

March ,2002 and the celebration of Spring is here

In traditional acupuncture or meridian therapy it is believed that each season is controlled by 2 meridians or energy pathways. Spring is said to be controlled by the Wood element which is Liver and Gall Bladder. Western medicine has little respect or understanding for the Gall Bladder. In Eastern medicine it is considered one of the most important organs in the body.. It assists in hormone and heart functions, fat metabolism, essential fatty acid metabolism and a zillion other operations in relationship to the Liver which has a zillion functions of its own. In other words this is an important time of year for the body to clean up and clean out which often looks like cold, allergy responses and flu. In other words Spring Cleaning.

Other elements of the Wood Liver/Gall Bladder influence are related to eyes, sight, muscles, tendons, ligaments, migraine headaches and nails. One may have more tears, feel anger and wish to shout or argue. The color green and east winds are Wood elements along with wheat, chicken and sour foods being used for healing.

Symbolically this is a great time to spring clean. Get those trash bags out and clean the shelves, closets, storage boxes using the rule that if you haven't used in a year you probably don't need it. Give the goodies to the shelters. The women's shelters can use the household items. Clean out the car also. Since it is getting warm you might want to blow out the car A/C and make sure it doesn't blow on you which can cause muscle pain and stiffness or cold/allergy symptoms.

Beth and I have been attending a nutrition course for the past five months which is about to end. Our next meetings are on women's health and herbs On top of that I just completed a 40 hour computer course in 30 days. I am feeling over educated. We will be presenting papers this summer in Colorado on Food, Weight and the Whole Enchilada; Still Single and Getting No Where Fast: Exploring the NEC's of Relationship; and Its Meal Time: Family War Time. These protocol papers used the NeuroEmotional technique or the NeuroEmotional Antisabotage Technique.

Should you be feeling post trauma symptoms from 9/11 talk to us, we may have a solution. PTSD symptoms include break out crying, sudden unprovoked anger, pain, sleeplessness, insomnia, loss or excessive appetite, depression, and the sense that things are just not right.

Another solution to the above symptoms is to attend FOCUS March 22-24. Facilitated by Dr Lee Gibson and Mary Aqleh in helping you resolve the puzzles in your life. I have done this course twice and Beth did it once so far. It is an amazing event from which you take many tools to manage your life and stress. The MasterPeace people are also presenting a 3-Friday evening adventure on Desire and The Rest of Your Life: Love, Pain and The Whole Damned Thing. For more info contact 714-842-4722.

We want to thank you for your wonderful referrals. We have met many truly neat people. And we do have more space for new patients and people wishing Emotional Release work.

Ya all know how I am always recommending walk, water, rest, appropriate food fuel and real

food supplementation. The British Journal of Sports Medicine 2001, vol 35, 342-343 presents an article by Billett and Turner on the Antidepressant Effect of Exercise. When compared to medication a daily 30 minute walk was more effective and less expensive. We also know that eliminating simple carbs like pasta, sugar and alcohol and sugar water, otherwise known as soft drinks and caffeine make a huge difference in one's emotional stability. Try it you will like it.

We want to thank you for your expressions of love and generosity that we have received in the last weeks. We try to thank you personally however some of you are quite sneaky and leave things for us without a card letting us know who is the gift giver. Thank You.

The Knoxville Academy of Medicine has a Dr Molly McPeake Peeler who has written a new set of fundamental rights. Thanks to the HMO's many medical doctors are feeling like they have lost their right to treat patients because the HMO determines who gets treatment. The rights for patients include. . .

I have a right to follow good health habits.

.... I have a right to pursue as much education as possible

I have a right to set aside money regularly to fulfill my health maintenance needs.

I have a right to choose the type of health care I can afford.

I have a right to face the consequence of not choosing to do any of the above choices.

I would like to add. . . .

I have a choice about what I eat and I choose to eat wisely

I have a choice about my exercise and I choose to exercise daily

I choose to stop smoking, drinking and eating nutrient dead and artificial food.

I choose to honor my body temple for as long as I live.

By my actions, I have a choice about the quality of my dying and death, I choose for it to be pleasant

Remember the easiest way to neutralize allergies is drink water.

Afternoon headaches are often caused by dehydration.

The most important meal of the day is breakfast.

Protein will reduce your craving for sugar

If you start your day with sugar, simple carbs and coffee you will crave them all day.

Eating half a Granny Smith apple before meals will improve digestion.

Eating half an Orange after meals will further improve digestion.

The most important part of fruits and vegetables is the fiber, don't juice them.

Sugar binds and increases cholesterol, Fiber foods decrease cholesterol.

Remember miracles do happen and they can and do happen to you. Expect them.

Trust in the process of natural healing.

Remember Chiropractic is about balancing the body.

Beth and I will be taking breather March 14-18 . We will be back to work Tues March 19.

Healing Religious Scars with Emotional Release Techniques will be March 27 ,7pm.

Love Your Liver is available for those wanting a Spring detox.

Many Blessings.

Beth's Comments

Disclaimer,

Info on the internet subscription

Dr Webb Bio

Out Name, address, Phone