

HEALTH FIRST WELLNESS CENTER

NEWSLETTER

FROM THE DOCTORS

Happy New Years! This newsletter is dedicated to bringing you the most current information on how to keep you and your loved ones healthy, happy and vibrant. If you ever need further information or any verification of the research that is cited in this newsletter, please call the office for any references. I hope this month's newsletter will inspire you and your family to keep on the path toward realizing your highest levels of health.

Dr. Cory Webb, Dr. Andy Webb, & Dr. Jennifer Webb

MOVE WELL



Four of Five Principles of Exercise

Strength Training—Beginners should begin with a 1-set of 8 to 10 strength training exercises for the major muscle groups (chest, back, shoulders, arms, abdominals, and legs) will ensure that you're really op-

timizing the possible health benefits of a regular exercise program. You need enough repetitions to exhaust your muscles. The weights should also be heavy enough that this can be done to muscle fatigue in 8-12 repetitions. It is also important NOT to exercise the same muscles groups every day. They need at least two days of rest to recover, repair and rebuild. Strength training helps promote bone health and muscle mass. It makes you stronger for everyday activities and helps you develop better body mechanics (balance, coordination, posture). More strength can lead to fewer falls in the elderly. In one study elderly men and women (mean age 87) who lifted weights three times per week for 10 weeks, strength increased a whopping 113%! The improvement in strength enabled the elderly participants to also walk faster (12% faster than before the study), climb 285 more stairs, and it even caused the muscles in the their thighs to increase by more than 2.5%. Strength training plays a role in disease prevention. It boosts energy levels and improves your mood. It also can boost your metabolism by 15% and translates to more calories burned (more calories are used to make and maintain muscle than fat).

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THINK WELL



You ARE your beliefs.

Everything you do or don't do is a result of a belief you have about something. If you believe exercise is "hard," you will subconsciously resist doing it. If you believe the cookie or the donut "isn't so bad," then there is nothing in your mind to stop you from having "just one." Some beliefs we have are a result of personal experience, but many are "programmed" into us by television, magazines, internet, radio, newspapers, teachers, preachers, family, friends, relatives, etc. The media outlets don't even try to hide it. They call themselves TV "programs" and radio "programming." They are doing a great job. Look around at the people following the media's "current events." Are those people happy and healthy? Are they basing all their daily conversations and decisions on their established personal value systems, ethics, and morality? Or are they just being lead around by the nose ring by someone trying to get them to say something, text something, repeat something, do something or buy something? Look at your current beliefs about the happenings in the world. Are they really your own personal beliefs?

You will never be more, do more, or have more than you believe you deserve. Who established your limits for what you believe you could be or should be? Your parents, your teachers, or your friends? If you believe what they have programmed into you, you will never go beyond those limits? You see, our personal Ego always wants to be "right." If you think money is the root of all evil, or rich people cheated their way to the top, you will do everything in your power to make sure you don't accumulate wealth. Nobody wants to be seen as evil or a cheat. If you think healthy people are just lucky or they're "health nuts," you will never create the behaviors that it takes to be truly healthy. You will actually engage in behaviors to make sure you are not healthy. Who wants to be seen as crazy, right?

If you evaluate your life, you will see the results of your past beliefs. If you like where you are, where you are heading and what you are teaching your children and grandchildren, keep it going! If on the other hand, you don't like where you are or the direction you are headed, you must change your beliefs. Behaviors will NEVER change unless the belief behind the behavior changes FIRST. If you need help changing, please come to our free monthly health and wellness classes. If you are really ready to make this year the year you actually accomplish your New Year's resolution, please contact the office for information on our 12 month lifestyle program starting January 24th 2012. It will be one of the most life changing decisions you have ever made. "BELIEVE ME!"

EAT WELL



Suggestions regarding how to get the most from your “New Year’s Resolution” Cleansing.

Understand first and foremost that anything that you put into your body that requires energy for your body to “process” will take away from the effectiveness of your cleanse.

Please Avoid...

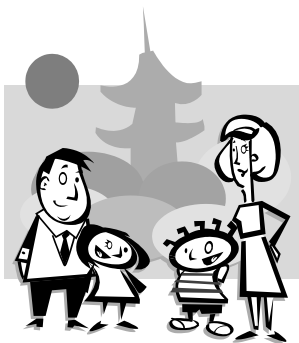
- The Toxic Trio- aka- “*The White Devils*” - try to avoid *white* sugar, *white* flour and pasteurized *white* milk. All three require significant processing energy from your body.
- Trans fats- anything containing hydrogenated or partially hydrogenated oils of any type.
- Addicting stimulants- corn syrup, corn syrup solids, liquid sugar, high fructose corn syrup, cigarettes and yes, caffeine. (sorry)
- Anything that comes from a box or can with ingredients you can’t pronounce or have never seen occurring in nature. (Example- monosodium glutamate- MSG, aspartame, splenda, other chemical sweeteners and artificial colorings/flavorings.)
- Processed meats- Nitrates & Nitrites are very hard for the liver to process and detoxify.

Please Increase-

- Water- purified spring water or distilled water. Aim for half your body weight in ounces of water per day. Ex- a 100 pound person drinks 50 ounces of water per day.
- Good sources of fiber from *raw* fruits and veggies. (Not too many high glycemic fruits.)
- Proteins from grass-fed, free ranging sources.
- Good fats- raw nuts and seeds, olive oil, coconut oil and pharmaceutical grade fish oils.
- Exercise- at least 20 minutes of moderate intensity exercise **daily** to increase metabolism.
- “Nurture” time- at least 15 minutes each day to relax and focus on “Counting your Blessings.”

Following these Basic Guidelines will insure you get the most for your efforts and get the results you are seeking. Most people feel an amazing change in just a few days, and by the fourth week, you will be shocked by your progress and your newfound energy for life!

CHILDREN'S HEALTH by Dr Jennifer Webb



What is Your Body Saying?

Everyone knows the saying, “Your actions speak louder than words.” Our voice tone and body language are very influential in our communication, but often we don’t even think about it. First, be aware of your tone, or “how” you are saying something. Make sure you are using a tone that does not sound stressed. Slowing down, breathing low and comfortably, and inserting a pause will give you a chance to collect yourself. Putting your hand on your belly will help make you aware of, and slow down your breathing.

Make sure you are fully engaged when talking to your children. Stand “navel to navel”, or “toes to toes” so your children know you are listening. If you are standing slightly askew it sends the message that you are not fully listening. Leaning in slightly, nodding your head and saying “umm,hmm” will show that you are connecting. Use a palm-up or “beggar’s palm” gesture to indicate you are open and inviting dialogue. A swiping, or palm-down gesture indicates that you are not open to talking. Stay away from power gestures (hands on your hips, or arms crossed over your chest) and try keeping your hands down at your sides, or using a “weather person” pose.

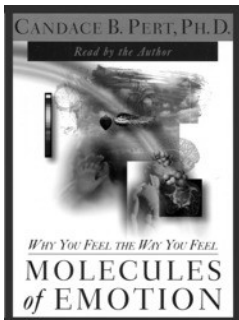
Young children want a lot of eye contact, and need that connection to really be able to hear you. As children get older they don’t want the intense eye contact because they feel like they are being scrutinized. When your children are older, it is better to ask questions when eye contact is limited such as sitting next to each other on the couch, or when you are in the car.

Lastly, make sure you don’t talk to your child from another room. When children don’t respond, the tendency is to talk louder which will make your voice tone sharper. This will ramp up everyone’s stress level. Take the time to walk to your child, touch them, get down on their level, and then speak.

Try putting a plan into action. Notice your body language. Is there a time when your child doesn’t seem to be listening or responding the way you would like? Replay the situation, and make a note of where you were, where your child was, and what else was happening in the area. What was your mood? How did it come across in your tone of voice? What was your body language saying? How were your shoulders, forehead, hands and feet? How was your breathing? Practice breathing low and deep into your belly in a non-stressful situation. Your body will be able to respond better when under stress if you have practiced. Notice how you feel different when you take a moment to pause and remind yourself to breathe slow and deep. How does your child respond to you when you do this? Now, replay the same situation and note what you will change the next time. The more specific you can be— the better!

Taking the time to be aware of your body language will greatly improve the communication with your children. As parents, you won’t do it “right” every time, but striving to be intentional, showing accountability, and being willing to apologize when things don’t go smoothly, will all set a great example for your children!

RECOMMENDED READING



Molecules of Emotion by Candace B. Pert, Ph.D.

Why do we feel the way we feel? How do our thoughts and emotions affect our health? Are our bodies and minds distinct from each other or do they function together as parts of an interconnected system?

In her groundbreaking book *Molecules of Emotion*, Candace Pert provides startling and decisive answers to these and other challenging questions that scientists and philosophers have pondered for centuries.

Her pioneering research on how the chemicals inside our bodies form a dynamic information network, linking mind and body, is not only provocative, it is revolutionary. By establishing the biomolecular basis for our emotions and explaining these new scientific developments in a clear and accessible way, Pert empowers us to understand ourselves, our feelings, and the connection between our minds and our bodies -- body-minds -- in ways we could never possibly have imagined before.

Molecules of Emotion is a landmark work, full of insight and wisdom and possessing that rare power to change the way we see the world and ourselves.

INNATE HEALING MASSAGE



Massage Strengthens The Immune System

The lymphatic system is a major factor in your body's battle to ward off infection and heal injuries. The lymphatic flow is usually very sluggish in most people and especially so in those that have less active life styles.

Massage therapy not only improves the circulation of blood and its vital nutrients, but also increases the circulation of lymph in your lymphatic system thus helping your body to fight off infection and speeding your recovery from injuries and illness.

"If you have a massage every week, you will have 2/3 less illness" - H. Gruenn, M.D. Los Angeles, CA

Call the office today to make time for yourself.

Also don't forget a massage is a great gift for someone you love.

Gift certificates available.

Innate Healing Massage

Trish Bruce LMT, NCTMB, Certified Pre-& Perinatal, Geriatric
& Emilee Kipper, LMT, NCTMB, Geriatric

636-946-3600

Available Monday—Friday - Call the office for your appointment.



ARE YOU READY TO MAKE THE CHANGES YOU'VE BEEN DREAMING OF?

THE 2012 CLASS WILL FILL UP FAST

If your New Year's Resolution includes any of the following:

- *GET TO YOUR IDEAL WEIGHT AGAIN?
 - *REDUCE THE STRESS IN YOUR HOME?
 - *GET OFF SOME OF YOUR MEDICATIONS?
 - *LOWER YOUR CHOLESTEROL/BLOOD PRESSURE?
 - *BALANCE YOUR BLOOD SUGAR?
 - *SLEEP THROUGH THE NIGHT AND WAKE UP RESTED?
 - *INCREASE YOUR VITALITY?
 - *LOVE WHAT YOU SEE IN THE MIRROR AGAIN?
 - *GET YOUR FAMILY TO EAT BETTER?
 - *SERVE GOD TO THE BEST OF YOUR ABILITY?
- BE A BEACON OF HEALTH TO EVERYONE AROUND YOU?

For details: eatwellmovewellthinkwell.com or 636-946-3600

Have your entire family evaluated to see your true level health! The assessments will be complimentary through January 24th. Normally they are \$75.00 each.

We are the only certified wellness clinic in Missouri.

Health Assessments can be done in a group or on an individual basis by calling the office.

Don't miss your chance call the office today to schedule your assessment.

We would love to see you and your family there.

After the program begins on the January 24th we cannot add people later.

WEIGHT LOSS AND DETOXIFICATION



Our world is getting more and more toxic everyday. There are over 70,000 commercial chemicals in use today. There are over 1,000 new chemicals introduced every year. Less than 7% of those chemicals in use today have ever been tested on humans long term. Your body is a series of filters. Your lungs are a filter, your liver is a filter, your kidneys are filters, etc. Everything that goes through you in terms of what we eat, drink or breathe can “clog” our filters. Just like your furnace filter, a clogged filter will “bog” down your body and over time will cause your body to work harder and wear out faster. Most Americans should clean out the filters at least once a year. Many people experience a huge difference in their energy and clarity of thought after only one cleanse. To enjoy a happy healthy life, everyone needs cleansing. If you have never done a cleanse or are unsure of what might be best for you, please attend our next Isagenix Nutritional Cleansing Class.

Tuesday, January 10th @ 6:30pm at the St. Charles Office

Saturday, January 14th @10 am—5723 Heritage Crossing Dr. Glen Carbon Ill. 62034

Monday, January 23rd @ 2821 N. Ballas Rd. Suite 118, St. Louis, MO. 63131

(Tuesday Feb. 7th @ 6:30 pm at the St. Charles office)

Please call to reserve your seat- 636-946-3600

THERMOGRAPHY

Digital Infrared thermal Imaging ‘DITI’ is a 15 minute non invasive test of physiology. It is a valuable procedure for alerting your doctor to changes that can indicate early stage breast disease.

The benefit of DITI testing is that it offers the opportunity of earlier detection of breast disease than has been possible through breast self examination, doctor examination or mammography alone.

Non Invasive

No Radiation

No Contact with the Body

F.D.A. Approved

Implant Screening

Endorsed by the United Breast Cancer Foundation

Breast Scan \$175 (30 Mins)

Half Body Scan \$275 (40 Mins)

Full Body Scan \$395 (1 Hr)

Full and Partial body screenings available!

Call our office or check out

www.medicalthermography-stl.com

Next Schedule Visit : Jan 26th by Appt Only

**HEALTH FIRST
WELLNESS CENTER**

FAMILY HEALTH IS OUR FIRST PRIORITY!

530 MADISON ST
ST CHARLES MO 63301

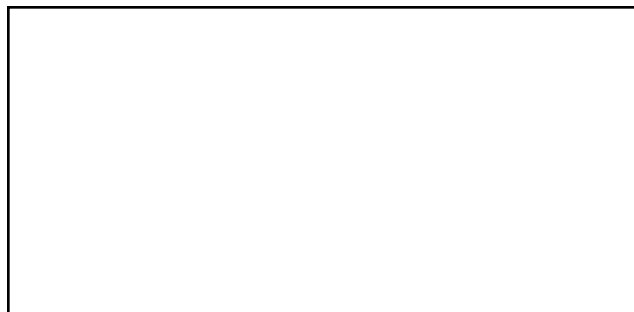
Phone: 636-946-3600

Fax: 636-946-3019

E-mail: hfchiropractic@yahoo.com

We are on the Web!

www.webbwellness.com



JANUARY HAPPENINGS

- **New Patient Orientation classes** — St Charles office 6PM 1/17, & 1/31
- O'Fallon office 6PM 1/10 & 1/23
- **Weight loss and Detoxification Class** — Jan. 10th @ 6:30pm
- **Saturday Wellness Class** — No January Class
- **Lifestyle Assessment Report of Findings Class** — Jan 14th @ 8am
- **Thursdays Free Exercise Class** — 1/12, 1/19, 1/26 @ 6:30pm
- **Thermography Exams** — 1/26 by appointment only