

Health First Wellness Center

JANUARY 2015 NEWSLETTER

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 verification of the research that is cited in this newsletter, please call the office for references. We 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*

HAPPY
New Year

January's' Healthy Challenge

This month's challenge is to join us in a 30 day Isagenix Cleanse. After all that holiday food and fun you are feeling a little sluggish and ready to start the new year off on the right foot, then join Dr. Cory and Dr. Andy on a 30 day cleanse. If you have never done a 30 day Isagenix cleanse then us

all about it, we would be happy to help. If you have done one before then order your kit today. Let's start off 2015 cleansed and ready for a new year!



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WHEN YOU DRINK A SODA THIS IS WHAT HAPPENS TO YOUR BODY IN JUST ONE HOUR

October 7, 2014 by Jeremie Williams



What you're about to read may (hopefully) cause you to put down that soda in your hand when you see just what happens to your body in just one hour after drinking a coke.

The First 10 Minutes

Over 10 teaspoons of sugar enter your system, kept only in your stomach because of the added phosphoric acid which acts as an anti-nauseant. Without it, your body would most likely reject that much sugar (which is already 100% of your daily intake) and you'd be puking your guts out.

The First 20 Minutes

Your liver, responding to a huge insulin burst in your system, gets in on the action now as it begins turning this massive amount of sugar directly into ... you guessed it ... fat.

The First 40 Minutes

The precious caffeine you wanted so badly has now been fully absorbed into your system, causing your pupils to dilate, your blood pressure to go up, your pulse to quicken and starts kicking your liver in the gut to keep pumping more sugar into your system.

The First 45 Minutes

Ever wanted to know what shooting up heroin is like? Congrats, the increased dopamine production from the pleasure-center of your brain just gave you a little taste of what it's like to chase the dragon. You may not realize it, but if you're chugging down sodas on a regular basis, you very likely are addicted to soda just like a junkie.

The One Hour Mark

Hope you enjoyed the last 15 minutes of bliss, because it's at this point where your body starts to get a handle on all the sugar in your system, and you begin to experience a sugar crash. This can result in a sudden loss of energy, headache, lethargy and dizziness ... which if you drank a soda, was one of the things you were probably trying to avoid.

Dr. Webb Comments- It has been shown over and over again that the chronic use of soda causes more global harm to your body than cigarettes. Would you give cigarettes to your children? Grandchildren? Whether we like it or not, as adults, we are called upon to be role models for the next generation. I hear people continually complaining about how this current generation of children has "no discipline and no work ethic." All being said at a church meeting over a table full of cookies, cakes, pies, and sodas. No discipline, really? Where would these children learn such things? Must be those bad TV programs. Maybe it is the schools fault. I know, it is the internet! Obama did it!! The food companies make my child overweight...

Whose job is it to teach these children? Whose job is it to model "discipline and work ethic?" Whose job is it to say to these children, "You only get one body. Treat it like the temple it is designed to be." If you were given only one automobile to use for the entire time you lived on earth, would you dump coke, chocolate, donuts and French fries into the gas tank and then blame it on the evil car companies for making inferior quality products? "do your "bad genes" make you sit on the couch and eat pizza? Take control of your life this year. Your loved ones need you to be there for them.

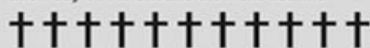
Be the role model God intended you to be. You have been given a great responsibility. Taking care of a body is no easy task. Modeling good disciplines to your family is even more difficult. Join our classes. Get in a small group. Keep learning. Don't ever stop. You and "they" are worth it.

A SIP OF SODA: HOW SOFT DRINKS IMPACT YOUR HEALTH

ASTHMA

Sodium benzoate, found in sodas, is used as a preservative (microbial control) in foods. Sodium preservatives add sodium to the diet and reduce the availability of potassium. Some reported reactions to sodium benzoate include recurring urticaria (rash), asthma, and eczema.

Each day 11 Americans die from asthma



The annual cost of asthma to the healthcare system is estimated to be nearly \$18 billion



KIDNEY ISSUES

Colas contain high levels of phosphoric acid, which has been linked to kidney stones and other renal problems.

You are more likely to get kidney stones if you are:



SUGAR OVERLOAD

Twenty minutes after drinking a soda, your blood sugar spikes, causing an insulin burst. Your liver responds to this by turning any sugar into fat.

Forty minutes later, caffeine absorption is complete. Your pupils dilate; your blood pressure rises; as a response, your liver dumps more sugar into your bloodstream. The adenosine receptors in your brain are now blocked, preventing drowsiness.

45 minutes later, your body ups your dopamine production, stimulating the pleasure centers of your brain. This is physically the same way heroin works, by the way.

OBESITY

The relationship between soft drink consumption and body weight is so strong that researchers calculate that for each additional soda consumed, the risk of obesity increases 1.6 times.

70% of Cardiovascular disease is related to obesity



42% of breast and colon cancer is diagnosed in obese individuals



30% of gall bladder surgery is related to obesity



DISSOLVES TOOTH ENAMEL

Sugar and acid in soft drinks easily dissolve tooth enamel.

When tooth decay reaches the nerve, the root, and the area at the base of the tooth, the tooth may die and, if left untreated, an abscess can develop.



HEART DISEASE

Most soft drinks contain high fructose corn syrup, a sweetener that's recently come under considerable scrutiny. High fructose corn syrup has been associated with an increased risk of metabolic syndrome, a condition associated with an elevated risk of both diabetes and heart disease.

In 2006, more than one in every four deaths were caused by heart disease.



REPRODUCTIVE ISSUES

Soft drink cans are coated with a resin that contains BPA (bisphenyl-A). This is the same cancer-causing chemical found in plastic baby bottles, water bottles, and plastic containers that wreaks havoc on the endocrine system, potentially causing premature puberty and reproductive abnormalities.



99.9% of plastic bottles contain BPA.

OSTEOPOROSIS

Soft drinks contain phosphoric acid and a high phosphate diet has been associated with bone breakdown and an increased risk of osteoporosis. When phosphorus is excreted in the urine, it takes calcium with it, depriving the bones and the rest of the body of this important mineral.

Eighty percent of those affected by osteoporosis are women. Twenty percent are men.



INCREASED RISK OF DIABETES

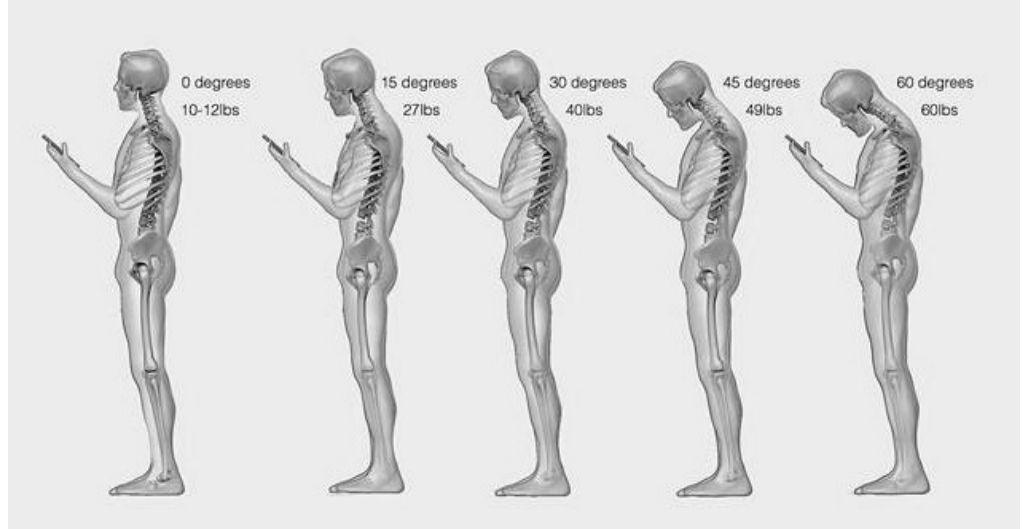
Those who drink more soda have an 80% increased risk of developing Type 2 diabetes.

Approximately 1 in 10 health care dollars is spent on diabetes



Think Well -

Apart from ruining our lives in more abstract ways, our smartphone addiction has also managed to take a physiological toll on us and our future health. Look no further than the findings in a recently published study by *Surgical Technology International*,



which suggests that our hours upon hours of downward gazing puts extreme pressures on our spines. Some distinguished researches have already begun referring to this as "Texters Neck" Syndrome.

According to spinal surgeon Dr. Kenneth Hansraj, tilting our heads down and forward even slightly when we look at our screens can put as much as 60 pounds of stress on our necks and spines. Findings from the Mayo Clinic show for every one inch of forward head posture, the amount of stress on your spinal joints doubles, causing premature wear and degeneration of the discs.

The principle is simple: while your head only weighs 10 to 14 pounds by itself, craning your neck forward increases the force of distance and gravity on that weight, which is why your head feels "heavy" when it hangs. Think of holding a bowling ball in your hands and outstretch your arms in front of you. How does that feel? What do you think that would do to your spinal joints and intervertebral discs? Try tilting your head down right now. See what I mean? Apart from getting corrective spinal adjustments regularly and doing your daily postural stretches to cure your neck woes, there's really no way for us to eliminate the problem entirely right now since, more and more, we are becoming dependant on these devices for some productive aspects of our lives. These "time saving devices" are actually costing us future time due to the inevitable health decline they create.

While the tech world scrambles to provide more smart gadgets we can bow our heads in elegance to, perhaps the best solution to this problem is simply moderation. Try to limit your exposure each day. Spend some time in silence. No gadgets, no phones, no games, no computer, just BE for a few moments. Take time to appreciate your health, your family, your friends, and your blessings.

If phones and gadgets are a part of your life, make sure you take 10 minutes at the end of each day to do your stretches, and relaxation exercises to "de-stress" your spine. Your future posture and health are at stake. You are worth a few minutes a day aren't you?

God is Amazing! You are Amazing!

I have never felt so blessed to call myself your doctor as I was this past year. BJ Palmer had famous quote in the early 1900s, “We never know how far reaching something we may think so or do today will affect the lives of millions tomorrow.” You have no idea how many lives you have changed this year! God is amazing, but he uses amazing people like you. Health First has always had a heart for those in need, and it seems this past year we were continually calling upon you to help us fill BIG needs. Because of your generous giving of time, talents and money, YOU have provided food for hungry families. Heat for a school full of freezing children. Clothes for babies. Playground equipment for grade schoolers. Care packages for the military. Books and school supplies so kids could learn to read. Financial help to single mothers. Boxes of essentials and toys to children overseas. Money and gifts for families with foster children who, without you, would not have had a Christmas.

I want you to know how much of a blessing you are. We appreciate the sacrifices you make to provide a better life for those in need. I can’t even explain how it makes me feel to walk into these businesses and see them cry with appreciation for you and say, “You must have an amazing bunch of patients over there.” “I’ve never heard of a doctor’s office helping the poor, you guys are incredible.” I tell them “God *always* puts the right people together.” That is so true. You are the right person. You are an amazing person. You know who you are. Thank you from the bottom of my heart. Hundreds of children and families thank you. Thank you Randie, Mindy, Martha, Denise, Bo, Jackie, Paul, Michael, Tia, Tom, Diane, Sherrie, This list could go into the hundreds!!! Thank you for your continued support in carrying out our mission. You have blessed so many today and you are reaching the millions today and tomorrow!



Move Well - Thursday Night Exercise Class

It's that time of year again to rededicate yourself to a healthy lifestyle and consistent exercise program. Please take advantage of our complementary Thursday night 30 minute workouts from 6:30-7. They are fun and we would love for you to join our group. All fitness levels are welcome and we will modify all exercises to your abilities. Please bring a yoga mat since some exercises we do are on the floor. Let's have a Happy New Year! January 8th will be the first class of the New Year!



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100% Pasture & woodland raised pork
Non-GMO, soy-free feed
Innate Salad/Juicing Box also available
Discounts available for homeschooling families,
veterans, single parents, etc.
Check website for details or to register.

Thermography & Hypnotherapy

Next Appt: Jan. 22nd 2015



Thermography Exams BY APPOINTMENT ONLY

Medical Thermography of Metro St. Louis
"Proactive and Preventive Health Screening"
Check out their website

for more info: www.medicalthermography-stl.com
or call: **314-566-0350** or **618-806-5220**

**Hypnotherapy is now available in our O'Fallon office
on Wednesdays and Thursdays.**

Almost everyone can benefit from hypnosis. Call and make an appointment for a free consultation to learn more. 314-520-1438
www.hypnotherapymetrostl.com



doTERRA

Essential Oil Class

Friday January 9th at 6pm

Presenters Hollie & Donna

Please join us and learn about how essential oils can benefit you.

Sign up at the front desk today!

dōTERRA®

Better health and wellness through essential oils

CPTG Certified Pure Therapeutic Grade



Supplement Questions class

Isagenix Cleanse

Jan. 27th @ 6:30pm at the St. Charles Office

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



100% Organic & Fresh Innate Salad

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

Kim @ 636-936-1328. Orders delivered to the office every Monday by Noon.

13 Cup order: \$30

8 Cup order: \$20

4 Cup order: \$12

Trial Size: \$5



2015 Healthy, Wealthy & Wise Program

Do you want to be Rich?

Rich in Health!

Rich in Possession!

Rich in Relationships!

Healthy, Wealthy, & Wise program

Begins January 13th at 6:30pm!

(2) 6-month programs will be offered each year

—January thru June and then again July through Dec

Classes will be once a month on a Tuesday night at 6:30pm

The classes will be a progressive series that build on each other.

\$250 per person (Money-back guarantee)

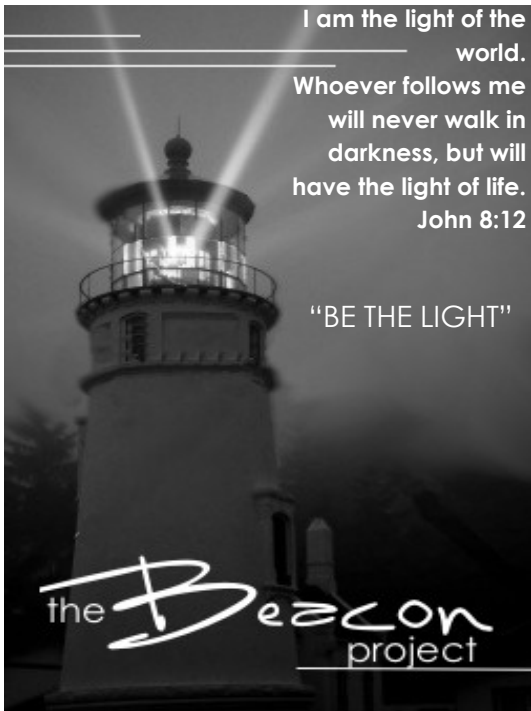
Completely developed by Dr. Cory Webb and his wife, Jennifer.

This is what the Webb's do!

****2015 Fee Changes****

Effective January 1st—individual adjustment prices for anyone under 65 will be \$45. For those of you 65 and wiser, adjustment prices are \$25. We have not had a per visit price change since 1996 and we are having to “adjust” to our current fees for cost of living in 2015. Thank you for understanding our need to make these changes. The adjustment packages are still a large cost savings for you, if you would like more information about these packages please ask the front desk for details.

The Beacon Project – Haiti Clothing Drive



This month we are collecting clothes—boys, girls, & women sizes 4 children's to adults for a patient going on a missions trip to Haiti. Summer clothes, shoes & they love sports jerseys. Please drop all items off by January 30th. Thank you again for all your help.



Innate Healing Massage

INNATE HEALING MASSAGE

New Client Special

First-Time Massage Clients
receive a

60-Minute Massage for \$45



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

Gift certificates, Birthday Specials,
& Package deals available!

30 min Therapeutic or Geriatric massage \$30

60 min Therapeutic \$60

60 min Pre/Perinatal massage \$70

90 min Therapeutic \$80

Chair Massages \$1/minute

Appointments available Monday-Friday

Times vary so please call the office
to make your appointment.

Innate Healing Massage

Emilee Kipper LMT, NCTMB

Trish Bruce LMT, NCTMB

636.946.3600

Supplement of the Month - Adrenal Health

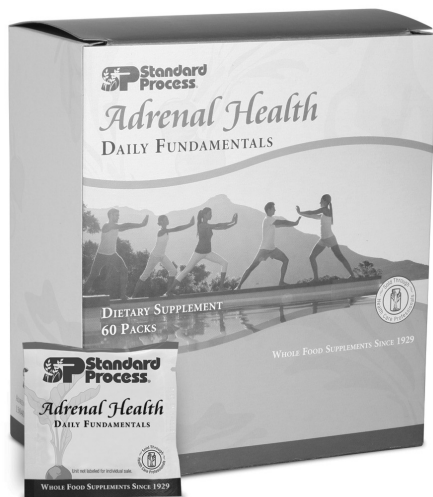
Adrenal Health Daily Fundamentals support healthy adrenal function and emotional balance. Each box includes a 30-day supply of individual packs (taken morning and evening). Each pack contains:

[Drenamin®](#) (3 tablets) supports adrenal function and helps maintain emotional balance and energy production.

[Paraplex®](#) (1 tablet) supports cellular health and healthy pancreas, pituitary, thyroid, and adrenal gland function.

[Cataplex® A-C-P](#) (2 tablets) supports cardiovascular health, immune system function, and cell maintenance.

Suggested Use: Contents of 1 pack each morning and evening.



Are your supplements working?

Want to find out?

We have a new Biophotonic Scanner to evaluate your anti-oxidant levels.

For a Limited time a scan is only \$20 (normally \$30).

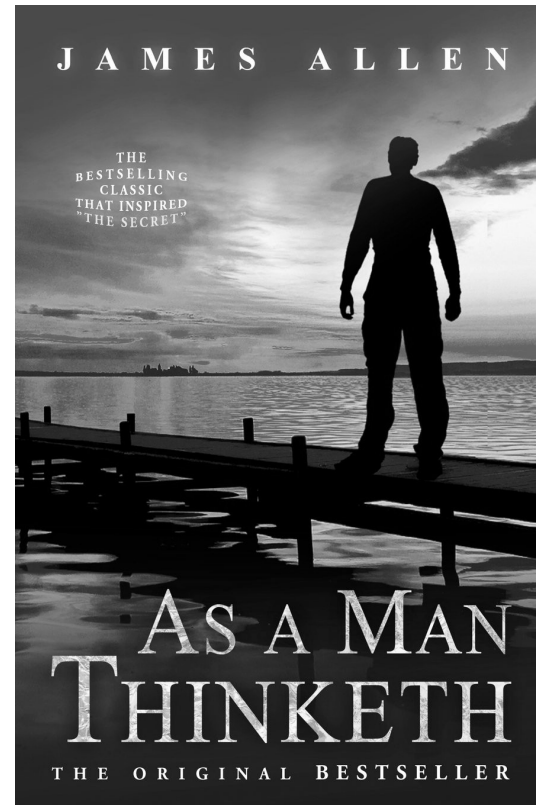
Call our office or see the front desk to schedule your time today.



See if your diet and supplements are doing what they should.

Recommended Book - As A Man Thinketh

All that we achieve and all that we fail to achieve is the direct result of our own thoughts. As a Man Thinketh is a classic in the truest sense: few books have been so widely read, have stood the test of time so well, have had such an impact on generations of readers, and have carried such a simple, profound message: You are what you think. Og Mandino counted As a Man Thinketh among the top ten success books of all time--read it today and put its wisdom to work for you!



Recommended DVD - Osmosis Jones

Frank Detomello is a slovenly zoo keeper, and simple father to the only young and bright girl named Shane, who catches a cold right after he swallowed a germ-ridden egg! The inside of his body is known as the "City of Frank". An unlikely hero of a policeman white blood cell, by the name of Osmosis Jones, works as a member of Immunity cell. But with that germ-ridden egg comes a mortal danger: Osmosis discovers Frank has really contracted a villainous and black-hearted deadly virus known as Thrax who arrives and is plotting to ultimately overheat Frank's body, killing him from the inside out! Thrax is motivated by trying to become the nastiest new virus, attempting to kill each new victim faster than the previous. His grandiose plan for Frank is death in 48 hours, breaking previous medical records! Meanwhile the pill that Frank took, Drix arrives in the body and covers Frank's throat with ice to cover the irritation. Osmosis Jones becomes his newest partner. Now it's all up to only ...



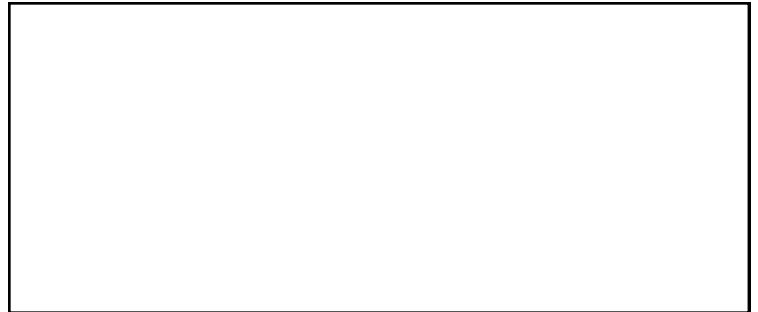


530 Madison St.
St. Charles, MO 63301

phone 636.946.3600

fax 636.946.3019

e-mail hfchiropractic@yahoo.com



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Like us on FACEBOOK:
**HEALTH FIRST CHIROPRACTIC
WELLNESS CENTER**

January Happenings:

- **New Patient Orientation Class @ 6pm**
 - St. Charles 1/6, 1/20
 - O'Fallon 1/13, 1/27,
- **Saturday Wellness Class @ 10am - 1/3 Eat Well**
- **Tuesday Healthy, Wealthy, Wise Member Program @ 6:30pm -**
Session 1 January 13th
- **Supplement Questions Class @6:30pm - 1/27**
- **Thursday Exercise Class @ 6:30pm -1/8, 1/15, 1/22, 1/29**
- **Thermography Exams - January 22nd 2015 by appointment only**

****REMINDER:** Children are welcome to attend our classes only if they can remain quiet through out the whole class. We have had complaints of not being able to hear what is being taught due to children being too loud during classes. So we ask that please not bring your young children if they can not remain seated and quiet during classes. Thank you for your understanding.