

# HEALTH FIRST WELLNESS CENTER

## NEWSLETTER

### FROM THE DOCTORS

#### Happy Independence Day!!

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 drink 6 (8oz or larger) glasses of water everyday. Everyone should drink half of their weight in ounces everyday (ex: 150lbs = 75oz).

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

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### PRACTICE MEMBER(S) OF THE MONTH:

This Month's Outstanding Practice Member(s) is the Stiegemeier Family.

We are so blessed to be able to serve family's like the Stiegemeier's. (Craig, Barb, Bill, Maggie and Charles) We are proud to have examples like you in our community representing our office.

-The Health First Doctors & Staff

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## THINK WELL



### The Great Myth

The greatest, most deadly, myth in health today is that your health (or lack of it) is caused by your genes. Don't get me wrong, genes do play a major in whether you get sick or stay well, but they do not do this randomly. I have read thousands of studies over the past twenty years on the various reasons for why people get sick, and not one of them ever showed that genes "randomly mutated" or that genes "randomly changed" their function and caused us to "get" sick. The research shows (and common sense does as well,) we don't just "get" cancer, "get" heart disease or "get" diabetes. There are always *life-style* causes for why the heart gene, the prostate gene or the breast tissue genes are forced to change the function for which the gene was originally designed. This is not malfunction or dysfunction on the part of the gene itself. The gene is forced to adapt to the environment that it is being exposed/subjected to. Hundreds of studies now show your "health is the genetic expression of your lifestyle choices." Let me say that again, ***you are the genetic expression of your life-style choices over time.*** For good or for bad. Like fish in a bowl, the healthy function of your genes (your cells) can only be accomplished if they are kept in the healthy environment for which God designed them to be in. Why do you think you "feel bad" when you violate your own value system? Why do you think you feel bad when you eat foods for which you are not designed? Why do you feel bad when you look in the mirror and you don't like who you see? If I put my hand on a hot stove and I get pain, it's not because my genes malfunctioned or I am low on pain killers. I get pain because I made a bad choice. Symptoms of feeling bad are there for a reason. To protect you from further harm, from yourself. Symptoms mean you are engaging in activities that are incongruent with the genetic requirements for a healthy long life. Science has actually indentified "the hangover gene." As funny as this sounds, hangover genes don't just randomly express themselves. You don't just "get" a hangover in the middle of the day or wake up with one at random. Every time I have ever expressed my hangover gene, there was always a series of poor lifestyle choices that precipitated the expression of the symptoms. **EVERYTIME.** Not random at all. Poor choices = consequences. If you really believe we were created by an intelligent designer and created in God's image, than how can you honestly blame your problems on genes? If you don't take care of your house and it rots and falls down, do you blame it on the blueprint? If you don't follow the maintenance schedule and don't put the right kind of gas into your car, do you blame it on Ford or Chevy when it won't start? (CON'T)

Over 99% of us have no viable excuse for our problems other than we are not following the requirements laid out by our “blueprint maker” to maintain a healthy body. People ask me every single day, what pill can I take for this? What can I take to treat that? What can I take to make my pain go away? What shot will fix me? What can I take? The simple answer is THERE IS NO PILL, NO HERB, NO ROOT, NO SHOT AND NO SURGERY THAT CREATES TRUE HEALTH. Do you really think your liver goes bad because you are low on Lipitor or milk thistle? Be honest. Evaluate your life. Make a decision to change NOW. If all you want to do is “feel better” while you are continually making suicidal lifestyle choices, by all means seek out more drugs and take out more organs. Without question, the United States has the best crisis care system on the planet. We have a fantastic “disease management” system in place and it is just waiting for your lifestyle choices to force you to the emergency room or the local surgeon. It is only a matter of time. (Toxic lifestyle choices, not genes). If you just want to “manage” your diseases and feel more comfortable while you are slowly losing your life, please head for your nearest hospital immediately. If you really truly want to get well and stay well, the first thing you need to do is **learn what is required** to be healthy. Yes, I know this might take a little time away from TV shows, tweeting, facebooking, the internet, but your life and the life of your loved ones is at stake here. I have listened, read and studied almost daily for the past twenty years to try and make this learning curve as short as possible for you. The free wellness classes we offer on the first Saturday of the month are designed to get you the correct information in the fastest, easiest way possible. Do you come every month? WHY NOT? Isn't your health valuable enough to spend 2 hours a month on yourself? Oh, you didn't know we offered them? Well now you do. No more excuses. **Be there every month** until you are so healthy you don't need “sick care.” **Be there** every month until you no longer need daily pills. **Be there** until you are so happy and healthy your friends won't stop asking you how you are doing it. **Be there** because you are worth it. I think you are worth it. That is why I will be there! (Need More information- from the “experts”

**The Wisdom of your Cells- Dr. Bruce Lipton & Why Zebras don't get Ulcers- R. Sapolsky)**

### What Makes Soy Such a Risky Food to Eat?



Here is a summary of soy's most glaring problems.

**91 percent of soy grown in the US is genetically modified (GM).** The genetic modification is done to impart resistance to the toxic herbicide Roundup. While this is meant to increase farming efficiency and provide you with less expensive soy, the downside is that your soy is loaded with this toxic pesticide. The plants also contain genes from bacteria that produce a protein that has never been part of the human food supply.

GM soy has been linked to an increase in allergies. Disturbingly, the *only* published human feeding study on GM foods ever conducted verified that the gene inserted into GM soy transfers into the DNA of our gut bacteria and continues to function. This means that years after you stop eating GM soy, you may still have a potentially allergenic protein continuously being produced in your intestines.

Even more frightening is the potential for GM soy to cause infertility in future generations, which has been evidenced by recent Russian research.

#### **Soy contains natural toxins known as “anti-nutrients.”**

Soy foods contain anti-nutritional factors such as saponins, soyatoxin, phytates, protease inhibitors, oxalates, goitrogens and estrogens. Some of these factors interfere with the enzymes you need to digest protein. While a small amount of anti-nutrients would not likely cause a problem, the amount of soy that many Americans are now eating is extremely high.

#### **Soy contains hemagglutinin.**

Hemagglutinin is a clot-promoting substance that causes your red blood cells to clump together. These clumped cells are unable to properly absorb and distribute oxygen to your tissues.

#### **Soy contains goitrogens**

Goitrogens are substances that block the synthesis of thyroid hormones and interfere with iodine metabolism, thereby interfering with your thyroid function.

**Soy contains phytates.** (Phytates are also found in high amounts in wheat and wheat products.)

(CON'T)

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Phytates (phytic acid) bind to metal ions, preventing the absorption of certain minerals, including calcium, magnesium, iron, and zinc -- all of which are co-factors for optimal biochemistry in your body. This is particularly problematic for vegetarians, because eating meat reduces the mineral-blocking effects of these phytates (so it is helpful—if you do eat soy—to also eat meat).

### **Soy is loaded with the isoflavones genistein and daidzein**

Isoflavones are a type of phytoestrogen, which is a plant compound resembling human estrogen. These compounds mimic and sometimes block the hormone estrogen, and have been found to have adverse effects on various human tissues. Soy phytoestrogens are known to disrupt endocrine function, may cause infertility, and may promote breast cancer in women.

Drinking even two glasses of soymilk daily for one month provides enough of these compounds to alter your menstrual cycle. Although the FDA regulates estrogen-containing products, no warnings exist on soy.

### **Soy has toxic levels of aluminum and manganese**

Soybeans are processed (by acid washing) in aluminum tanks, which can leach high levels of aluminum into the final soy product. Soy formula has up to 80 times higher manganese than is found in human breast milk.

### **Soy infant formula puts your baby's health at risk.**

Nearly 20 percent of U.S. infants are now fed soy formula, but the estrogens in soy can irreversibly harm your baby's sexual development and reproductive health later in life. Infants fed soy formula take in an estimated five birth control pills' worth of estrogen every day.

Infants fed soy formula have up to 20,000 times the amount of estrogen in circulation as those fed other formulas!

There is also the issue of pesticides and genetic modification.

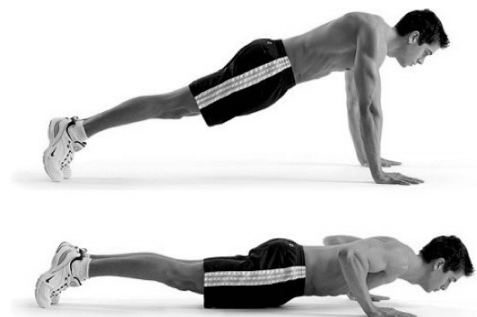
Soy foods are both heavily sprayed with pesticides and genetically modified (GM). More than 90 percent of the soy grown in the United States is GM.

Since the introduction of GM foods in 1996, we've had an upsurge in low birth weight babies, infertility, thyroid issues and other problems in the U.S. population, and animal studies thus far have shown devastating effects from consuming GM soy.

You may want to steer clear of soy products for no other reason than a commitment to avoiding GM foods... unless you wish to be a lab animal for this massive uncontrolled experiment by the biotech industry.

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## MOVE WELL



### Exercise of the Month: Standard Pushup

#### The Benefit:

A standard pushup is a full-body workout that targets your chest, shoulders, triceps, legs and core. Pushups are a cardio exercise in addition to a strength movement since they elevate your heart rate. Pushups also are free and portable and can be performed when traveling, at the gym or home.

#### How to Perform the Standard Pushup:

Kneel down on all fours and place your hands slightly beyond shoulder-width apart. Begin the standard pushup by assuming a plank position with your elbows locked, maintain a flat back with a strong core throughout the exercise to avoid arching the back. Lower yourself by bending your elbows to 90 degrees, then push through the palms to return to the starting position. Repeat for the desired number of repetitions.

#### Variations:

Beginners lacking the strength to perform a standard pushup can begin with kneeling pushups. There are variations of the standard pushup that can be utilized to target one muscle more than others. For example, spreading your hands farther apart changes the basic pushup to a wide pushup that targets your chest more than your triceps, and putting your hands closer together will target your triceps more.

#### Advantages:

Pushups are known for building muscle tone and offering cardiovascular benefits. Building muscle around the shoulder can help reduce the risk of injury. Performing pushups also can increase strength and explosive power, which will transfer to similar movements such as the bench press. Also, mixing in different variations of a pushup can improve coordination, agility, athleticism and overall fitness.

#### Challenge of the Month:

Start slow with the amount of pushups you start with. If you haven't done any in a long time, you will probably be sore from doing only a few. If you have to start with one pushup a day, that is fine. We have to start somewhere. If you can do 10-15 pushups a day, or every other day that is good challenge for this month. As you progress, you want to challenge your body, so if that is too easy, try a few extra each time, or do 2/3 sets of 10-15. Keep track of the number you are doing so you can see progress. You will be able to see improvements in your strength in time. When we started doing pushups in our Thursday night class, some people were not able to do 1 pushup to start with, and now they are doing 25-30 at one time. It takes consistency to make changes in our body, whether it is with Move Well, Eat Well, or Think Well. Give your body time and consistent attention in any area you want to make a change.

# EAT WELL, MOVE WELL, THINK WELL

## T-SHIRT DESIGN CONTEST



WE ARE HAVING A T-SHIRT DESIGNING CONTEST TO DESIGN A T-SHIRT FOR OUR OFFICE INCORPORATING OUR EAT WELL, MOVE WELL, THINK WELL CONCEPTS. IF YOU ARE INTERESTED IN PARTICIPATING PLEASE SEE THE FRONT DESK FOR AN OFFICIAL FORM. ALL AGES WELCOME! THE WINNER WILL RECEIVE 2 TICKETS TO A CARDINALS GAME. ENTRIES WILL BE TAKEN FROM JUNE 1ST THRU JULY 31ST. VOTING BEGINS AUGUST 1ST AND GOES THRU AUGUST 31ST.

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# CHILDREN'S HEALTH by Dr Jennifer Webb



## The Benefits of Breastfeeding

By choosing to breastfeed, you are giving your child a huge advantage. The health benefits are immense. There is no other single action by which a mother can so impact the health of her baby. Yet, in today's society, breastfeeding is often thought to be unnecessary and inconvenient. Young mothers are mistakenly led to believe that formula is an equal replacement for breastmilk. It most definitely is not! Nothing can duplicate the properties of breastmilk, no matter how many vitamins, minerals and supplements are added to what is basically a chemical formulation. Breastmilk remains the one and only natural and complete nutrition for human infants. The following is a list of some of the major benefits of breastfeeding.

Children receive the most complete and optimal mix of nutrients and antibodies

The varying composition of breastmilk keeps pace with the infant's individual growth and changing nutritional needs

Reduced risk of chronic constipation, colic, and other stomach upsets

Protection against ear infections, respiratory illnesses, pneumonia and bronchitis

Protection against allergies, asthma, eczema, and severity of allergic disease

Breastfed infants develop higher IQ's, and have improved brain and nervous system development; IQ advantage of 10-12 points studied at ages 8, 12 and 18.

There are also many benefits to the mother. Some of these include:

Reduced risk of breast, ovarian, cervical, and endometrial cancers

Reduced risk of anemia

Helps the mother's body return to its pre-pregnancy state faster - promotes weight loss..1/2 of calories needed to manufacture milk is pulled from fat stores...can burn from 500-1,500 calories per day.

Helps the uterus contract after birth to control postpartum bleeding

Breastfeeding also makes you feel good. The hormones produced during nursing have an endorphin effect giving you a relaxed feeling. Finally, let's not forget that breastmilk is free, which eliminates the cost of formula (about \$1,500 per year), and is always available, sterile and the right temperature which also makes it very convenient-especially when traveling.

Breastfeeding is one of the best things you can do for your baby so enjoy every minute of it. If needed, make sure you seek help to ensure a proper start and continued success in this wonderful experience you will share with your baby.



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# THERMOGRAPHY

Next Scheduled Visit Here : October 25th by Appt Only

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!

Gift certificates available.

**Medical Thermography of Metro St. Louis**

***"Proactive and Preventive Health Screening"***

[www.medicalthermography-stl.com](http://www.medicalthermography-stl.com)

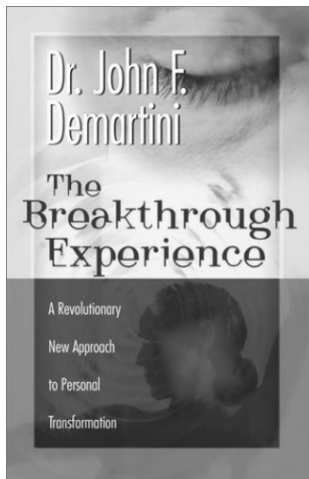
**314-566-0350**

**618-806-5220**

**or call our office to schedule.**

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## RECOMMENDED READING



### The Breakthrough Experience

This book is about breaking through the barriers that keep you from experiencing your true nature. It contains an inspiring combination of science and philosophy, presented in a completely accessible way that makes even the most profound concepts easily understood. Through the extraordinary but true stories of ordinary people having astonishing and moving life experiences, you'll discover and explore the universal laws and principles that underlie your very existence. Most important, this is an extremely real and practical manual for understanding why you live the way you do, and how to transform your life into your highest vision.

You'll learn a formula to manifest your dreams, discover the secrets of opening your heart beyond anything you've ever imagined, receive profound insights on how to create more fulfilling and caring relationships, reawaken your birthright and a true genius, transcend the fears and illusions surrounding the myth of death, and reconnect with your true mission and Purpose on Earth. Mainly, this book will deeply touch and inspire you with respects to your own greatness and potential, and to the magnificence of every single human soul. This is not just a book. It is what the title implies - an experience - and it's impossible to go through it without being moved, challenged and changed.

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## INNATE HEALING MASSAGE



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.

Appointments available Monday–Friday  
Times vary so please call the office to make your appointment today!

### *Innate Healing Massage*

Emilee Kipper, LMT, NCTMB, Geriatric  
& Trish Bruce LMT, NCTMB, Certified Pre-& Perinatal, Geriatric  
636-946-3600

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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!!**

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## **WE ARE LOOKING FOR SUGGESTIONS....**

We are going to be offering a ‘teenage health class” and wanted to see if anyone would be interested in having their children attend, please let us know. Also if your church or group would like to have Dr Cory Webb speak about a specific subject please let us know. If you have any health topics for a class you would like us to offer next year please email us or let the front desk know. Our email is [hfchiropractic@yahoo.com](mailto:hfchiropractic@yahoo.com).

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## WEIGHT LOSS AND DETOXIFICATION

Jan. 2012

June 2012!



**80 lbs lost!**

**77 total inches lost!**

**Down 9 pant sizes!**

**Diagnosed diabetic, Now Normal blood sugar!**

**Diagnosed w/fatty liver disease, Now Normal!**

**LDL dropped 18 points, Triglycerides dropped 53 points,&**

**HDL went up 12 points!**

***These could be your results!***

Jeff will be at the St. Charles office  
every Tuesday from 1pm-5pm for the next several months.  
If you would like to find out how to achieve amazing results,  
feel free to stop by and talk to him.

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

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

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

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**HEALTH FIRST  
WELLNESS CENTER**

FAMILY HEALTH IS OUR FIRST PRIORITY!

530 MADISON ST  
ST CHARLES MO 63301

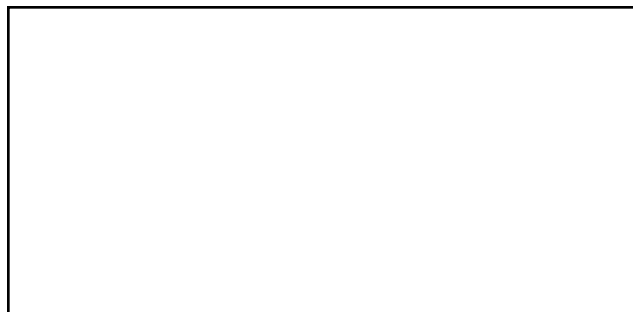
Phone: 636-946-3600

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E-mail: hfchiropractic@yahoo.com

**We are on the Web!**

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



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## **JULY HAPPENINGS**

- **New Patient Orientation classes @ 6pm**
  - 7/3, 7/17, & 7/31 St. Charles
  - 7/10 & 7/24 O'Fallon
- **Weight loss and Detoxification Class — 7/10 @ 6:30pm**
- **Saturday Wellness Class — July 7th Eat Well Class @ 10am**
- **Thursday Free Exercise Class — 7/5, 7/12, 7/19, 7/26 @ 6:30pm**
- **Next Thermography Exams — 10/25 by appointment only**

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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