

HEALTH FIRST WELLNESS CENTER

NEWSLETTER

FROM THE DOCTORS

Happy St. Patrick'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. I 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

MOVE WELL



Exercise, how important is it to you?

We have been brainwashed to perceive exercise and physical fitness as optional tools for improving sports performance, achieving weight loss, or improving the way we look. The reality is that movement/exercise is **REQUIRED** by everyone for overall health, physical and mental. Doing your chores around the house is a start, but it is not enough movement, so don't kid yourself any longer. We need to strive to do more on a daily basis if we want to be healthy.

What is more important than your health? NOTHING! We all say that, but what are we actually doing about it? Our daily choices, even about exercise, tell a lot about how important our health truly is to us.

Motion is the foundation of life. Motion is a required nutrient. Motion is not just about pain relief. Motion is about total body function, including neuromusculoskeletal function, brain function, cognition, and organ function.

Movement and exercise, nutrition, and emotional/spiritual factors must all be addressed in order to create a sufficient and pure environment in our bodies. When this is done, it will always create balanced body chemistry and physiology. This is the basis for all healing and wellness.

Please join Dr. Andy on **Sat. April 7th at 10 a.m. for the "MOVE WELL" class** to learn about the required movement patterns and exercises we need to implement for healthy cells, healthy spines, and healthy bodies. Call the office or sign up and let us know if you would like to attend.

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THINK WELL



Our Earth Suit

Over the years, I have heard people describe our body in many different ways. The one that seems to resonate with most people and with me is viewing the body as our “Earth Suit.” Quite simply, your body is literally the “vehicle” that your soul gets to ride around in for the short time we are on this planet. The issue: we only get one vehicle. I hope you have a vehicle maintenance schedule and are taking good care of it. Sadly, many people don’t.

Unfortunately, as the numbers show year after year, most Americans, spend more money on the upkeep of their cars and trucks than they do on their body. As you know, it is always cheaper to change the oil, than to change the engine. The cost of taking care of people *after* they are already sick is threatening to bankrupt this great country. Over 75% of the adult population is taking one or more prescription drugs for “lifestyle diseases,” every day in the US. Over 50% of kids are now taking medication on a regular basis. Many school age children have to visit the nurse *everyday* to get their pills. Our country is getting sicker by the day and the research shows, it is NOT because of random chance or bad luck. Frankly, the crisis begins with the attitude toward how we take care of our Earth Suit. If we treated our body like everything else in our life that requires maintenance, we would all be much better off. Anything that requires maintenance and that maintenance is neglected, **always** ends up in a crisis later. Think about it, if you neglected periodic maintenance (and just waited for symptoms to show up someday) on your house, your car, your teeth, your bank account, your credit cards, your marriage, your family, what happens later? More problems, more stress, more effort and time to correct it, and much, much more cost.

Our body sends us signals *everyday* about the choices we are making in the form of our many different “oil lights” –headaches, achy joints, fatigue, anxiety, upset stomach, restless legs, restless nights, etc. As your body mechanic, my job is really to find out WHY the light is on.

Just having a doctor snip the wire to the light today will temporarily ease the current symptoms, but will **always** produce a bigger problem later. Don’t just cover up the oil light with chemicals and creams. Look into your lifestyle choices and find out what is causing the light to come on in the first place. How hard are you driving? What kind of fuel are you putting in the tank? Are you letting it rest or just driving it ‘til it drops? Are you doing regular maintenance? Are you washing and waxing or just waiting? Rust will come, if not cared for.

How much different is the *age* of the ’57 Chevy at the car show and
the ’57 Chevy in the junk yard?

Same age, different attitude toward care and maintenance.

For the vehicle to run as God intended, we ALL need physical tune-ups, proper fuel for optimal performance and a competent driver at the wheel that knows the “rules of the road.”

It is very simple, if we ALL did better with our periodic maintenance and we put the highest quality fuel into our “vehicles,” the visits to the mechanic for our check engine lights (cardiac, respiratory, immune, digestive, etc.) would drastically go down.

Please, don’t wait until smoke comes from under our hood to start your program for better health. I encourage you to come to the programs we offer at the office. Check WWW.WEBBWELLNESS.COM for dates and times. The classes are free! Bring your friends and loved ones. The more everyone knows about the upkeep of their “vehicle,” the longer it stays on the road, and out of the junkyard! If I told you the car you currently own is the last one you will ever get to have, would you treat it differently?

Value your Earth Suit. It is the vehicle that allows your Mission to travel the world.

EAT WELL



Red - Yellow - Green

I am often asked how we teach our children
what foods are good for them and what foods are not.

Green means GO --- Yellow means CAUTION --- Red means STOP

This is the simple version and in no way is an attempt to be an accurate full list of what we should or shouldn't be eating. Just the basics. Kids need the simple basic concepts (so do many adults.)

If you want all the details as to WHY, check the website (www.webbwellness.com) for our monthly class dates and come find out WHY these foods are green, yellow or red.

Green- GO-(it is good for you, eat until you are satisfied)

1. Vegetables - raw & organic
2. Fruits - raw, organic & low glycemic -load
3. Nuts and Seeds - raw.
4. Meats and Eggs - grass fed, organic, free range.
5. Avocados, Coconut oil, Olive oil, Fish oil, Cod liver oil, Grass fed organic Butter, etc. - good sources of fat.

Yellow- CAUTION- (it is not the best option, keep in limited amounts)

1. Fruits and veggies -high glycemic
2. Conventional fruits and vegetables
3. Processed soups and meats
4. Dairy products organic, grass fed,
5. Organic whole grains- wheat, spelt, quinoa, etc.
6. Home-made cookies, pies, cakes, etc. - These are for the occasional "Treat Day."

Red- STOP- Avoid as much as possible, your future health is at stake!

1. "The White Devils" - white sugar, white flour and white milk.
2. Corn syrup, corn syrup solids, high fructose corn syrup, and liquid sugar.
3. Trans-fats- anything that says "hydrogenated or partially hydrogenated."
4. Fast Food- no brainer, literally
5. Artificial sweeteners
6. Soda, especially diet.
7. Most things that come in a box, bag or can contain ingredients that are NOT health producing.

As always **read labels-** (by the way, if it has a label, you may not want to be eating it anyway!)

Avoid excess sugars (corn and grains are the biggest source)

Avoid artificial sweeteners, additives, artificial colors and anything on a label that you can't pronounce.

You'll know your kids are getting it when you hear, "Mom, is this food a green light? Dad, is this a yellow? Grandma don't eat that it is a red light!" .

CHILDREN'S HEALTH by Dr Jennifer Webb



Five Keys to Joyful Living for Children

It is never too early to teach your children how to have a life full of joy. Once they learn it is a choice to be joyful, and that they have the power to create it, they can understand how to attract opportunities into their lives. First, children must be able to recognize their feelings. When your children are little, try playing the “face game.” Tell them to make a face that is “sad”, “happy”, “angry”, etc. This will help them get in tune with their feelings and connect to their emotions. Once they understand their emotions, they can learn how to use the following tools (remember these principles apply to you as well as your children).

- 1.Love.** “The Law of Love could best be understood and learned through little children.” - Mahatma Gandhi. Children already innately know many of the principles of love. In addition, you can teach your children the difference between Ego Love and Universal Love. Ego Love is very fragile, and can quickly turn into different emotions such as anger, hurt, sadness or jealousy. It is the kind of love that has strings attached, and will become weaker over time. Universal love comes from God, or Source, and is unconditional. It only becomes stronger over time. It is JOY and brings peace. Help your children understand they will feel good by giving love, and that by giving it, they will also receive it. Tell them it is important to give themselves lots of love too.
- 2.Forgiveness.** Teach the importance of forgiveness by explaining that it is like releasing the chains around the heart. Forgiveness is what unlocks the chains of negative emotions such as anger, guilt, blame, hatred, fear, or shame. Forgiveness is something that releases those emotions and brings back positive feelings and emotions. Teach your children not only to apologize when they do something wrong, but also to say, “Will you please forgive me?” This is a powerful way to help children realize how important it is to forgive others, and ask for forgiveness.
- 3.Appreciation/Gratitude.** There is always something to be thankful for. By being thankful, your children can learn to feel good about their lives, no matter what might be happening. Practicing gratitude is a way to improve their lives quickly! Teach this important concept to your children by taking family gratitude walks in the evenings. Keep a round robin gratitude circle going during the walk. You can also go around the dinner table every evening and have each person say something they are thankful for. Ask your children to tell you three things they are grateful for when you are tucking them into bed at night. This is great because it puts them into a positive frame of mind as they are going to sleep.
- 4.Giving.** Explain to your children that what they give is what they shall receive. Giving is like a two-sided coin. When your children can give to others and improve someone else’s life in some way, it will naturally make them feel good because they’ve had a positive impact on someone else’s life. Help them find ways to give, whether it be to someone they know, or to a stranger through a random act of kindness.
- 5.Hope.** Hope is like a ladder that can take your children out of the “muck” of negative emotions. Teach your children to use their imagination and picture the future they want to have. Having a positive image of the future will give hope. Since they will face challenges—which are really lessons—in life, having hope will get them through those times. Your children will be able to feel better by having hope in their lives.

The mind is a very powerful tool. Teach your children they have the choice of how they are going to live, and how they can create their life using their thoughts. Just imagine what your children’s futures may hold if they understand the power they have in creating it!

To find more information about joyful living go to: www.bringingjoytotheworld.com.

INNATE HEALING MASSAGE



Massage Improves Skin Tone

The sun, smog, poor diet, and the natural aging process all contribute to the drying, wrinkling, and general loss of the youthful characteristics of your skin.

Massage therapy dilates the blood capillaries of the skin increasing the uptake of vital skin repairing nutrients and speeding the removal of harmful toxins. This improved circulation helps to moisturize your skin improving skin texture while relieving dryness and itching.

Call the office today to make time for yourself.
Also don't forget a massage is a great gift for someone you love.
Gift certificates & Package deals available.

Available Monday–Friday -9:30am–7:00pm
Times vary so call the office for your appointment.

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!!

THERMOGRAPHY

In “*The Complete Natural Medicine Guide to Breast Cancer*” (2003), Sat Dharam Kaur writes, “Although thermography was considered inaccurate 20 years ago and lost favor due to inconsistent reporting methods, efficiency has improved and analysis of thermograms has been standardized.

Unlike a mammogram that detects changes in anatomy, thermography measures physiology. Often physiological changes precede anatomical changes...Canadian studies done at the Ville Marie Breast Center in Montreal found that thermograms were positive for 83% of breast cancers, compared to 61% for clinical breast exam alone and 84% for mammography. The 84% sensitivity of mammography was increased to 95% when infrared thermographic imaging was added...Breast cancer patients with abnormal thermograms tend to have faster-growing tumors that are more likely to metastasize.”

“Mammography can detect approximately 85% of all breast cancers. Mammograms may prolong lives with earlier detection of breast cancer, resulting in less invasive treatments. However, they are not ideal diagnostic tools for several reasons.”

“If a woman has dense breasts, a lump may not be visible through the tissue. Mammograms will miss up to 25% of tumors in women 40-49 years old. Mammograms are less accurate in picking up lesions in smaller breasts. Often mammograms provide women and their doctors with a false sense of security if nothing is found—overall, mammograms will miss cancers 9-20% of the time, especially in...women with dense breasts. Approximately 5% of mammograms are read as positive for cancer. Of these, 97.5% will be ‘false’ positives....of every 100 mammograms read as positive or suspicious of cancer, only two or three will actually turn out to be cancer....One study found that women who had their mammograms during the last two weeks of their menstrual cycle were twice as likely to have false negative results. This means that the x-ray was interpreted to be fine, but cancer was actually present—tumors were missed. Mammograms are not conclusive; if the lump is there and persists but the mammogram looks fine, it is imperative to have another test.”

Mammograms do expose us to cumulative doses of ionizing radiation, which can increase risk of breast cancer. This is an important factor which should be included when evaluating clinical justification for the use of screening mammography. This is particularly applicable to women with dense breast tissue (radiologically dense) or with a family history of breast cancer. Using diagnostic tools that can increase risk doesn’t make sense without justifiable medical necessity.

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

Full and Partial body screenings available!

Call our office or check out

www.medicalthermography-stl.com

Next Schedule Visit : March 8th by Appt Only

Future Dates: April 26th, July 26th, &

Oct 25th

Breast Scan \$175 (30 Mins)
Half Body Scan \$275 (40 Mins)
Full Body Scan \$395 (1 Hr)

WEIGHT LOSS AND DETOXIFICATION

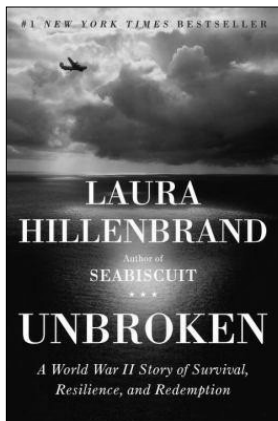


Our world is getting more and more toxic everyday. There are over 70,000 commercial chemicals in use today. There are over 1,000 new chemicals introduced every year. Less than 7% of those chemicals in use today have ever been tested on humans long term. Your body is a series of filters. Your lungs are a filter, your liver is a filter, your kidneys are filters, etc. Everything that goes through you in terms of what we eat, drink or breathe can “clog” our filters. Just like your furnace filter, a clogged filter will “bog” down your body and over time will cause your body to work harder and wear out faster. Most Americans should clean out the filters at least once a year. Many people experience a huge difference in their energy and clarity of thought after only one cleanse. To enjoy a happy healthy life, everyone needs cleansing. If you have never done a cleanse or are unsure of what might be best for you, please attend our next Isagenix Nutritional Cleansing Class.

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

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

RECOMMENDED READING



UNBROKEN By Laura Hillenbrand

On a May afternoon in 1943, an Army Air Forces bomber crashed into the Pacific Ocean and disappeared, leaving only a spray of debris and a slick of oil, gasoline, and blood. Then, on the ocean surface, a face appeared. It was that of a young lieutenant, the plane’s bombardier, who was struggling to a life raft and pulling himself aboard. So began one of the most extraordinary odysseys of the Second World War.

“This is an amazing story of a man’s ability to overcome tremendous obstacles and create a life that will truly inspire you to never give up on your dreams.” - Dr. Cory Webb

**HEALTH FIRST
WELLNESS CENTER**

FAMILY HEALTH IS OUR FIRST PRIORITY!

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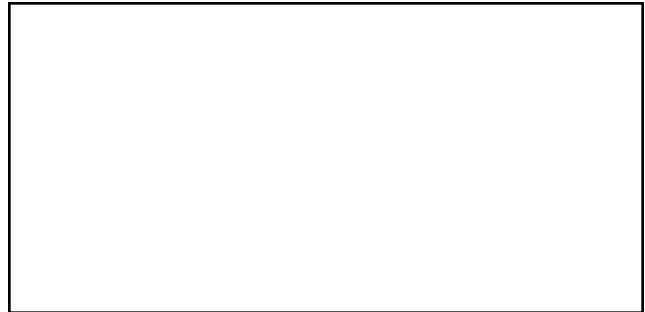
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We are on the Web!

www.webbwellness.com



MARCH HAPPENINGS

- **New Patient Orientation classes** — St Charles office 6PM 3/13 & 3/27
- O'Fallon office 6PM 3/6 & 3/20
- **Weight loss and Detoxification Class** — Mar 6th @ 6:30pm
- **Saturday Wellness Class** — March 3rd @ 10am DIARY & GRAINS
How they play a role in all of our major disease processes
Change your future health THIS SATURDAY!!!
- **Thursday Free Exercise Class** — 3/1, 3/8, 3/15, 3/22 & 3/29 @ 6:30pm
- **Next Thermography Exams** — 3/8/12 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