

Be Well Gazette for November 2003

Welcome and Many Blessings and Gratitudes for November. Thank you for sharing your friends and families with us as new clients.

This is a good time of year to check your water filters. . . air filters, too. Often we forget that they need to be cleaned or replaced. Filthy filters can cause skin rashes and sinus irritations. Check the batteries in the alarms.

This time of year can be hard on those with allergies or respiratory challenges. The fall leaves send off a gas that can irritate sinuses and eyes. Then there are the fires burning poison oak. The oil flies in the smoke and we breathe it in for an irritating experience. We call it fire flu because it does feel like a cold or flu. We will be seeing lung irritations this winter and it is NOT the flu but a detox from breathing in smoke. We are using Immuplex and Emphaplex and Pneumatrophen to assist our lung health. I will treat, gratis, those who were directly traumatized by the fire or worked to fight the fires. Those people do not have to have been clients. Call 562-594-8669.

October afforded us some magnificent electromagnetic storms on the sun. Eight Class X storms in eight days! The winds from those storms hit the Earth's atmosphere at 5-million MPH. One of my hobbies is noticing how the sun impacts our health. Though our sun will probably shine for another 500 million years, if something should happen to it we would know the results 8-light-minutes later. For now we just have to deal with solar storms, which seem to generate headaches, feelings of being spaced out, and irritability. There are actions we can take to right our electromagnetic nervous systems besides getting adjusted. Hanging out with water as a beverage or shower or being in a pool helps. Eating grounding root vegetables, like beets, potatoes, and yams. I visualize my feet as magnets firmly connected to the molten iron core of the earth. This technique is also good when confronted with stress and irritating people. Drain the stress into the earth via your feet. Massage your cuticles (Tsing points) on your fingers and toes.

Let me know if you have been flying over 35,000 feet so we can check to see if your body has a perception of being disconnected from the earth. While flying, your body dehydrates an estimated one-quart worth of water per 3-5 hours in the air. The solution is to tank up on water the day before you fly and to consume an extra quart of water for every 3-5 hours in flight. I use and recommend a Chi ionizer by China Healthways Institute in San Clemente, CA. Read about it at www.chiexplorer.com/catalog.html.

The Chi ionizer can be used in hotel rooms where the air is recycled--

though it is best to get a room that has windows that open. Another way to condition your room is to allow the humidity of your shower time to humidify the room. Taking your own pillow on your trip helps you sleep better. Mine is a feather pillow that rolls up to about the same size as a sweater. Try to consume some of your meals at times you would if you were home. Where you are may be your home dinnertime but your vacation breakfast. There is nothing wrong with eating dinner at breakfast. In fact it is healthier.

Have you noticed how our bodies are pretty habitual? We get used to the time to eat, sleep and do other body functions. When those times are disrupted then body complains often as what looks like a flu or cold. During the holidays try to maintain your sleep and feeding times so that the rest of your body can keep its functions timely. Eliminating fatty, salty, sweet foods and drinks and increasing water, exercise, lean meats, and fresh veggies will get you thru the holidays in good shape.

November is a very busy month so schedule your appointments early. The office will be closed Nov. 7-16 so I can attend an Upledger seminar and celebrate my birthday. Birthdays are our only real holiday. Every other holiday is for someone or something else. Many people don't seem to like their birthdays. Wonder why? About holiday gifts, thank you for being so generous. Your gifts, during the holidays, are greatly appreciated but we don't need 20 pounds of chocolates and neither do our hips!! If you feel strongly about giving us gifts please consider Heifer International at www.heifer.org. Since 1944, Heifer International has helped more than 4.5 million families in more than 125 countries and in 38 U.S. states. Heifer helps impoverished families feed themselves, earn income and care for their environments by giving farm animals to the children of families.

We need your suggestions for topics for the group Emotional Release sessions. Submit your ideas to our e-mail or call 562-594-8669.

Here is a thought:

“If I am walking with two other “people“, each of them will serve as my teacher. I will pick out the good points of the one and imitate them, and the bad points of the other and correct them in myself. -Confucius, philosopher and teacher (c. 551-478 BCE)

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