing. Give the Masterpeace Institute a call at 714-842-4722. They have a Friday night series coming up soon and a class on balance. They are at [www.masterpeaceinstitute.com](http://www.masterpeaceinstitute.com). Dr. Gibson also does phone consultations for out-of-towners. The Bubble is his invention.

Tips for sports enthusiasts: The first cause of illness and death related to sports activities is dehydration. One avoids this by drinking a mouth full of water about every twenty minutes. You can hold the water in your mouth to be absorbed through the skin.

Stretch before you start that sport which also includes lawn mowing and weed pulling. If pain and problems don't resolve on their own within 48 hours let us help you. The longer an injury brews the worse the damage and longer it takes to resolve.

Should you want to work out at a gym get some instruction. Al Gerardi and Tom Allan are trainers who REALLY know what they are doing. Hire them to give you a 90 minute How-to-work out-safely session. They have a gym too if you are very serious about working out. 562-290-0063.

Marie Garcia is our Feng Shui person at the Feng Shui Institute of Physics and Energy. 909-599-2598. She was trained as a physicist and then took up her family tradition of Feng Shui when she realized it was truly based on physics. Feng Shui is the art of healing space by placement of objects. LA Sport & Spine is Feng Shuied.

Every once in a while life seems to be overwhelming, And it is not something that really needs a lot of therapy but temporary support. Our Emotional Release techniques are a wonderful place to start. However if you need more you might consider a coach. These people are trained to help you figure out your steps to solution. My coach is Penny Braun. If you feel coaching may be for you she does offer a half hour test session. Give us a call at 562-594-8669 for her number. If you think you need more than ERT and coaching we do have some wonderful referral therapists. Below is an

Internet story.

A man was sleeping at night in his cabin when suddenly his room filled with light. God told the man he had work for him to do, and showed him a large rock in front of his cabin. God explained that the man was to push against the rock with all his might. The man did so, day after day.

For many years he toiled from sun up to sun down; his shoulders set squarely against the cold, massive surface of the unmoving rock, pushing with all of his might. Each night the man returned to his cabin sore and worn out, feeling that his whole day had been spent in vain. Since the man was showing discouragement, a trouble maker decided to enter the picture by placing thoughts into the weary mind: "you have been pushing against that rock for a long time, and it hasn't moved." Thus, giving the man the impression that the task was impossible and that he was a failure. These thoughts discouraged and disheartened the man. The trouble maker said, "Why kill yourself over this? Just put in your time, giving just the minimum effort; and that will be good enough." That's what he planned to do, but decided to make it a matter of prayer and take his troubled thoughts to God.

"Lord," he said, "I have labored long and hard in your service, putting all my strength to do that which you have asked. Yet, after all this time, I have not even budged that rock by half a millimeter. What is wrong? Why am I failing?"

God responded compassionately, "My friend, when I asked you to serve Me and you accepted, I told you that your task was to push against the rock with all of your strength, which you have done. Never once did I mention to you that I expected you to move it. Your task was to push. And now you come to Me with your strength spent, thinking that you have failed. But, is that really so? Look at yourself. Your arms are strong and muscled, your back sinewy and brown, your hands are callused from constant pressure, your legs have become massive and hard. Through opposition you have grown much, and your abilities now surpass that which you used to have. Yet you haven't moved the rock. But your calling was to be obedient and to push and to exercise your faith and trust in My wisdom. This you have done. Now, my friend, I will move the rock."

At times, when we hear a word from God, we tend to use our own intellect to decipher what God wants, when actually what God wants is just a simple

obedience and faith. By all means, exercise the faith that moves mountains, but know that it is still God who moves mountains. When everything seems to go wrong ... just P.U.S.H.! When the job gets you down ... just P.U.S.H.! When people don't react the way you think they should...just P.U.S.H.! When your money is "gone" and the bills are due...just P.U.S.H! When people just don't understand you...just P.U.S.H.!

P= Pray

U= Until

S= Something

H= Happens

And move your feet in the direction of balance. Faith is to believe what we do not see. And the reward of that faith is to see what we believed!

This is a great time of year for the kids to get adjusted for learning issues, scoliosis and sports training.

We had such great response for our adjustment sale we thought we would extend it. Now is the time to invest in you health and future. How we take care of ourselves now determines how much we will have to take care of when we are old and gray. It is easier to prevent illness than it is to recover from it. Go for the prevention. Get Adjusted regularly.

We are available to speak to your organization, business or club. Give us a call 562-594-8669

Beth's corner