

# HEALTH FIRST WELLNESS CENTER

## JANUARY NEWSLETTER

JANUARY 2013

Volume 2, Issue 5

### FROM THE DOCTORS

**Happy New Year!** 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.

This month's **"Healthy Challenge"** is to start off the year by attending our January 5th Class on Eat Well, That's THIS Saturday! Whether you have attended before or not you will always learn something new depending on where you are in your life journey and January is the month to kick off 2013 with a fresh start. Have an awesome month!

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

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### ADOPT A CHILD/FAMILY

### "THANK YOU"!!

Thank you to everyone that helped our kids and families on the giving tree through adopting a child or giving donations. You helped them have a very merry Christmas this year. They were overjoyed with all the gifts they received. Thank you again Health First Patients for being so awesome! We are proud to have all of you as patients.



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## THINK WELL



### Is this the year?

Is this the year that you commit to better health? Better health for you as an individual? Better health for you as a leader in your family, your work, your church, and your community? The only way our country will ever be “better” is through the people that make up the country. Very simple. Our government is an extension of its people. Like it or not, what is going on in

our country today is a mirror of the people in it. Just like you as a whole cannot ever and will not ever be healthier than the cells that make up your body, a country cannot and will not ever be healthier and more functional than the people that make it up. It’s up to you personally. It’s up to me personally. So I ask you again, is this the year you take responsibility for your future health?

Are you ready to finally take off the blinders and put away all your excuses and commit to taking care of this amazing temple that God has housed you in? Is it your neighbor’s responsibility to mow your lawn? Clean your gutters, vacuum your carpets, and maintain your bathroom? Would you blame your neighbor when your house falls down because you decided not to do the up keep? Why would you blame God, your parents or your genes when your body falls apart because you decided not to do the up-keep for the last 25 years? The time for excuses is over!

I don’t care how old you are, how poor you think you are or what has happened to you in the past that you use for your reason to not take care of yourself. “The truly rich man is the one who knows *he is enough and has enough*.” You can always do something better for yourself today than you did yesterday. How much does walking cost? How much does a positive thought cost? How much will it set you back to stop gossiping? To stop mentally beating yourself up for what you did or didn’t do? How much does it cost to turn off the TV and read a book to your kids or grandkids? Cost vs. Benefit?

You cannot measure health in dollars and cents. What you cannot put a price on is the loss of quality of life with your family and your friends. What about the the biggest cost of all, not being able to fulfill God’s Purpose for you?

Is this your year? Really? Will you commit? It is not about how many days you have in your life, but more about how much life you have in your days. Join us this year. Join the large group of people in our Innate Lifestyle programs. It’s less than a dollar a day. Too much for you? Come to the 3 **free** health classes we have each month. Still can’t commit, come to our Thursday night **free** exercise classes. Yoga, stretching, walking, just ***commit to doing something***. Commit to 15 minutes of prayer/ mediation. Free again. You choose...Health is free. Disease has major costs - physically, financially, and mental-emotionally. Your family, your loved ones and your Creator want to see you enjoying life the way it was designed to be. Come, join us, and learn with us how simple the up keep on your temple really is.

Is this the year? Really? I know what you said last year...

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## MOVE WELL

HEALTH FIRST WELLNESS CENTER  
EXERCISE CLASS  
THURSDAYS AT 6:30PM

Happy Holidays to each of you and your families. The time of the year is upon each of us when we reflect on the past year. It is not only the end of one year, but also the beginning of a new year!! We cannot change the past and the choices we have made, which may have lead to unaccomplished goals.

Hopefully you had set specific goals at the beginning of last year. Did you follow through on your goals for 2012? Did you meet your goals or surpass them? If so, that is awesome! We had many clients at the office that did challenge themselves and blew away their goals for last year. If you did not set a "health vision" last year, this is the time to do so for 2013!! Set up a plan of action for success. Even if they are little successes along the way, that is fine. It's fine to have BIG goals, but you will only reach them if you have lots of small victories along the way to keep you motivated and on your path to your major goal. We all stray from the path sometimes, but the key is to turn around and get headed in the right direction again.

Join us. We offer a free half hour exercise class every Thursday night in St. Charles at 6:30pm. I encourage you to come try it out and get on your path to success. We have been doing these classes for the past two years and everybody loves them. No sign ups. No Fees, No contracts. Come when you can. If you miss a week, no big deal. Come next week. We always have fun and laugh while we get a good workout in. All you need to bring is a yoga mat, a resistance band, and a smile on your face. We have a great group of people that have been coming for years. We always welcome new people to the classes. Both men and women of all ages are welcome. Please come, be a part of our group and help yourself reach your goals for 2013.

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## THERMOGRAPHY

Next Scheduled Visit Here : January 24th by Appt Only

Traditionally many of us set goals at the beginning of each year to try to do better at things we perhaps have been putting on the "back burner", which at my house means I never get around to them. Things like losing weight, stopping smoking, exercise, etc. Mothers and wives are always taking care of everyone else in the household and usually put their own needs last. Sometimes we fail to realize that we have to take care of ourselves in order to be able to take care of everyone else. Why not schedule an upper body thermographic screening to get a good look at what is going on in your body? Thermography offers information in the early stages of disease, which gives you a better chance of recovery to optimum health. **Medical Thermography** appointments can be made for **Thursday, January 24<sup>th</sup>**.

Best Wishes for a Healthy 2013! Linda and Kelly

Gift Certificates available.

Medical Thermography of Metro St. Louis "Proactive and Preventive Health Screening"  
[www.medicalthermography-stl.com](http://www.medicalthermography-stl.com) 314-566-0350 / 618-806-5220



### Clean in 2013?

It's that time of year again... New Year's resolution time! This is the time of year when we are "forward thinking" about what we would like to see happen in our lives over the next twelve months. Sometimes people resolve for material things- house, car, boat etc. and many times people are looking for personal growth or better financial gain, but the overwhelming winner in the "what I want next year" voting over the past quarter century has been #1.- Better health and to lose weight.

The average American gains 2 pounds per year every year after age 30. This can add up in a hurry. We are the most obese country on the planet by far. The American lifestyle has produced a diabetes epidemic that is getting worse every year. Diabetes has increased 300% in the past 20 years. It is now estimated that 50% of children born today will develop diabetes by their 30<sup>th</sup> birthday! One million American's died of heart disease last year. Over 800 thousand people died of cancer in 2011. People are getting sicker younger. Diseases that were once thought to be just for "old people" are now developed in people in their 20's and 30's. What can be done? Why are we so sick? Toxicity!

Your body is a series of filters. Your liver is a filter. Your kidneys are filters. Your lungs are filters. Your digestive system is a filter. Just like filters in your furnace or your automobile, if the filters get "gunked up" the whole system has to work harder and starts to break down faster. Yes, you age faster and organs break down faster when you are toxic!

How do we get so toxic? Ever read a label and find you can't pronounce most of the ingredients? Look at your morning cereal box. Look at your shampoo, Your body lotion. Your "wrinkle remover." Look at your shave cream. Look at your deodorant. Look at your coffee creamer. Look at your "breakfast bar", pop tarts, bagels, toaster waffles, microwave breakfast sandwich. Look at your child's multivitamin...and we haven't even made it past breakfast to your Monster energy drink or your "5 hour energy." If you read a label and there are ingredients you can't pronounce, more than likely your Creator did not intend those chemicals to be consumed by humans. If those chemicals are not designed for humans to consume, more than likely your genes are not designed to know how to filter them either. What do we do now? Unlike your furnace filter or your car's air filter, humans don't usually have the luxury of just putting in "new filters." So now we are left with just the task of cleaning out the filters we have?

I have done and recommend whole body cleanses for over 20 years. The best cleanse being a complete real food diet, juicing and regular colonics- either at home or professionally. I have watched people cringe for 20 years every time I mention the real solution to their health problems. It seems we are willing to do just about anything but actually change the cause of our problems. Interesting isn't it? So in order to accommodate the many "who aren't ready," about 15 years ago I started recommending "kit cleanses." Do they work? Yes, they work. But **only** if you do it. Will the results last? That's up to you. Are you planning on putting in more toxins this year? That is the true test of a cleanse. Does the cleanse change how you feel so drastically, and have you invested the time and energy in your health so fully that you don't want to toxify your temple any longer? (And hey, most times people lose weight when the cleanse!)

I am starting a cleanse in January, care to join me? Come to an Isagenix nutritional cleanse class if you are interested in better health for 2013. January 29th at 6:30pm—We will be answering questions about why we should cleanse and detoxify ourselves and how Isagenix cleansing works.



## Jump Start Your Resolution!

Want to jump start your 2013? How about joining Dr Cory, Dr Andy and Lorie in the IsaBody challenge January 7th! If you are interested in participating with them you will need to go to IsaBody website and register for the challenge (deadline is January 7th). If you are not a member of the Isagenix wholesale buyers club, please see the front desk first to get signed up to save money on your supplements. Then go to our website and click on the “Jump Start You Resolution” logo at the bottom of the page, this is where you can register to be part of a group that will be offering weekly conference calls and facebook support groups

[www.webbwellness.com](http://www.webbwellness.com) / [www.isabodychallenge.com](http://www.isabodychallenge.com)



Jan 2012

June 2012



***Eat Well Move Well Think Well®***

**The Innate Lifestyle™ Program**

### **Begin the 2013 Innate Lifestyle Program January!**

You asked, we answered. The Innate Lifestyle Program is now more affordable and all the classes will be available to you on your own time schedule, from your home computer!

The Innate Lifestyle program is a step by step, easily implemented program to show you how to Eat Well, Move Well, & Think Well in your everyday life, for life.

Have your friends and family join you. This will be the best investment you ever make in your family's health. Make 2013 the year you finally take care of you!

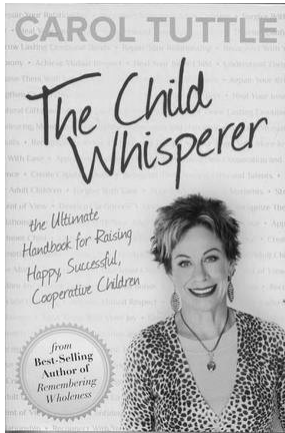
**The “90 Days to Health Program” is now available for \$150.00!**

If you are at all interested in learning how to Eat Well, Move Well, & Think Well please let the front desk know and we will get you in this year's program!

For details: [eatwellmovewellthinkwell.com](http://eatwellmovewellthinkwell.com) or call us at 636-946-3600

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## RECOMMENDED READING



### **The Child Whisperer** by Carol Tuttle

You've been there, feeling helpless, clueless, when a child you love totally bewilders you. Maybe it's the tantrum at the store, or the hour-long bed-time battle, or the head-scratcher of getting your child to eat veggies. You wonder what on earth to do, so you get advice, read books, watch videos, ask the internet. And still, something's missing.

You need a plan that addresses your child's needs, not everyone else's. Why couldn't children come with a handbook? Turns out, children are born with a handbook they are the handbook.

In *The Child Whisperer*, bestselling author Carol Tuttle explains that children tell their parents every day exactly how they need to be parented. They tell their teachers exactly how they need to be taught. Children are trying to tell adults who they are so they can be recognized and treated in a way that honors them uniquely.

*The Child Whisperer* reveals that the key to raising happy, healthy, cooperative children lies in understanding and responding to a child's inner nature.

Children's true natures are written in the shape of their faces and expressed daily in their appearance, body language, tone of voice, and choice of words. Your child's unique laugh, cry, joys, worries, and even tantrums speak volumes about the type of parenting they need. And you'll learn exactly how to offer it by reading *The Child Whisperer*.

This simple but unique approach actually makes parenting more intuitive, fun, cooperative, and most importantly customized to your individual child.

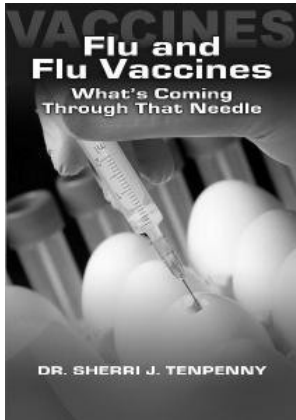
*The Child Whisperer* will give you the tools to:

- Have a happier, more cooperative child, using less discipline
- Foster more confidence and natural success in your child
- Repair trouble parent/teen relationships
- Reconnect with your adult children

*The Child Whisperer* teaches how to read unsaid clues that children naturally give every day, and shows how parenting, teaching, coaching, and mentoring children can be an even more intuitive, cooperative experience than ever.

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## RECOMMENDED DVD



Dr. Sherri Tenpenny's DVD, *Flu and Flu Vaccines: What's Coming Through That Needle*, explores the problems associated with annual flu shots

In addition to the truth about the effectiveness of flu shots, the two hour presentation will detail:

- How influenza viruses are selected each year for the vaccine
- The six labor-intensive steps involved with the manufacture of flu shots
- The low prevalence of influenza viruses in circulation
- The low number of persons per year that actually die from the flu
- The reality of flu shot side effects
- Flu shots and asthma
- Problematic ingredients: animal cells, detergents, polysorbate 80, formal-

dehyde, gelatin, mercury, and more

- Problematic adjuvants: aluminum, AS03, MF59 , and squalene
- The serious problem with latex and rubber stoppers used in the vials
- How to refuse flu shots
- The truth about vaccination antibody titers
- The truth about Tamiflu, the medication for influenza
- An overview of possible things to come: Mandatory flu shots for all
- How to stay well without the flu shot

This presentation is the most complete guide to influenza and influenza vaccines you will find all in one location. Some elements of manufacture, production and delivery of influenza vaccines is often in flux. This presentation is designed with information that stays constant, year after year. It is a must-see for anyone who has ever questions the safety or effectiveness of the seasonal campaign.

Dr. Tenpenny's vaccine information is essential for anyone who is intent on making a fully informed decision about vaccination.

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## INNATE SALAD ORDERS

100% Organic & Fresh    Healthy & Convenient

In today's fast paced world, we provide a quick convenient service that will help you and your family maintain a healthy lifestyle. To place orders, Place name, size of order and payment in an envelope and drop it in the "Innate Salad" Box on the wall by Friday or contact Kimberly @ 636-936-1328.



Orders will be delivered to the office Monday by Noon.

13 Cup order \$30.00

8 Cup order \$20.00

4 Cup order \$12.00

Trial-Size \$5.00



### How to Talk to Your Children When Tragedy Happens

I wanted to pass along the following information from *Love and Logic Institute, Inc.*, which gives ideas on how to talk to our children when tragedy occurs, such as the incident at Sandy Hook Elementary School.

Children have an incredible capacity for strength, and we can help them cope by following some practical guidelines:

#1: Be honest about your emotions while modeling strength. Our children will cope only as well as we do. Children who see their parents overwhelmed with anxiety, fear, and grief also will become overwhelmed. On the other hand, kids will not have an opportunity to learn healthy expression of feelings if parents stuff their feelings inside. The key is being honest about your emotions while showing that your family remains strong. For example, you might give your child a hug and say: "This is a very sad thing. Sometimes I feel like crying about it. It also makes me mad. But I know that we will be okay, because we are strong!"

#2: Limit your child's exposure to media coverage of the event. Turn the television and radio off when your kids are in the room. Repeated exposure to the visual and spoken images of the tragedy will create more anxiety and fear. Younger children who don't understand that the scenes are being replayed often believe the actual events keep happening over and over.

#3: Give them the facts about the event. Don't try to keep the tragedy a secret! First, it's simply impossible to do. Second, humans create information when they lack it. When children get bits and pieces of bad news, they "fill in the blanks" with their imagination. Typically their fears, or rumors that float about at school, produce more anxiety than the truth. Children may need you to lay out the facts about the event. Tell them the basics, while leaving out the more sensitive details. Remember, your tone of voice must communicate compassion and strength.

#4: Listen, listen, listen. There is nothing more powerful than an open ear, heartfelt understanding, and a warm hug.

#5: Let them know that they are safe. Our children need to hear about the thousands and thousands of wonderful people who are working day and night to keep us safe. Despite any fears or doubts we may have, our kids need to hear that they are safe. Make your reassurance short and to the point. When parents spend too much time, too many words, and too many emotions trying to reassure kids that they are safe, it backfires. Your message will be more powerful and believable if it is very brief and business-like: "There are thousands of people working to keep everyone safe. We are going to be okay. Have a good day at school. I love you."

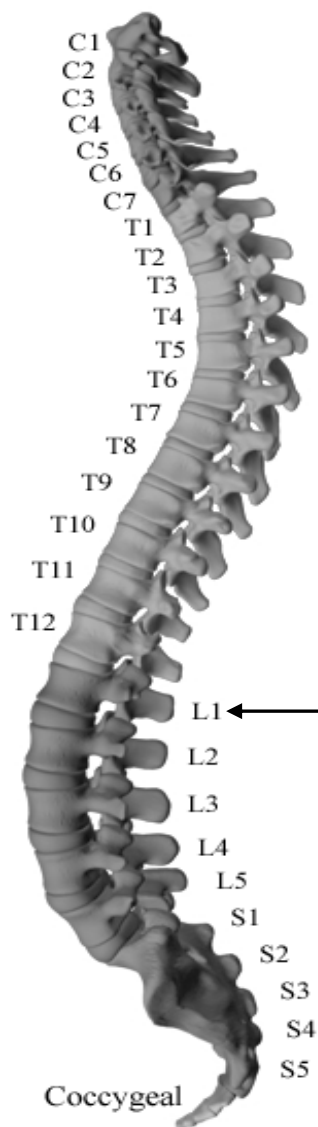


#6: To the greatest extent possible, maintain daily routines. Daily routines give all of us a sense of predictability, control, and safety. When we stick with them, we also communicate to our youngsters that we are strong enough to keep going, and they are too.

#7: Involve them in helping others. There are few things more therapeutic than helping others. Even actions that may seem small, such as writing letters of support or sending a box of food to rescue workers, can mean a great deal.

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## SPINAL EDUCATION



### DID YOU KNOW.....

**L1** which is the first vertebrae in the lumbar area, it is located in the middle of your lower back. It controls large intestine, inguinal rings & uterus. Subluxations in this area can cause constipation, colitis, dysentery, diarrhea, ruptures or hernias.

EXERCISE/STRETCHES: **PLANK**



How to Perform the Plank Exercise:

1. Lie face down on a mat or the floor
2. Raise up onto your toes and your elbows
3. Keep your back flat, keeping your body in a straight line from head to heels
4. Contract your abs to ensure your body doesn't drop (pull your belly button in towards your spine)
5. Hold position for a designated time (start slow)

As you balance, gravity will pull your midsection towards the ground and your lower back will have the tendency to sag. To prevent this, you need to contract your abdominal muscles to keep your body properly aligned. You may notice your body starting to shake after holding the plank position for a few seconds. This indicates lack of strength and stabilization in your abdominal re-gion.

As you continue practicing the plank exercise, you will notice drastic improvement in your core strength and coordination. You will be able to hold the position for much longer before starting to shake.

If you are experiencing pain, stop the exercise. If you have pain, you may need to improve your form, or you are holding the position for too long, too fast. Start slow, take your time, and build up your endurance and core muscle strength.

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## INNATE HEALING MASSAGE



### *Innate Healing Massage* 636-946-3600

Emilee Kipper, LMT, NCTMB, Geriatric

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

Call the office today to make time for yourself or a loved one.

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

Gift certificates, Birthday Specials & Package deals available too.

Appointments available Monday–Friday

Times vary so please call the office to make your appointment today!

30 min Swedish or Geriatric massage \$30

30 min Deep Tissue \$35

60 min Swedish or Pre/Perinatal massage \$60

60 min Deep Tissue \$70

90 min Swedish massage \$80

90 min Deep Tissue \$90

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### INNATE HEALING MASSAGE COUPON

IF YOU HAVE NEVER HAD A MASSAGE BEFORE

OR JUST NEVER HAD ONE WITH US

WE WANT TO OFFER YOU A SPECIAL.

FIRST TIME MASSAGE CUSTOMERS

RECEIVE A 60 MINUTE SWEDISH MASSAGE FOR \$45 .

CUT THIS COUPON OUT AND BRING IT IN WITH YOU!!

YOU ARE WORTH IT!!



## HEALTH FIRST COAT DRIVE

for the People Helper Project

Because of the great response from everyone, we are going to continuing to collect coats.

Please bring them in by January 31st.

Thank you for helping us!

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# WEIGHT LOSS AND DETOXIFICATION

## Get \$550 Worth of Nutrients a Day?

I get asked at least once a week, “what are the basic things that I really *need* to take every day to stay healthy?” There is no perfect answer for everyone, but here is the simplest solution we use for most people.

I take Ageless Essentials. Why? Because it is a supercharged *food based*, multivitamin, multi-mineral pack containing your daily dose of vitamins, minerals, antioxidants and special antioxidant. You take one in the morning and one in the afternoon. Done. They do all the work for you by putting it all together.

When you sit down and figure out how many nutrient-rich foods you would need to buy and consume each day to get the same amount of vitamins and minerals as you get in your morning and evening packets of Ageless Essentials, it would boggle your mind and empty your checkbook.

We compared. If you went food shopping to see just how much organic food you would have to consume each day to get the same value of nutrients found in the Isagenix multivitamins I take,

### The result:

250 glasses of red wine (Resveratrol)  
10 pounds lean beef (CoEnzyme Q10, Vitamin B12)  
34 dried apricots (Vitamin A)  
11 organic oranges (Vitamin C)  
45 raw oysters (Vitamin D3)  
33 ounces pistachios (Vitamin B1)  
1 cup organic peanut butter (Vitamin B3)  
13 cups wheat bran (Vitamin B6)  
22 ½ raw avocados (Vitamin B5)  
7 spears asparagus (Vitamin K2)  
10 cups raw organic spinach (Folic acid)  
22 organic mangos (Magnesium)  
20 free range eggs (Biotin)  
9 ounces shrimp (Selenium)  
2 ½ cups sun dried tomatoes (Copper)



**Our next Isagenix cleansing class is ....**

**Tuesday, Jan. 29th @ 6:30pm**

**at the St. Charles Office**

**Please call to reserve your seat-**

**636-946-3600**

My answer to the what should I do question: Either eat the perfect diet and juice fruits and veggies everyday or take a multivitamin made from real foods like the Isagenix Ageless Essentials. (or you can do both if you wish!)

A good multivitamin “system” keeps your life simple, saves lots money, time and the hassle of having to come up with your own “one by one” daily multivitamin.

You asked. That is what I do. (If you are interested in ordering what I order, just ask the front desk staff.)

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## HEALTH FIRST WELLNESS CENTER

FAMILY HEALTH IS OUR FIRST PRIORITY!

530 MADISON ST  
ST CHARLES MO 63301

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E-mail: hfchiropractic@yahoo.com

**We are on the Web!**

[www.webbwellness.com](http://www.webbwellness.com)

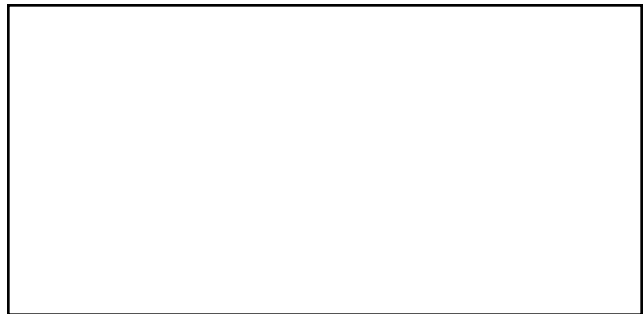


NOW ON FACEBOOK!!!

HEALTH FIRST CHIROPRACTIC WELLNESS CENTER

Link is also on our website

CHECK US OUT and LIKE US!



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## JANUARY HAPPENINGS

- ★ New Patient Orientation classes @ 6pm – 1/8, 1/22 St. Charles  
- 1/15, 1/29 O'Fallon
- ★ Weight loss and Detoxification Class @ 6:30 pm – 1/29 Question and answer night
  - ★ Saturday Free Wellness Class @ 10am -Jan 5th—This Saturday!!  
( Eat Well -What we are designed to eat!)
- ★ NEW\*\* Tuesday Night Fish Bowl Question Night Class—1/29 — Supplements, Weight Loss and Detox
- ★ Thursday Free Exercise Class @ 6:30pm – 1/3, 1/10, 1/17, 1/24, 1/31
- ★ Thermography exam — Next appointment date is January 24th by appointment only.  
**Be sure to check out our website for the New 2013 class schedules!**

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## Just A Friendly Reminder.....

If you have a book checked out from our library and have had it for more than one month, please call the office to let us know you are still reading it, or return it to the St. Charles office so that others may enjoy it. Thank you Health First Staff