

HEALTH FIRST WELLNESS CENTER

MARCH NEWSLETTER



MARCH 2013

Volume 2, Issue 7

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. 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 pick 5 consecutive days over the month where you and your family try to eliminate all "violent" media. For example: no anger radio, no violent "news", no violent shows or no violent video games-you get the idea.

Have an awesome month!

Dr. Cory Webb

Dr. Andy Webb

Dr. Jennifer Webb

Inside this issue:

EAT WELL	2-3
MOVE WELL	3
THINK WELL	4-5
RECOMMENDED READING/DVD	6-7
CHILDREN'S HEALTH	8-9
INNATE HEALING MASSAGE	10
SPINAL EDUCATION	10
WEIGHT LOSS & DETOXIFICATION	11
MONTHLY HAPPENINGS	12



This month we will be collecting non-perishable food items to donate to a local food bank. Please bring in your items by March 29th and place them in our collection box in St. Charles or leave them at the front desk in O'Fallon.

WHAT IS REALLY GOING ON? (IN?)

Have you ever read the ingredients that are on the labels of what you are putting in your body or on your skin? I mean *REALLY* read the label. I don't mean reading just for the number of calories, fat, or sugar content, but for the actual ingredients in the product. Do you know what those ingredients are? Do you know how they will react in your body? Do you really know what aspartame or sucralose do in your body? Have

you ever looked up the individual ingredients in your flu shot or your baby's vaccinations? Do you understand what monosodium glutamate can do to your brain and heart function? What is sodium nitrate? What does benzidine do and why is it in your food? Do you really know what happens to your body chemistry when you consume high fructose corn sugar or partially hydrogenated oils? What is red #5? Why is it yellow #6- what happened to the first five attempts at yellow? What does it mean when something is brominated? Enhanced? Iodized? Florinated? Chlorinated? Fortified and enriched with *what*? If the cells in your brain can't mentally comprehend what is on a label, what do you think is physically happening in your bones, your heart, your liver, or your digestive system? Chances are if that "latest, greatest, new and improved, all natural ingredient" was never on the planet until it was developed in a lab 2 years ago, the DNA in your cells have no idea what to do with that ingredient. Once those chemicals go in you, there is no turning back. They are integrated into your cells. You *are* what you eat, breathe, drink and think!

Houston, we have a problem! If you truly believe you were intelligently designed and if you understand your genes were created for a very specific diet and lifestyle; and man “through science” has altered that diet and lifestyle, then that means the “new diet” is incongruent with our Creator’s design for proper gene expression. In other words, chemical, non-human foods will produce chemical, non-human, non-functional cells. Non-functional cells produce non-functional organs. Non-functional organs produce a future full of disease and suffering. Think about it... would you feed your dog or cat potato chips, soda, cookies, ice cream, and french fries? Why not? Obviously, that is *not* what dogs and cats are designed to eat; so we should *not* expect a good result in terms of future health for Fido or Fifi. The same goes for you and me. At what age do cigarettes, alcohol, and violent video games/television become good for you? If it is not good for a five year old, chances are it’s not good for you. There are only two basic types of choices we have in life; choices that are good for us and choices that are not good for us. Simply put, our choices are either beneficial or suicidal. We get to make that choice hundreds of times each day. How we eat, move and think will play out in our health *over time*. How are you doing? Look in the mirror. How’s your energy? Check your last physical. How are you sleeping? Scan your last blood test. Suicidal or beneficial?

The great thing about “wellness” is that you do not have to be an expert in neuroscience or biophysics to be healthy.

Move in ways that God designed you to. **Every day.** (Class- March 2)

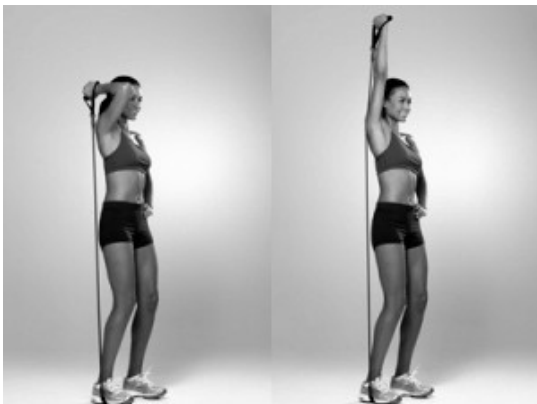
Love your Creator, love yourself, love your spouse, love your children, love humanity, love the lessons life brings you and *follow your Purpose.* (Class May 4)

As Mother Theresa so perfectly stated when she was asked how we, as individuals, could change the world, she replied, “Go home and love your family.”

We love you. Thank you for being a part of the Health First Family. See you at the next class!

MOVE WELL

Exercise of the Month: Tricep Extension with Bands/Weights



Primary Muscles Worked: Tricep

This is the complimentary exercise to the biceps muscle group that we worked on last month.

1. **Start Position:** Inspect the tube for any tears or worn spots. Stand securely on a tube with one foot. One hand close to your ear, handle in one hand, palm facing forward, and your elbow bent facing directly in front of you. Abs contracted, chest lifted. Stand tall.
2. **Execution:** Exhale as you straighten your arm and push your hand up toward the ceiling. Your elbow should continue to be pointing forward and not flare out to the side. Pause at the top of the movement.
3. Inhale and slowly control the movement back to the start position with your elbow bent and your hand next to your ear. That is one repetition.
4. Avoid this exercise if you have any elbow or shoulder problems or feel pain in the elbows or shoulders (or anywhere else).

Trainer Tips:

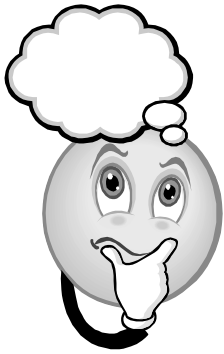
- Proper form, posture, and correct breathing are very important - not only to isolate the targeted muscle group, but also to prevent injury.
- Adjust the tension of the tube as needed to add challenge while still keeping good form.

Basic Workout: 3-4 Sets of 10 Repetitions (Reps), 2-3 x/week

This exercise can be done with dumbbells also if you do not have bands.

THINK WELL

Think about it...



If we really are “evolving,” shouldn’t the world population be getting healthier and healthier each year? (Research shows we have developed more diseases in the past 100 years than in all of previous history.)

Think about it...ALL choices can be put into one of two categories- beneficial or suicidal. Choose wisely.

Think about it...There is no mammalian species that consumes milk past infancy. Have you ever seen an adult cow, goat, moose, dog or cat nursing? Milk is designed as a calorie and hormone transport system to provide baby mammals a nutrition source until they can consume a solid food diet. Elephants, the largest land mammal by weight, consume no milk and have no osteoporosis. Elephants walk around all day and eat green plants--the best source of calcium and magnesium.

Think about it...Humans are omnivorous, which means we are designed to eat fruits, vegetables, seeds, tree nuts, and meat from healthy animals. There is no research showing that humans are designed to be vegetarians.

Think about it...Fat does NOT make you fat. Ask any farmer how you fatten up a cow. You feed them corn and grains and don’t let them move around. Do you know anyone doing this as a human diet? Fat is actually considered an *essential* nutrient. Your brain is over 50% fat. Your myelin sheaths (the insulation around your nerves) are made of fat. Your joints are composed of several types of fats. Fat is actually designed to be our primary energy source. You can’t regulate blood sugar without proper fat intake. Hormone balance is largely dependent on the right amount of fat. Look around...how is that NO or low fat diet working for American health? (Google search Sally Fallon or Mary Enig for more info on the benefits of good fats.)

Think about it...Does health insurance really insure you are going to have a healthy future? We should call it what it is: disease insurance. The only true health insurance is making healthy lifestyle choices each and every day.

Think about it...If animals eat an unnatural diet and live in an unnatural environment and become sick and then *we eat those animals*, what will happen to us?

Think about it...If “health care” were free and unlimited, which drugs would you take to make you healthy? Which organs would you have removed to make you healthy? Let’s call it what it is: it is disease care, not health care. Treating poor lifestyle choices with drugs and organ removal will NEVER create a healthier person. It makes sick people more comfortable. This is NOT health. Studies show that we are not *living* longer, but keeping *sick people alive* longer. (All the experts agree that the cost of this “disease care” cannot be sustained.) CON’T

Think about it...If we raise fruits and vegetables with chemicals and artificial-synthetic fertilizers and we consume those plants, what are we making next year's cells out of?

Think about it...You cannot experience a positive emotion following a negative thought. Try it. The great thing is you cannot create a negative emotion after having a positive thought. TRY IT! Police your thoughts.

Think about it..."You are the genetic expression of your lifestyle choices and the environment you choose to keep yourself in." Bruce Lipton PhD- The Biology of Belief



Eat Well Move Well Think Well®

The Innate Lifestyle™ Program

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.

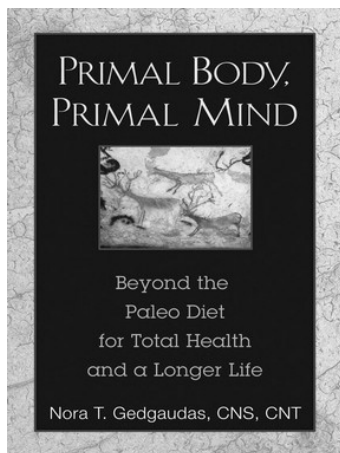
Have your friends and family join you. *This will be the best investment you ever make in your family's health!* Make 2013 the year you finally take care of you.

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 or call us at 636-946-3600

RECOMMENDED READING—PRIMAL BODY, PRIMAL MIND



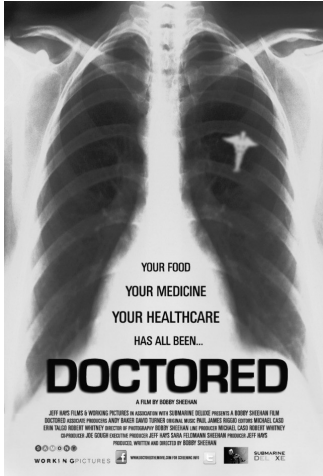
Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind-body wellness

- Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function
- Shows how our modern diet leads to weight gain and “diseases of civilization”—such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD
- Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention

Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgaudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and “diseases of civilization”—such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness.

Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake—critical to our brain and nervous system but sorely lacking in most people's diets—she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based, yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

RECOMMENDED DVD—DOCTORED THE MOVIE



According to this hard-hitting documentary, *Doctored*, a deliberate campaign to undermine and label alternative forms of medical care as “quackery” has been silently under way for more than the last half century.

Perhaps most affected by this campaign, the Chiropractic Industry has been systematically demonized and prevented from telling their story-- until now.

In 1987, after twenty-four years of inflicting crippling damage to practicing Chiropractors, the AMA was found guilty of conspiring to “contain and eliminate” the Chiropractic profession. But the Medical industry, along with its economic right-hand partner, the Pharmaceutical

industry, didn’t stop with Chiropractors...

With approximately 98 percent of the AMA’s advertising revenue for medical journals provided by pharmaceutical companies, this conjoined force set out to crush any and all alternative health competitors. And this assault continues...

This bold documentary provides candid views into how this united front operates - from the revealing and troubling confessions of ex-pharmaceutical reps about the industry’s newest target - children and teens - to how both industries are unabashedly creating drug addicts in normal, unsuspecting citizens.

Included in this documentary are interviews with alternative health leaders, including Dr. Joseph Mercola, revolutionary practitioner Dr. Stanislaw Burzynski, and others. Here, too, are the heart-warming - and heart-breaking - stories of terminally ill patients healed by Chiropractors and other alternative practitioners... and patients lost due to the hideous medical bureaucracy that still exists today.

But there is hope, according to the DVD... Consumers are pushing for answers and demanding alternatives to prescription drugs. And today’s medical students are asking the questions that matter: How can I truly help my patients? How can I integrate my practice with alternative medical practices?

At last, it appears we are finally moving into the realm of patient empowerment and the united team...

Connection Before Correction



Extensive research is showing that we cannot influence children in a positive way until we take the time to create a connection with them. Sometimes we have to shift our singular focus from stopping the unwanted behavior to first connecting with our child, and healing the relationship. Remember, the defiant behavior coming from your child is his or her way to get a need met in the moment. Your child has a need and he doesn't know how to get it met. So, he chooses defiance instead. At this point, is it our job as parents to control our emotions, and connect with our child to create a sense of safety and openness. Punishment, lecturing, nagging, scolding, blaming or shaming only creates the negative cycle of fight, flight, or freeze.

When a child feels a connection, they feel belonging and significance. Often that is enough for misbehavior to stop. Now, it is important to know this is not about giving a child whatever they want. That is simply not effective. Rescuing, fixing, and over-protecting are not good ways to create a connection. Effective connections are made when both child and adult feel belonging and significance. How do you establish connection?

1. Spend special time with children. What could create a greater connection for your child than to know you enjoy spending time with him or her?
2. Listen. Really listen. Stop doing whatever you are doing and give your child your full attention.
3. Recognize your child's needs and validate their feelings. Make sure they feel understood. Children will listen after they feel listened to.
4. Once your child has calmed down, focus on finding solutions together. Ask curiosity questions to help children explore the consequences of their choices instead of imposing consequences on them. Sincere questions open the heart and the rational brain and = connection. Be aware that in the dominant style of parenting, correction usually involves punishment (time-out, grounding, and taking away privileges being the most common). It consists of parents doing something TO children. With the non-violent style of parenting, correction respectfully involves the children whenever possible, finding solutions WITH them.
5. Physical touch, aka, HUGS. There are times when all of us need nothing more than a hug.

Why parent this way? Because you want the best for your child and his development. You want the best for your family. Because looking at the long-term results of punishments in scientific studies show they are harmful for the child's developing brain. Because you have the greatest legacy of peace, cooperation, and kindness to pass along to your child so he can pass it along to his children. This is the innate way of parenting.



Contact Us Online 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.

We are excited to have Vesterbrook as part of our community of wellness. They have offered us an opportunity to become a drop off place for them to bring orders. We need to commit to a minimum of 25 orders in order for that to happen. So if you are interested in ordering please check out their website for pricing and let us know what you would be interested in. We will have a sign up sheet at the front desk and let everyone know if we reach our goal of 25 orders.

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 \$30.00

8 Cup order \$20.00

4 Cup order \$12.00

Trial-Size \$5.00

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.

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!!

Appointments available Monday—Friday

Times vary so please call the office to make your appointment today!

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

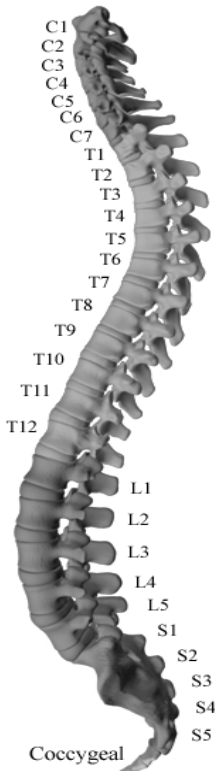
90 min Deep Tissue \$90

Innate Healing Massage

636-946-3600

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

SPINAL EDUCATION



DID YOU KNOW.....

T5 is the fifth vertebra in the thoracic area. It controls the liver, solar plexus, circulation (general), heart, esophagus, stomach . Subluxations in this area can cause liver conditions, fevers, low blood pressure, anemia, poor circulation, arthritis, lowered resistance, allergies, hives, dizziness, blood sugar, varicose veins, fatigue, skin problems, asthma, bronchial problems.

EXERCISE/STRETCHES: Swiss Ball Back Extension (Chest Shoulders, Abs, Anterior Spinal Ligaments)

Lie on a Swiss ball and bring arms up with 90-degree angles at shoulder and elbow. Lean head back and extend spine as far as possible while keeping feet planted on floor. Hold extended position for at least 30 seconds. If dizziness occurs stop and inform your doctor.



CORRECTING DEFICIENCY AND TOXICITY- PRODUCT B

“B” the change you want to see in the world.

Go beyond surface symptoms to target the ultimate causes of aging. Now in its third generation and with more action than the original, Product B is the youthful aging catalyst you’ve been waiting for.

What should I know about Product B Antioxidants plus Telomere Support?

Product B positively supports telomere health by combining scientific breakthroughs in telomere support and the benefits of antioxidants in youthful aging. Product B helps maintain youthful function of cells and healthy telomeres so you can live a longer, healthier life.

How can I benefit from using Product B Antioxidants plus Telomere Support?

Product B’s full spectrum of natural bioactive antioxidants helps fight the effects of free radicals and oxidative stress, which can accelerate aging and contribute to poor health.

Helps maintain youthful function of cells and healthy telomeres

- Helps protect the body from harmful free radicals that can accelerate aging and contribute to poor health
- Targets the sources of aging, such as oxidative stress



**Our next Isagenix Nutritional cleansing class is
Tuesday, March 12th @ 6:30pm at the St. Charles Office**

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



THERMOGRAPHY

Next Scheduled Visit Here : April 25th

Gift Certificates available.

Medical Thermography of Metro St. Louis
"Proactive and Preventive Health Screening"

www.medicalthermography-stl.com

314-566-0350

618-806-5220

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

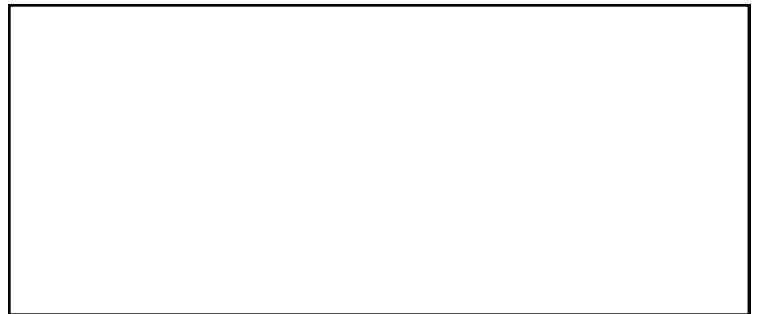


NOW ON FACEBOOK!!!

HEALTH FIRST CHIROPRACTIC WELLNESS CENTER

Link is also on our website

CHECK US OUT and LIKE US!



MARCH HAPPENINGS

❖ **New Patient Orientation classes @ 6pm – 3/5, 3/19 St. Charles**

– 3/12, 3/26 O'Fallon

❖ **Weight loss and Detoxification Class @ 6:30 pm – 3/12**

❖ **Saturday Free Wellness Class @ 10am – March 2nd**

“Move Well—How we are designed to move, Increasing your energy.”

❖ **NEW** Tuesday Night Fish Bowl Question Night Class – 3/26 “The Keys to a Healthy Life!”**

❖ **Thursday Free Exercise Class @ 6:30pm – 3/7, 3/14, 3/21, 3/28**

❖ **Thermography exam – Next appointment date will be in April 25th by appointment only**

Be sure to check out our website for the New 2013 class schedules!

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!