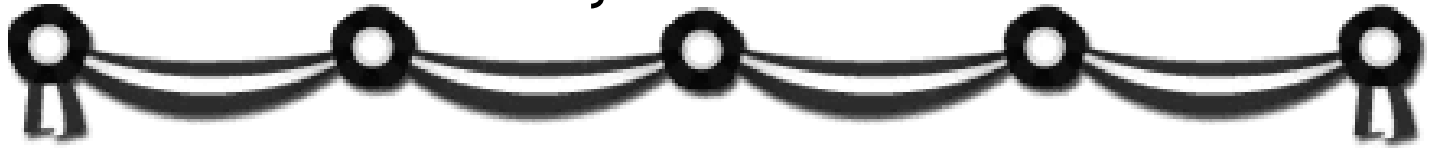


# Health First Wellness Center

## July Newsletter



July 2013

Volume 2, Issue 11

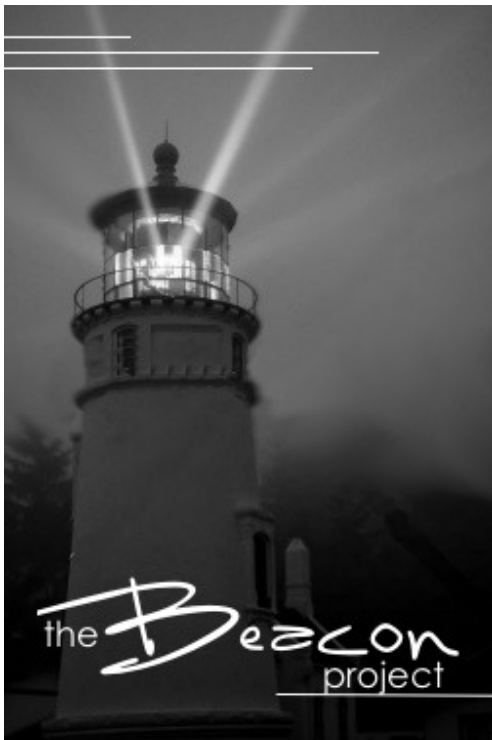
### FROM THE DOCTORS

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. We 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 cut out artificial stimulants such as caffeine, alcohol, energy drinks, aspartame, Splenda, and tobacco. If this thought stresses you out, then your challenge is to cut them out for at least one week. If you're feeling brave, cut out these items for two weeks and notice the positive difference in your energy levels. If you are up for the ultimate challenge, leave these items out of your diet for the whole month of July and determine how necessary they were in the first place. Be sure to drink plenty of water to flush out these toxins from your temple! Have an awesome month!

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

### THE BEACON PROJECT



The Beacon Project is our monthly service project to help pour back into our community and to help those in need. If you would be interested in helping organize future projects, please contact the office.

This month, we will continue collecting donations of any kind for the victims of the recent storms and tornados. Please bring items to either office and place in the bin by the door. Thank you in advance for your generosity!



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### Eating Well to Support Your Adrenal Glands



Fatigue is one of the most common symptoms I hear about from the patients in the clinic. Science tells us that if you experience stress on a chronic basis, the tiny adrenal glands that moderate your stress response and keep many other hormones balanced will suffer. Clinicians generally divide stress up into four categories: emotional stress, sleep disorders, metabolic dysfunction, and chronic inflammation. All four categories of stress are influenced by how you eat, move, and think. The

stress response (when the adrenal glands produce the hormone cortisol) is normal. We need stress hormones and cortisol to handle emergencies. However, the stress response is designed to be short-term (2-5 minutes usually) with a fairly quick return to a relaxed baseline. Unfortunately, our adrenal glands do not know the difference between stress from a true emergency or the self-made emotional stress from merely sitting in a traffic jam. Many of us stay revved up all day in a fight/flight mental state. When the human body is continually in the aggravated state, cortisol levels stay high and we become less sensitive to the mechanism that helps bring cortisol back to normal. This leads to severe long-term consequences. Chronically high cortisol leads to interference with digestion, immune function, sleep and the body's ability to produce other essential regulatory hormones such as DHEA, testosterone, estrogen, progesterone, and thyroid hormones. High stress hormones (cortisol mainly) lead to an increase in abdominal fat, high blood pressure, high blood sugar, and aches and pains from chronic inflammation. Too much demand on the adrenal glands also compromises bone health, mood, and sex drive.

Cortisol is a hormone that naturally regulates itself with influence from sunlight and the rhythms of the day. Cortisol is highest in the morning and tapers off throughout the day and reaches its low point from 10pm to midnight. Melatonin--our sleep and recharge hormone--works on the opposite cycle of cortisol and reaches its peak levels when we are designed to be sleeping. However, if cortisol levels rise at night due to stress, light exposure from TV /phones/ computers or late night eating, melatonin release is inhibited. The result is poor sleep which equals no recovery and no energy for the next day. The adrenal fatigue causes drops in blood sugar. Unfortunately, this is when many people reach for something trying to supply instant energy. Energy drinks, cookies, candy bars, cakes, doughnuts, chips, white bread, coffee or soda all give a short burst of energy, but the extreme sugar is very stressful on your adrenal glands, which cause even greater fatigue in the long run. The vicious cycle continues. I wonder if anyone at the food companies knows this? Hmmmm...

What can we do to help ourselves in terms of our diet? The first thing is to not let ourselves get too hungry. Extreme hunger is a stressor. Our body naturally thinks we are in a period of famine and will release cortisol to energize you so you can go "hunt and gather." The more often you skip meals, the more cortisol you require. Make sure you have a good protein source at every

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meal. Keep starches and sugar intake as low as possible. Try to keep your meal sizes small but meal frequency regular if you are someone who has issues with fatigue or weight gain. (For more information- The Perfect 10 diet- Dr. Michael Aziz) Another concern other than meal size and frequency is meal timing. Late night eating is also a stressor that requires cortisol release. If a food source comes too late at night (past 8pm) our body has to work hard to store the excess calories before the sun goes down. Late night workouts can also cause a rise in cortisol levels, so be aware that too much activity at night can be a stressor as well.

Concerning exercise--if you are someone who is experiencing fatigue, exercising too hard or too much could be adding to your problem. If your adrenal glands are exhausted, forcing them to work harder by exercising too intensely or too frequently is only going to make your problem worse. You cannot exercise your way out of adrenal fatigue. This is not to say you can now be excused from exercising. All humans are designed to move...and move more than most of us usually do. However, to restore adrenal and thyroid function, you need to modify your type and frequency of exercise. Yoga, tai chi, and other forms of full body, non-traumatic exercise and stretching are examples of what is recommended by most doctors.

The subject of adrenal and thyroid burn-out is a very hot topic. Adrenal fatigue and thyroid dysfunction are very common in our fast paced, rat race world, and we could probably write a weekly article on the research coming out on the damaging effects of our current lifestyle choices. The key to keep in mind is that you are designed perfectly to heal and function at a high level **when our lifestyle choices match our Creator's plan**. Eat well, move well, and think well. The design is perfect, but the application is up to us.

Keep your diet clean, your movement patterns involving gentle full body exercise, and keep your thinking aligned with God's Purpose for you and your adrenals and thyroid will begin to restore themselves to their highest level possible.

P.S. Turn off the TV and go to bed!

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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!

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## THERMOGRAPHY



**Next Scheduled Visit Here : July 25th**

**BY APPOINTMENT ONLY**

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**

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## THINK WELL

### Ex-squeeze Me

A great philosopher once said, “There is no way to happiness; happiness is the way. There is no way to peace; peace is the way. There is no way to hope; hope is the way. There is no way to love; love is the way.”

Essentially, you are what you choose to be.



Life is not complicated. Everything you have ever done or not done in the past has produced the life you are currently experiencing. We are the *result* of our past choices. How I chose to eat, move, and think in the past is what has produced the life that I am experiencing today. Research has proven, whatever behavior/activity a person engages in consistently, over time, they will continually improve and ultimately reach a high level of proficiency. This same principle applies to activities we do physically as well as how we respond mentally and emotionally. If I continually practiced the piano day after day, month after month, my skills as a pianist would improve. If I added the strong desire (intent) to be the best pianist I could be, my improvements would be measurably greater and faster. Ultimately over time, the *result* is a better piano performance. Where we are now in life is a *result* of years of past work. If I am an angry person today, it is because I have had years of practice focusing on angry thoughts. If I am overweight, I have obviously made choices in the past that produce the results of weight gain. If I have no muscle tone, it is because I have made the choice not to move and not to exercise. If I am a peaceful person today, it is because I have made the conscious choice in the past to pursue peace in my life. We will reap what we have sown *in the past*.

When you squeeze an orange, what comes out? Orange juice. Why? Because that is what is inside an orange! I shouldn't expect anything else. I shouldn't expect apple juice. I shouldn't expect grapefruit juice. I should not be frustrated when I see more orange juice. It isn't bad luck that orange juice comes out. It isn't random chance. It is not because life isn't fair. It is because what's inside an orange comes out when it is squeezed.

We are the results of our past choices. If I am bitter and angry, I have made the choices in life to create that and keep it inside me. When I am squeezed, I shouldn't expect anything but bitterness and anger to come out. If I am guilty and feeling convicted in my heart, it is because I have made lifestyle choices in the past that produce those current emotions. It is physiologically impossible to continually have negative thoughts and produce positive emotions. It is also equally impossible for me to be depressed and stressed out if I am continually engaging in positive, loving, nurturing self talk. The emotions we experience are the RESULTS of our past thinking. If I don't like the emotions that are coming out of me when I am under stress, the only way to change it is to change what is *inside* me. Our past thinking is what produces our current behaviors. You will never “fix” them. You must focus on the only thing you can change. YOU! So what results are your current thoughts and behaviors producing? Are you living the life of your dreams? Do you even have dreams for your life anymore? Are you heading toward a future

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filled with abundant health and a passion for life? Why not? It is available to you. All you have to do is make the choice. Are you blaming your current state of life on circumstances or people outside you? Are you blaming your age? The economy? The other political party? (They obviously aren't as smart as you are.) The truth is the real reason we like to blame others or circumstances outside ourselves is because if we actually admit that our past thoughts and our past choices are producing where we are in life, then we are also admitting that in order to produce a better result in the future, I have to change now. I have to get out of my current comfort zone and choose different behaviors. If you want to have more energy and more life in the future, then you have to first figure out the thoughts and behaviors that you were giving your life and energy to in the past. If you want to have a deeper relationship with God, you can't keep giving all your thoughts and energy to work, soccer practice, shopping, picking up the kids, cooking, cleaning, television shows, magazines, facebook, and tweeting. You have no time or energy to give to God. The same goes for a better relationship with your spouse, your children, or even knowing yourself. Be still and know. Where we place our focus each and every day, day after day, month after month will produce results we truly want. (Or don't want, depending on what you are focusing on.) The choice is yours.... one thought at a time. Next time someone gives you a squeeze, what will come out?

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## The Innate Lifestyle™ Program

### *Eat Well Move Well Think Well®*

## 2013 Innate Lifestyle Program!

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.

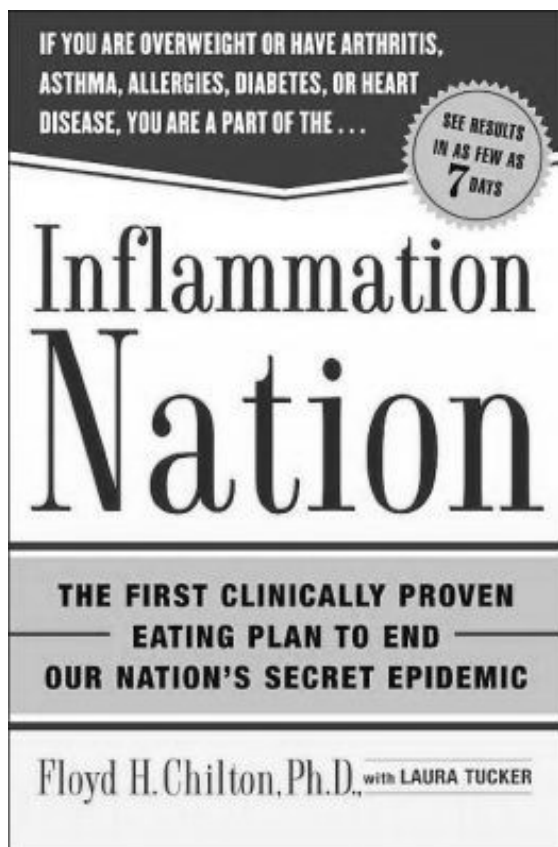
The "90 Days to Health Program" is now available for \$150.00!

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



In *Inflammation Nation*, internationally renowned scientist Dr. Floyd H. Chilton exposes the root cause of a host of seemingly disparate diseases, such as arthritis, heart disease, obesity, eczema, lupus, Alzheimer's, and emphysema: unbridled inflammation. The average American diet (even when we're making what we think are healthy choices) is inflaming our immune systems. But with Dr. Chilton's revolutionary, all-natural dietary program, you can learn how to *choose foods that will help prevent, treat, and reverse the effects of this secret epidemic in as few as seven days.*

Backed by twenty years of research and by an unprecedented six clinical trials, Dr. Chilton's anti-inflammatory regimen is a must-have for the nearly 100 million Americans diagnosed with an inflammatory disorder and for the rest of us who must protect ourselves from this growing health crisis.

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## MOVE WELL    Exercise of the Month: Chair Dips

**Primary Muscles Worked:** Triceps, Chest

### How to Do Chair Dips:

Sit on the edge of a chair with your feet positioned together. Place your hands at the edge of the chair, shoulder width apart, behind your hips, with your knuckles facing out.

(You can choose to have your legs bent or straight, both work)

For more advanced individuals, you can also place your feet on something elevated, like another chair.



Lift your rear off of the seat and walk your feet forward.

Make sure your hands are secure on the chair so that you don't slip off.

Keep your chest elevated and head up.

Slowly lower your body downward so that your elbows are bent to 90 degrees.

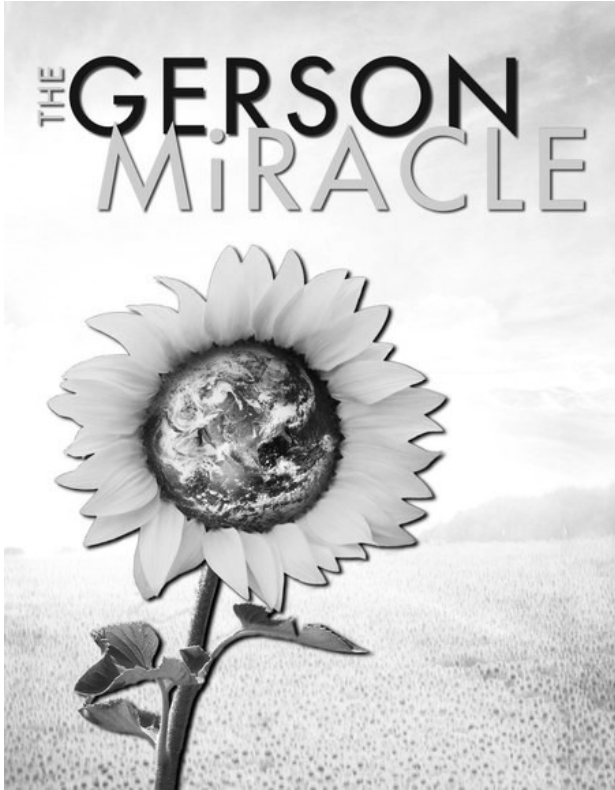
Next extend your arms, and push your body upward while supporting your weight with your arms.

If you are a beginner, you may try to lower yourself to a 45 degree bend in your elbows and also with your legs bent.

Beginners can try 1 set of 6 to 8 reps. More advanced individuals can try 3 sets of 10 to 12 reps.

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## RECOMMENDED DVD



'The Gerson Miracle' introduces us to the physician who developed The Gerson Therapy more than 75 years ago, a therapy that has proven to cure cancer and most other chronic and degenerative diseases. Through his own painful struggle with migraines, Dr. Max Gerson conceived a treatment based entirely on nutrition and the body's own ability to heal itself. He cured his migraines and summarily concentrated on other methods that prove to naturally boost the immune system. This is the real miracle.

Nine current and former patients speak passionately about their successful recoveries from the most deadly cancers. Their first-person recovery stories are the greatest testament to the therapy's efficacy. And it is through Dr. Gerson's daughter, Charlotte, that the therapy is still alive in the face of almost insurmountable opposition from the American Medical Association and most major pharmaceutical

companies. This film offers a path to a healthier life, in tune with our bodies and environment, not in conflict with them.

### What the film covers

- The cancer industry: with the law on its side
- Natural cancer treatments
- Dr. Max Gerson's life story
- The role of toxicity and nutrient deficiency in illness

"With every meal, we are either digging our own graves with the silverware, or ensuring a healthy and productive life." The Gerson Miracle challenges the very foundations that society's sick-care system is based on. It also delivers a health-affirming message that empowers viewers to reclaim autonomy for their own well-being. This film dares to reveal that your potential for health exceeds the limitations imposed on us by the sickness industry.



## Aromatherapy for Children

Aromatherapy is the therapeutic use of essential oils. Essential oils are oils distilled from plants through steam and other distillations methods. Natural, organic essential oils work best. Aromatherapy may be used for physical, psychological, emotional and spiritual wellness.

Here are some quick usage tips before we get into the different ways to use the oils. Essential oils need to be dispersed before using. Gently swirl around the bottle before opening and using. Oils are volatile, so hard shaking is not recommended. Use essential oils “neat” (straight oil, not diluted) only one drop at a time. Tea tree and lavender are commonly used neat. Other oils may cause skin irritation and should be diluted. If in doubt, always dilute by adding essential oils to a carrier oil, water, lotion or other base. Store essential oils in a cool, dark location when possible. Extreme heat and consistent sunlight may cause oils to breakdown and carrier oils to become rancid. Adding more essential oils does not always make a product work better. Sometimes, less is more!

There are many ways to use aromatherapy with children:

**Inhalation:** This is commonly used for sinus issues. Aromatherapy inhalation is easy to do and supports the respiratory system.

**Humidifier** - Add 5-10 drops of oil to the water of your humidifier. Run overnight, or add the essential oils 3 times during the day, if running continuously. Essential oils may damage humidifier over time.

**Steam Inhalation** - Add 5-10 drops of eucalyptus/lemon myrtle over a bowl of steaming water. Place a towel over the child's head to capture the steam. Have your child close their eyes and inhale until the water cools or until they stop smelling the oil. Repeat, the treatment if necessary, every 4 hours. This relieves sinus congestion, coughs, colds, flu and sore throats. You can also use lavender, peppermint, lemon, tea tree, or scotch pine. You can also place 5-10 drops in the floor of a steaming shower and breathe in deeply.

**Direct Inhalation** - Commonly used and easy to do, directly inhaling from the bottle is a wonderful alternative if your child does not like steam. Keep the nose close to the bottle, but not touching.

**Massage** - The benefits of massaging babies and children are many, including parental bonding, easing physical/emotional pain, soothing growing muscles, and teaching children that touch can be a positive experience. Add lavender and sweet orange essential oils to a carrier oil or base lotion. Great carrier oils include sweet almond, jojoba, olive, grapeseed, apricot, walnut, sunflower, and other fruit/nut oils. Purchase high-grade carrier oils that are meant for spa use (you can find these online or at natural food stores). Jojoba oil has the longest shelf life and is nice to use alone or blend with other oils. For infants - age 4, use 5 drops of oil per one ounce of base. For children 5-8 years of age, use 10 drops per ounce. For



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children 9-17 years of age, use 15 drops per ounce. Massage a dime size amount at a time onto the skin. Add more oil as needed. Avoid the eyes and mouth.

**Bath** - Add 10 drops of tea tree oil to get rid of germs (great after a play day, class or whenever a child has been around a lot of people!), or 5 drops of lavender and 10 drops orange essential oils. Gently swirl with fingers in a figure eight pattern to disperse the oils, then allow the child to enter the bath.

**Compress** - Use compresses to ease pain from strained muscles or cramps (lavender, basil, black pepper, marjoram, or ginger), to reduce bruising (helichrysum, immortelle, or everlasting) or to reduce fevers and headaches (lemon balm, or Melissa). Add 5-10 drops of essential oils into a small glass bowl of hot water. Allow the water and oils to be absorbed by an organic cloth. Carefully wring out excess water and apply compress to area of discomfort. Repeat as needed. Sometimes a cool compress is preferred.

**Orally** - 1-2 drops of cypress oil in a ½ glass of water will soothe and eliminate sore throats. Eat fresh mint (uplifting), rosemary (memory), oregano (toothache), lemon balm (anti-anxiety) to obtain the qualities of the oils internally.

I hope you are able to use this brief introduction as an inspiration to explore the world of aromatherapy for you and your family.

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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 - 8 Cup order: \$20 - 4 Cup order: \$12 - Trial Size: \$5**

## 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 too!

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 today!

### Innate Healing Massage

Emilee Kipper, LMT, NCTMB

Trish Bruce LMT, NCTMB

636-946-3600

## INNATE HEALING MASSAGE

### New Client Special

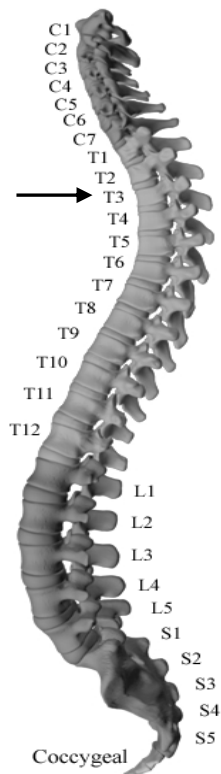
First-Time Massage Clients  
receive a

**60-Minute Massage for \$45**  
(originally \$60)

Call to schedule your massage today!



## SPINAL EDUCATION

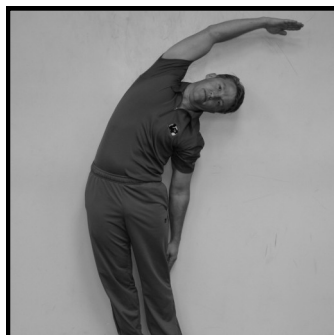


### DID YOU KNOW...

**T3** is the third vertebrae in the Thoracic area. T3 controls the lungs, bronchial tubes, pleura, chest, breast, and heart. Subluxations in this area can lead to bronchitis, pleurisy, pneumonia, congestion, and influenza.

### EXERCISE/STRETCHES: Spinal Lateral Flexion and Spinal Rotation

With knees straight, bend to the side and slide your hand down your leg as far as possible and hold.



Firmly plant feet shoulder-width apart. Clasp hands while rotating head, shoulders, and hips as far as possible and hold.



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## Supplement of the Month



Omega Sufficiency™ is the purest, most natural fish oil available with natural EPA:DHA ratios and NO Artificial Chemical Concentration. Because of this Omega Sufficiency™ is aligned with the human genetic requirements for Omega 3 consumption and thus provides the maximal health and prevention benefits.

Omega Sufficiency™ is the world's premier EPA/DHA omega 3 fish oil. Each teaspoon or 4 capsules provides 720-825 mg of EPA and 480-550 mg of DHA omega 3 essential fatty acids which have been scientifically shown to be a crucial requirement for health and important in the prevention of illnesses such as heart disease, arthritis, ADD, depression, stroke, cancer, diabetes, high blood pressure, obesity, osteoporosis, Crohn's disease, ulcerative colitis, eczema, learning and cognitive development problems, and Alzheimer's.



**Our next Isagenix Nutritional cleansing class is ....  
Tuesday, July 2 @ 6:30pm at the St. Charles Office**

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



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

**or call 573-560-0871**

*Certified Naturally Grown and Organic products*

*Free-Range soy-free eggs, chicken, and turkey*

*100% Grass-fed, antibiotic & wormer-free lamb*

*100% Grass-fed, antibiotic, hormone-free beef*

*100% Pasture & woodland raised pork*

*Non-GMO, soy-free feed*

*Discounts available for homeschooling families,  
veterans, single parents, etc.*

*Check website for details or to register.*

*Innate Salad/Juicing Box also available.*

## Health First Wellness Center

YOUR FAMILY'S 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



**Webbs 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!**



## JULY HAPPENINGS

★ **New Patient Orientation classes @ 6pm - St. Charles 7/9, 7/23**

O'Fallon 7/2, 7/16, 7/30

★ **Weight loss and Detoxification Class @ 6:30 pm - 7/2**

★ **Saturday Free Wellness Class @ 10am - 7/13 - EAT WELL -**

"God's Design for Overall Wellness & Disease Prevention"

★ **Tuesday Night Fish Bowl Question Night Class - 7/16 - Priorities/Time Management -**

"Creating Freedom in Your Schedule and Your Life"

★ **Thursday Free Exercise Class @ 6:30pm - 7/11, 7/18, 7/25**

★ **Thermography exam - 7/25 by appointment only**

## SAVE THE DATE

Our Annual Health First Patient Appreciation Picnic has been scheduled for **Saturday, September 21** at Blanchette Park in St. Charles. Make plans to join us!

