

# HEALTH FIRST WELLNESS CENTER

## JUNE NEWSLETTER



*Happy Father's Day!*



JUNE 2013

Volume 2, Issue 10

### FROM THE DOCTORS

**Happy Father's 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. 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 spend 10 minutes a day in quiet meditation. Meditation is a tool for the re-discovery of the body's own inner intelligence. Practiced for thousands of years, it's not about forcing the mind to be quiet, it's finding the silence that's already there and making it a part of your life. From this field of pure potentiality we get our bursts of inspiration, our most intuitive thoughts, and our deepest sense of connection to the universe.

Have an awesome month!

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



**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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### Sweet Deception

Taken from Comments by Dr. Joseph Mercola (Mercola.com)

James Turner, the chairman of the national consumer education group Citizens for Health, has expressed shock and outrage after reading a new report from scientists outlining the dangers of the artificial sweetener Splenda (sucralose).

In animals examined for the study, Splenda reduced the amount of good bacteria in the intestines by 50 percent, increased the pH level in the intestines, contributed to increases in body weight and affected P-glycoprotein (P-gp) levels in such a way that crucial health-related drugs could be rejected.

The P-gp effect could result in medications used in chemotherapy, AIDS treatment and treatments for heart conditions being shunted back into the intestines, rather than being absorbed by the body.

According to Turner, "The report makes it clear that the artificial sweetener Splenda and its key component sucralose pose a threat to the people who consume the product. Hundreds of consumers have complained to us about side effects from using Splenda and this study ... confirms that the chemicals in the little yellow package should carry a big red warning label."

It's very important to realize that Splenda (sucralose) is actually NOT sugar, despite its marketing slogan "Made from sugar, so it tastes like sugar". Rather it's a chlorinated artificial sweetener in line with aspartame and saccharin, and with detrimental health effects to match.

Splenda was approved by the FDA in 1998 as a tabletop sweetener and for use in products such as baked goods, nonalcoholic beverages, chewing gum, frozen dairy desserts, fruit juices, and gelatins. Sucralose is also permitted as a general-purpose sweetener for all processed foods.

The approval was given after the FDA supposedly reviewed more than 110 animal and human safety studies, but as you'll soon find out, out of these 110 studies, only two were human studies, and the longest one was conducted for four days!

There's overwhelming evidence that consuming artificial sweeteners will likely wreak havoc on your body. Previous news has centered mainly around artificial sweeteners' ability to impair your appetite regulation and leading to weight gain.

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For example, it's been discovered that diet soda increases your risk of metabolic syndrome, weight gain and, ultimately, heart disease. However, the study mentioned above, published in the *Journal of Toxicology and Environmental Health*, found even further disturbing news besides weight gain. Splenda:

- reduces the amount of good bacteria in your intestines by 50 percent
- increases the pH level in your intestines, and
- affects a glycoprotein in your body that can have crucial health effects, particularly if you are on certain medications.

They also found unmistakable evidence that Splenda is absorbed by fat, contrary to previous claims.

It's truly disturbing that Splenda can destroy up to 50 percent of your healthy intestinal bacteria, as these bacteria help maintain your body's overall balance of friendly versus unfriendly micro-organisms, and support your general health. Many people are already deficient in healthy bacteria due to choosing highly processed foods. This is why a high quality probiotic is one of the very few supplements I highly recommend for nearly everyone...

(To continue reading the entire article, please ask the front desk for a copy.)

**Please come to the Next Eat Well workshop July 13th at 10am to  
expand your knowledge and keep your loved ones healthy**

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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**

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**



## BRAIN FACTS:

### Physical Attributes

- **BLOOD VESSELS** - There are 100,000 miles of blood vessels in the brain.
- **FAT** - The human brain is the fattest organ in the body and consists of at least 60% fat.
- **WATER** - The brain is made up of about 75%-80% water.
- **NO PAIN** - There are no pain receptors in the brain, so the brain can feel no pain.
- **WEIGHT** - The weight of the human brain is about 3lbs.

### The Developing Brain

- **STOPPING GROWTH** - Your brain stops growing at the age of 18.
- **CEREBRAL CORTEX** - The cerebral cortex grows thicker as you learn to use it.
- **NEW NEUTONS** - Humans continue to make new neurons throughout life in response to mental activity.
- **READ ALOUD** - Reading aloud and talking often to a young child promotes brain development.
- **EMOTIONS** - The capacity for such emotions as joy, happiness, fear, and shyness are already developed at birth. The specific type of nurturing a child receives shapes how these emotions are developed.

### Brain Function

- **OXYGEN** - Your brain uses 20% of the total oxygen in your body.
- **WATTAGE** - While awake, your brain generates between 10 and 23 watts of power - or enough energy to power a light bulb.
- **YAWNS** - It is thought that a yawn works to send more oxygen to the brain, therefore working to cool it down and wake it up.
- **STRESS** - Excessive stress has shown to "alter brain cells, brain structure and brain function."

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- **FOOD and INTELLIGENCE** - A study of one million students in New York showed that students who ate lunches that did not include artificial flavors, preservatives, and dyes did 14% better on IQ tests than students who ate lunches with these additives.

## **Psychology of the Brain**

- **PHYSICAL ILLNESS** - The connection between body and mind is a strong one. One estimate is that between 50 - 70% of visits to the doctor for physical ailments are attributed to psychological factors.
- **TICKLES** - You can't tickle yourself because your brain distinguishes between unexpected external touch and your own touch.

## **Memory**

- **NEW CONNECTIONS** - Every time you recall a memory or have a new thought, you are creating a new connection in your brain.
- **SLEEP** - While you sleep at night may be the best time for your brain to consolidate all your memories from the day.
- **NO SLEEP** - It goes to follow...lack of sleep may actually hurt your ability to create new memories.
- **ANOMIA** - Anomia is a the technical word for tip-of-the-tongue syndrome when you can almost remember a word, but it just won't quite come to you.

**Attend the class this Saturday,  
JUNE 1st at 10am**

**on Memory Loss, Focus Problems, and Attention Deficit.**

**You are welcome to bring a friend also. Sign up at the front desk  
or give us a call to let us know you will be attending.**

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## **PEOPLE HELPER PROJECT**

**In light of the Oklahoma Tornado, we are taking donations to give to the tornado victims. You can donate Food, Toys, Clothes, Money or Gift Cards at our offices and we will make sure these families receive all of the donations. Thank you for all your help!**



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## RECOMMENDED DVD -WHAT THE BLEEP DO WE KNOW?!



WHAT THE BLEEP DO WE KNOW?! is a new type of film. It is part documentary, part story, and part elaborate and inspiring visual effects and animations. The protagonist, Amanda, played by Marlee Matlin, finds herself in a fantastic Alice in Wonderland experience when her daily, uninspired life literally begins to unravel, revealing the uncertain world of the quantum field hidden behind what we consider to be our normal, waking reality.

She is literally plunged into a swirl of chaotic occurrences, while the characters she encounters on this odyssey reveal the deeper, hidden knowledge she doesn't even realize she has asked for. Like every hero, Amanda is thrown into crisis, questioning the fundamental premises of her life - that the reality she has believed in about how men are, how relationships with others should be, and how her emotions are affecting her work isn't reality at all!

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## MOVE WELL Exercise of the Month: Squat and Row with Resistance Band

### Squat and Row

1. Loop a resistance band around a sturdy object at chest height, grab a handle with each hand, and back away until there's no slack in the band. Standing with your feet hip-width apart, arms extended in front of you, and palms facing each other, bend your knees and sit back until your thighs are nearly parallel to floor.

As you stand up, pull your elbows back and squeeze your shoulder blades together until your hands are near your chest. Return to the starting position. That's one rep.

**Make it easier** Do a half squat, bending your knees to about 45 degrees instead of 90 degrees.

**Tips:** Breathe in as you are squatting down, and extending in your arms, then exhale as you are standing back up and squeezing your shoulder blades together.

Start with 3 sets of 10-12 repetitions 2/3 times a week with at least a day off in between.

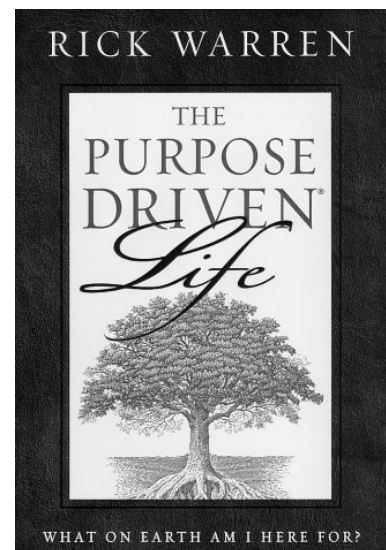


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## RECOMMENDED READING

The most basic question everyone faces in life is why am I here? What is my purpose? Self-help books suggest that people should look within, at their own desires and dreams, but Rick Warren says the starting place must be with God and His eternal purposes for each life. Real meaning and significance comes from understanding and fulfilling God's purposes for putting us on earth.

The Purpose-Driven Life takes the groundbreaking message of the award-winning Purpose-Driven Church and goes deeper, applying it to the lifestyle of individual Christians. This book helps readers understand God's incredible plan for their lives. Warren enables them to see the big picture of what life is all about and begin to live the life God created them to live.



The Purpose-Driven Life is a manifesto for Christian living in the 21st century...a lifestyle based on eternal purposes, not cultural values. Using biblical stories and letting the Bible speak for itself, Warren clearly explains God's five purposes for each of us:

- We were planned for God's pleasure**

so your first purpose is to offer real worship.

- We were formed for God's family**

so your second purpose is to enjoy real fellowship.

- We were created to become like Christ,**

so your third purpose is to learn real discipleship.

- We were shaped for serving God**

so your fourth purpose is to practice real ministry.

- We were made for a mission**

so your fifth purpose is to live out real evangelism.

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# CHILDREN'S HEALTH by Dr Jennifer Webb

## The Harmful Effects of Soda on Children

Consumption of soda pop has increased by 47% since the mid-1980s (La Duca). It is becoming the drink of choice for our children who are the heaviest consumers. Many kids are drinking more of it than life-giving water. Soda contains a list of unhealthy, even dangerous, ingredients that children consume on a daily basis. Some of its main ingredients include caffeine, phosphoric acid, aspartame (in diet drinks), white processed sugar, and high fructose corn syrup. How many sodas have you had today? How about your kids?



Let's look at these ingredients and the effects they have on your children's health.

**Caffeine** - Caffeine is very addictive. If a child drinks just one regularly caffeinated soda, they are ingesting 50 mg of caffeine, the same amount of caffeine as in half a cup of coffee. This amount of caffeine can cause the jitters, "increase in heart rate, sleeplessness, headache, mood swings, upset stomach, and rise of blood pressure" (Gove). Some research links caffeine to vitamin and mineral depletion, birth defects, and some forms of cancer (Oleda). It also can cause dehydration, causing a child to want to drink more. It can become a downward spiral of addiction and health risks.

**Phosphoric Acid** - It neutralizes the stomach's natural hydrochloric acid needed for digestion, it can interfere with digestion, "making it difficult to utilize nutrients" (Oleda). It makes it difficult for the body to use calcium, leading to teeth and bone softening and even osteoporosis. Calcium is also a major player in immune function. There's growing concern that even a few cans of soda a day can be damaging when they are consumed during the peak bone-building years of childhood and adolescence.

**Aspartame** - Do you think it is better to drink diet soda? Think again! A chemical used in most diet sodas is aspartame. This, and other, sugar substitutes have over "92 different health side effects" (Oleda). Some of these include premature aging, weight gain, brain tumors, birth defects, emotional disorders, and seizures.

**Refined Sugar and High Fructose Corn Syrup (HFCS)** - Kids get more refined sugar from soda than from cookies, ice cream, and candy combined. Each 12 ounce can of soda has 10 to 12 teaspoons of sugar (1/4 cup), which amounts to 140 empty calories (La Duca). Nancy Appleton, PhD., has written several books about the harmful effects of refined sugar. Here are just a few of the effects of sugar: Sugar can suppress the immune system, it can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children, sugar interferes with absorption of calcium and magnesium, sugar can cause a rapid rise of adrenaline levels in children, sugar can cause tooth decay, it contributes to obesity and asthma, it contributes to diabetes, sugar can impair the structure of DNA, it can cause headaches, including migraine, and it is an addictive substance.

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Now, let's take a look at HFCS. From 1977 to 2001, the use of this ingredient in soft drinks went up 135%. Manufacturers liked that it was cheaper and sweeter than white sugar. However, believe it or not, it is even worse than refined sugar. It "contains no enzymes, vitamins or minerals, and it leeches micronutrients from your body" (Mercola). When consumed in liquid form, as in soda, it is metabolized more rapidly to fat than any other sugar, and its negative effects are much more magnified. Some of these negative effects are diabetes, obesity, metabolic syndrome, and liver disease (Mercola).

So, put all those ingredients together into a can of soda, and you can see how it is one of the most dangerous "food" items that your children can put into their bodies. One of the best things you can do for their health (and your health, too) is to remove soda from your diets and encourage your children to drink good old fashioned water.

Works Cited: Appleton, Nancy, PhD. "144 Reasons Why Sugar Is Ruining Your Health." 6 July 2008.

<http://www.nancyappleton.com/index.html>; "Dangers of Soda Pop (Carbonated Soft Drinks). Oleda Newsletter. Oleda and Company, Inc. 6 June 2008. [http://www.oleda.com/oleda\\_tips/](http://www.oleda.com/oleda_tips/); Gove, Jennifer. "The Harmful Effects of Soda Pop on Children". Simply Mom. 2006. 6 June 2008. <http://www.simplymoms.com/art/sodachildren.html/>; La Duca, Doreen. "Are we drinking too much soda pop?" Colorado State University Extension. Nov. 27, 2007. Colorado State University. 6 June 2008. <http://www.ext.colostate.edu/pubs/columncc/cc010821.html>; Mercola, Joseph, D.O. "How High Fructose Corn Syrup Damages Your Body." Mercola Natural Health Newsletter. July 2007. 8 July 2008. <http://www.articles.mercola.com>

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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 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

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

### **FATHER'S DAY SPECIAL**

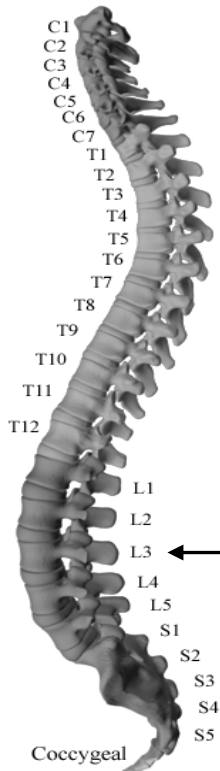
DADS CAN RECEIVE A

90 MINUTE SWEDISH FOR \$70 OR

60 MINUTE SWEDISH FOR \$50.

GIFT CERTIFICATES AVAILABLE!

## SPINAL EDUCATION



### DID YOU KNOW...

**L3** is the third vertebrae in the Lumbar area. It controls the sex organs, uterus, bladder, knees, prostate, and large intestine. Effects of subluxation in the area are bladder troubles, menstrual troubles like painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains.

### EXERCISE/STRETCHES:

#### Spinal Forward Flexion

With knees straight, slowly bend forward and flex spine as much as possible and hold.



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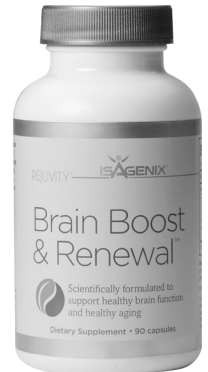
# Supplement of the Month...

## Save Your Brain!

Brain Boost & Renewal is a proprietary formula containing a host of brain-friendly nutrients to promote mental focus, concentration, decision-making and memory. Taken daily, Brain Boost & Renewal supports your ability to learn new information while providing dietary support for memory and overall brain health and function.

Studies show that cognitive decline begins in your thirties. The earlier you support brain health, the better. Brain Boost & Renewal provides natural dietary support for aiding memory and assisting in overall brain function, including:

- Supports healthy brain function and optimal cognitive function\*
- Assists mental clarity, focus, concentration and memory\*
- Optimizes your ability to learn new information



**Our next Isagenix Nutritional cleansing class is ....**  
**Tuesday, May 7th @ 6:30pm at the St. Charles Office**  
**Please call to reserve your seat: 636-946-3600**



**Contact Us Online**  
**[www.vesterbrookfarm.com](http://www.vesterbrookfarm.com)**  
**or call 573-560-0871**

Vesterbrook Farm  
16991 Hwy W  
Clarksville, Mo 63336

For over 100 years, Vesterbrook Farm has served the greater St Louis and Columbia, Missouri communities. Whether it was top quality eggs, fruits, vegetables, or housing for WWII veterans, Vesterbrook Farm has always strived to produce the best quality for our customers.

Certified Naturally Grown and Organic products.  
As well as 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.

Also Vesterbrook will be offering an Innate Salad/Juicing Box for our office.

Ask for more details.

## HEALTH FIRST WELLNESS CENTER

FAMILY HEALTH IS OUR FIRST PRIORITY!

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ST CHARLES MO 63301

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**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!**



## JUNE HAPPENINGS

**Be sure to pick up a NEW 2013 class schedule in the office next time you visit us, we have made some changes to our class schedule!**

★ **New Patient Orientation classes @ 6pm - 6/11, 6/25 St. Charles**

6/4, 6/18 O'Fallon

★ **Weight loss and Detoxification Class @ 6:30 pm - 6/4**

★ **Saturday Free Wellness Class @ 10am - 6/1 - Memory Loss, Focus Problems, Attention Deficit - (Children, Adults, & Elderly)**

★ **Tuesday Night Fish Bowl Question Night Class - 6/18 - Stress Management -**

"Thyroid, Adrenal Burnout, Chronic Fatigue, Etc."

★ **Thursday Free Exercise Class @ 6:30pm - 6/6, 6/13, 6/20, 6/27**

★ **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**