

HEALTH FIRST WELLNESS CENTER

NEWSLETTER

FROM THE DOCTORS

Happy Father's Day to all the Dads!

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 have dinner together as a family at the table 3 times each week without television, radio, or phones. Just enjoying your time together talking about your day or anything at all.

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

Inside this issue:

THINK WELL	2
MOVE WELL	3
EAT WELL	4
T-SHIRT CONTEST	5
CHILDREN'S	6
THERMOGRAPHY	7
RECOMMENDED READING	7
INNATE HEALING MASSAGE	8
WEIGHT LOSS & DETOXIFICATION	9
MONTHLY HAPPENINGS	10

PRACTICE MEMBER(S) OF THE MONTH:

This Month's Outstanding Practice Member is Phyllis McAlexander— Phyllis is an example of what our office is trying to do in this community. Consistent daily steps toward better health. Thank you Phyllis for "Being a Beacon" of health and hope that others might use your example to guide their way.

-The Health First Doctors & Staff

THINK WELL



Boundaries

“You will certainly wear out both yourself and these people who are with you, because the task is too heavy for you.” Ex. 18:18

You can't do everything. You aren't designed to. If you were meant to do it all yourself, you would be the only person God put here. (Tried that, didn't work...enter Eve) You can't do it all. The

sooner you realize that, the sooner peace and joy will re-enter your life. Our life is a series of choices. You can choose to do and you can choose not to do. It is that simple. Sometimes when we choose not to do, we open opportunities for others who would normally be sitting on the sidelines to actually get up and enter the game. We must let others have some room to serve their Purpose. When you step back and evaluate your Spiritual gifts, you structure your life around those particular areas. You must set boundaries in your life to protect your marriage, your family and your time. If you don't, you will lose all three.

Your heart may desperately want to fulfill every need of everyone in your life, but you can't be the best spouse, the best parent, the best co-worker, the best friend, the best servant when you are continually giving your time and energy away to areas of low priority.

Life is about relationships. Look at the relationships that matter the most...your relationship with God, your relationship with your spouse, your relationship with your children and your family. You should focus your energy on the high priority matters. As they say, “put first things first.” Set up your schedule around time to read and talk with God. Time with your spouse. Time with your kids. Or just quiet time alone. Then fill in the “gaps” in your day with soccer, dance, PTA, overtime, zumba, and the other 58 activities you see as “important.” If you knew you only had one month to live, how and with who would you choose to spend time? Life is short. Set up boundaries in your life so you can actually enjoy the relationships and the experiences of life.

Love more, Laugh more, Live more.

MOVE WELL



Exercise of the Month: Squat w/out weight

Squat exercises make a good conditioning workout, toning your upper legs while helping you build strength in your quadriceps and gluteal muscles. Performing these exercises without weights is a good start to a new exercise program, helping you to ease into a regular routine.

How to Perform the Squat Exercise:

Start with both arms extended in front of you at shoulder level. Position your feet shoulder-width apart and distribute your weight evenly between them. Tighten your abdominal muscles, pushing your belly button toward your spine. Lower your body until your thighs are parallel to the ground at 90 degrees. Your position should mimic sitting in a chair. If this is new exercise to you or you are unable to lower yourself to 90 degrees, start with a 45 degree bend in your knees. Keep your knees in line with your toes. As you lower, breathe in. When you straighten up, exhale.

Challenge of the Month: Start slow and work your way up to two to four sets of 12 to 15 repetitions. If you need to: Start with one squat one day and add an additional squat each day, and before you know it, you may be doing up to 60 squats in a row after two months.

EAT WELL



Benefits of Omega 3- EPA/DHA fatty acids (Pharmaceutical Grade fish oil)

Fact- Dietary sufficiency of EPA/DHA Omega 3 fatty acids is essential for the proper function of every cell, tissue, organ and gland in the human body.

Fact- Just as with vitamins and minerals, your brain and body cannot make EPA/DHA Omegas 3 fatty acids, so they must be consumed in the diet.

Fact- The diet in the United States is dangerously deficient in EPA/DHA Omega 3 fatty acids. It is an incontrovertible scientific fact the foods we eat today do not contain anything close to sufficient amounts of EPA and DHA.

Fact- Traditionally humans consumed sufficient amounts of EPA and DHA Omega 3 fatty acids from a diet of wild game meat and wild caught fish.

Fact- EPA and DHA are NOT found in grain fed domesticated animals raised in captivity. (cows, pigs, chickens, turkeys or farm raised fish.)

Fact- Vegetable sources of Omega 3's (flax seeds) do NOT contain EPA or DHA, and the omega 3's that flax seeds do contain cannot be converted to EPA/DHA in sufficient amounts.

Fact- We are genetically designed to consume EPA and DHA directly from an animal source.

Fact - The only safe, scientifically proven way to consume adequate amounts of EPA/DHA is through supplementation with a "pharmaceutical grade fish oil."
(Not Walgreens, Wal-mart, etc.)

Fact- Omegas 3's are so important because they are the main component of the brain neurons and all cell membranes. This is why DHA is the main component of human breast milk for the developing brain.

Fact- EPA and DHA deficiency in infants and children has been shown to be a major causal factor in development, learning and behavior problems such as ADHD as well as vision, digestive and skin disorders.

Fact- EPA and DHA deficiency in teens and adults has been shown to be a causal factor in breast, colon, and prostate cancers, heart disease, strokes, diabetes, arthritis, high cholesterol, high blood pressure, depression, skin disorders, digestive disorders, chronic pain, macular degeneration, hormonal problems, and pregnancy complications including improper fetal development, premature birth and post partum depression.

Fact - It is absolutely proven necessary for humans to consume a pure, pristine, and toxin free source of EPA and DHA Omega 3 fatty Acids for health, vitality and quality of life. This is literally a requirement from conception to the time we graduate from the earth.

Fact- Omega 3's are called *essential* fatty acids because you can't maintain a healthy body w/out them.

Fact- Humans should consume a minimum of 3-4,000 mg of quality EPA/DHA Omega 3 fish oils per day. Everyday. For Life.

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.

CHILDREN'S HEALTH by Dr Jennifer Webb

Happy Healthy Children



This month, I am going to share a link for an interview with Dr. Bruce Lipton, who is a forerunner in the study of epigenetics (Dr. Lipton explains what this is in the article). The interview covers many topics about raising happy, healthy children. The issues include, among others, the effect of the environment on the child and how it affects the expression of genes, and the brain development of the child. It also addresses the importance of “parents as teachers”. This factor plays an especially vital role from the time the child is in utero all the way through childhood.

Go to this link to read the article:

[http://pathwaystofamilywellness.org/component/
option,com_crossjoomlaarticlemanager/Itemid,674/aid,2218/
view,crossjoomlaarticlemanager/](http://pathwaystofamilywellness.org/component/option,com_crossjoomlaarticlemanager/Itemid,674/aid,2218/view,crossjoomlaarticlemanager/)

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.

THERMOGRAPHY

Next Scheduled Visit : July 26th 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"

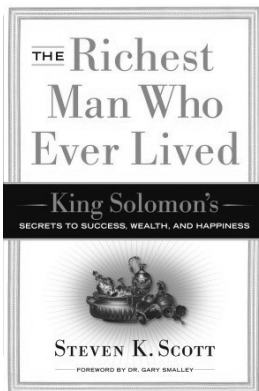
www.medicalthermography-stl.com

314-566-0350

618-806-5220

or call our office to schedule.

RECOMMENDED READING



After Steven Scott flunked out of six jobs in his first four years after college, his best friend, Gary Smalley, offered one simple suggestion that would transform his life: study a chapter in Proverbs every day. Two years later, using the amazing strategies he gleaned from Solomon, Scott started a small company with a partner. Within six months their business was making over a million dollars a week. In the years since they have built more than a dozen multimillion-dollar companies. In addition, by applying the wisdom of Proverbs to his personal life, Scott restored his relationship with his estranged wife.

In this life-changing book, Scott reveals Solomon's hidden treasures-often-overlooked wisdom for achieving breakthrough success in one's work, health, marriage, and relationship with God. Readers will discover how to...

- master life's most important skill
- achieve extraordinary success in business, finance, and marriage
- resolve and win any conflict
- overcome the most destructive force in relationships
- prevent the single greatest cause of financial loss

The Richest Man Who Ever Lived powerfully and practically equips readers to apply Solomon's inspired wisdom to accomplish their business, relational, and spiritual purposes.

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.

Don't Forget The Father in Your Life This Month!!

Father's Day June 17th!!

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

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!!

**CAN YOU CREATE HEALTHIER FISH BY JUST
CLEANING THE OUTSIDE OF THE BOWL?**



Our next class is

Tuesday, June 12th @ 6:30pm at the St. Charles Office

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

**HEALTH FIRST
WELLNESS CENTER**

FAMILY HEALTH IS OUR FIRST PRIORITY!

530 MADISON ST
ST CHARLES MO 63301

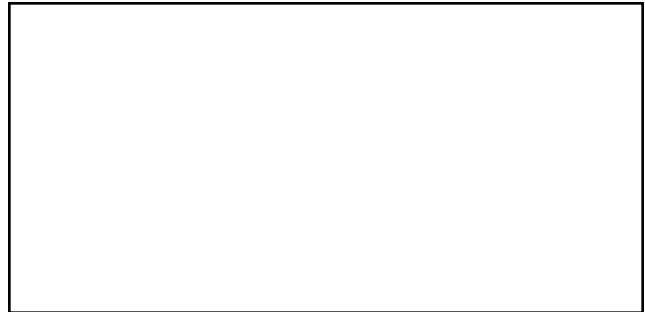
Phone: 636-946-3600

Fax: 636-946-3019

E-mail: hfchiropractic@yahoo.com

We are on the Web!

www.webbwellness.com



JUNE HAPPENINGS

- **New Patient Orientation classes @ 6pm** — 6/5 & 6/19 St Charles
- 6/12 & 6/26 O'Fallon
- **Weight loss and Detoxification Class** — 6/12 @ 6:30pm
- **Saturday Wellness Class** — June 2nd Think Well Class @ 10am
- **Thursday Free Exercise Class** — 6/7, 6/14, 6/21, 6/28 @ 6:30pm
- **Next Thermography Exams** — 7/26/12 by appointment only

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