

BE WELL GAZETTE

By Dr. Khelly Webb

May 2003

Emotional Release Techniques (ERT) Update

The next regularly scheduled Group ERT session is Monday, May 12 (originally scheduled for May 19), entitled "Honoring Your Parents & the Parents Within Yourself." Mom and Dad are the twosome hardest to see clearly and the easiest to blame. But letting them off the hook is the first step toward happiness, self-acceptance, and maturity. This session will be about letting go of all the ways our parenting history may be keeping us from living our best life. We'll also focus on learning to parent ourselves in a healthy way. 7-8:30pm, \$25 fee, call to make reservations, as space is limited.

I will be offering free five to ten minute demonstrations of ERT at Wild Oats in Long Beach on PCH near 2nd Street on Sunday, May 11 (Mother's Day) from Noon to 2:00pm. This is a first for me, so I'd love to have your support. Stop by with your friends or family that you've wanted to introduce to me, and they'll get a great taste of the work we do. If you can't make it, please send your blessings.

I am available to take the Group ERT sessions on the road for any group of 10 or more participants. Call us to discuss the possibilities.

Web Site News

We have finally launched our Web site: www.lasportandspine.org. Please visit and give us your feedback. We will be expanding it in future so we want your ideas.

I am in search of a Web Master to help me put together a Web site on brain injury. If you know of anyone, please send him or her my way. This project is very near and dear to me.

New Clients

We want your help in referring new clients into our office. Things really need to pick up. You know the value of what is offered at L.A. Sport & Spine, so help be a healer too by telling those in need that they want to go see Khelly Webb. There are coupons at the office that will give new clients a discount on their first visit. And each new client you send us will earn you a free regular visit. We also ask for your prayers that business increase.

Free Nutritional Analysis

We have great new software that allows us to take a Symptom Survey form that you've completed, enter the data into the computer, and it analyzes your nutritional supplement needs. Ask Beth for a Symptom Survey form. Once we've tabulated the results, I can review the three to five page report with you at your next adjustment. This new service is being offered during the month of May at no charge.

Beth's Clinic Days

Thanks to those of you who supported Beth's first Clinic Day in April. It's so important for us to foster emerging healers. The new clients she saw in April have already booked solid her next scheduled May Clinic Day *and* a second day she added. So she's added a third day – Friday, May 30. As each day fills up, she will add another and we will let you know the additional dates.

These are private, one-on-one sessions. She uses several techniques that she has been studying the last two years under my tutelage/sponsorship – the Gibson Method (a kind of personal coaching combined with energy balancing), Emotional Release Techniques

and Nutritional Therapy. She has also been a meditation teacher for over ten years. These methods support you in making an even greater life for yourself. They help pinpoint misalignments, reveal insights, release grief and anger, and create clarity. These sessions are a conscious, motivating experience that helps you discover solutions and supports your decisions. The work she facilitates can lead you to become more alive in the areas of creativity, relationship, finance, career and health.

She will be seeing clients from 10am to 6pm. Sessions are one hour to an hour-and-a-half in length. Through July her fee is \$25. So please help support Beth and take advantage of this offering. I think anyone would benefit from a session. You can call the office to make an appointment or to get further information. And not to worry, she'll still be taking good care of us here at the office, too.

Nutritional Supplements 101

We have just developed a new flier for the office that gives the basics about nutritional supplements. (Copies should be available about mid-May.) The text from that flier follows:

Why You Need to Take Nutritional Supplements Of course, when it comes to getting the vitamins and minerals your body needs the best possible source is food. After all, eating a richly varied diet — including plenty of fresh fruits and vegetables, whole grains and lean proteins — is the most natural, most enjoyable, and tastiest way I know to meet your nutritional needs. Science is increasingly recognizing that in addition to vitamins and minerals there are other components found in foods — such as fiber and phytochemicals — that serve as powerful preventive agents, protecting your body against disease. Indeed, it's hard to replicate in a pill or capsule the exact substances and combinations that nature has already placed in food.

So, why should anyone take nutritional supplements? There are as many reasons to use supplements as there are people.

One reason is to avoid, when possible, using prescription (Rx) and over-the-counter (OTC) medications. Did you know the average American adult is on three prescription medications, and the average for seniors is *ten* prescription medications? As far as I'm concerned, this is a dangerous trend, as medications are responsible for many deaths. In fact, medication deaths rank in the top ten causes of death in Americans. In my experience, most of the dis-eases that allopathic docs recommend meds for can be completely resolved using whole foods and nutritional supplements supported with proper self-care.

A further incentive to take supplements is that farming methods aren't what they used to be. In other words, there's not as much food in our food. The use of hormones, pesticides, the lack of crop rotation, artificial and incomplete fertilizers, and so forth, has depleted the absorbable nutrients found in many of the foods we eat. It's sad, but true — even if you are a very careful, conscientious eater, it is likely that you are not getting the vitamins and minerals you need.

Another reason to take nutritional supplements is that scientific evidence is mounting that nutritional supplements are valuable as preventative agents. Experts are turning away from the old thinking of vitamins and minerals primarily as substances needed to prevent deficiency diseases (which are rare these days) and are acknowledging their broader role in promoting optimum health. Researchers are finding that some important vitamins and minerals are hard to get in amounts considered protective against disease through diet

alone.

I could go on for pages and pages about the reasons we all need to take nutritional supplements, but the reasons above are reason enough. I encourage all my clients to take certain whole food vitamins and minerals on a regular basis.

Nutritional Supplements You Should Be Taking

I'm not a fan of taking a lot of pills, and I know that for some people buying and taking supplements can seem confusing, bothersome, and expensive. But think of it this way: The money you spend now on *prevention* is pocket change compared to the possible future expenses of medication, hospital stays, and surgical procedures.

The following are the foundational nutritional supplements I take daily. You may need the same or similar regiment — testing you for your body's specific needs is wise. The following are all made by Standard Process, which is the Cadillac of whole food nutritional supplements.

- **Catalyn** — This is a sort of multi-vitamin with minerals. Completely opposite of the “vitamin mega-dosing theory,” Catalyn contains a variety of scarce nutrients, instead of a high content of simply a few. Contains vitamins plus important minerals, trace minerals, and enzymes. **Dosage:** 1 with each meal

- **Trace Minerals-B12** — This provides the much-needed, often overlooked trace minerals that are essential for your best health. Contains an extensive variety of trace minerals including organic iodine, required for healthy thyroid, spleen, and red blood cell functions. It also provides at least one of the essential unsaturated fatty acids and vitamins. **Dosage:** 1 each day, preferably at night

- **SP Green Food** — Are you eating all the veggies you should? Research suggests, and it is generally recommended, that we should consume from three to five servings of fresh veggies daily in order to meet the nutritional demands of our bodies. SP Green Food is made from kale, alfalfa, barley grass, brussel sprouts and more. The recommended daily dose supplies approximately one serving of green veggies. **Dosage:** 2 with each meal

- **Immune System Booster: Immuplex** — Helps safeguard the immune system, which in our polluted environment and with our high-stress lifestyles, is under constant attack. Immuplex contains vitamins, folic acid and minerals that protect and enhance the immune system. **Dosage:** 2 with each meal

- **Energy Booster: Cataplex B & Drenamin** — These protect us from the multiple ill effects of our demanding high-stress careers and the reality of living in a very high stress world of terror. Drenamin is a special combination product formulated to help maintain the healthy functioning of the adrenal glands. **Dosage:** 2 Cataplex B & 3 Drenamin with each meal

- **Liver/Gall Bladder Booster: A-F Betafood** — Helps support the liver and gall bladder in their job of filtering processed oils (like canola), sugars, chemicals, pesticides, heavy metals like mercury, nickel, tin and aluminum. A-F also balances the liver production of cholesterol. **Dosage:** 2 with each meal

- **Digestive System Booster: Spanish Black Radish** — When we are nervous or stressed it affects our digestive system. Use these instead of antacids (Rx or OTC), which are terrible for you! Spanish Black Radish, a member of the brassica family, protects against free radicals — highly unstable molecules that can affect cells and genetic material. It is also an excellent source of sulfur, and is also beneficial in the healthy functioning of the gastrointestinal tract as well as spinal discs. **Dosage:** 1 with each meal, or as needed to

soothe upset

· **Digestive Enzyme Boosters: *Zypan*** — Helps to break down the food we eat so that we are able to fully utilize the nutrients to fuel our bodies. Did you know that as we age our bodies produce less of the digestive enzymes we need? That's why when we're young it seems like we can eat anything, and when we get older we develop all sorts of upsets.

Dosage: 2 with each meal

· **Sugar Buster: *Gymnema*** — This one is only for those of us with frequent sugar cravings. This comes from the Standard Process product line of herbal remedies, Medi-Herb. *Gymnema* has been used since ancient times in India to control sugar-cravings in diabetics. It is amazingly effective. **Dosage:** 1 at breakfast

These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Many blessings, Khelly Webb

Should you have questions about your physical, emotional or nutritional health care needs please contact us at LA Sport & Spine, 3461 Sausalito St, Los Alamitos, CA, 562-594-8669.

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