

# Health First Wellness Center

## March 2015 Newsletter

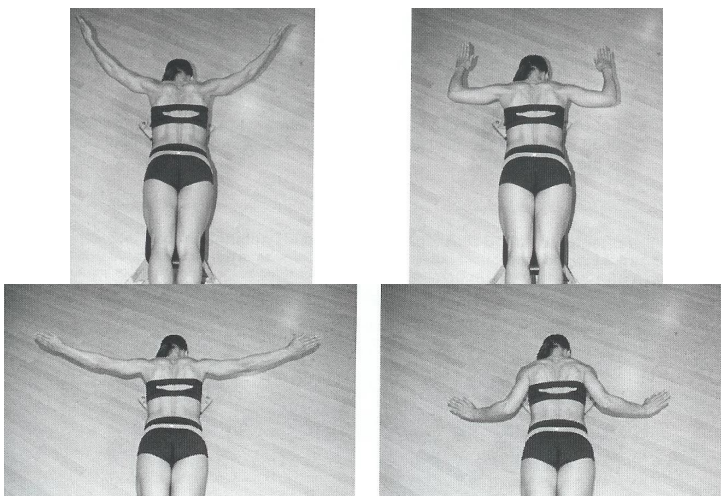
This newsletter is dedicated to bringing you the most current information on how to keep you and your loved ones healthy, happy, and vibrant. If you ever need further information or verification of the research that is cited in this newsletter, please call the office for references. We hope this month's newsletter will inspire you and your family to keep on the path toward realizing your highest levels of health.

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



### March's Healthy Challenge

This month's challenge is to do your daily Spinal Exercises. If you don't have those or even know what they are, please ask Dr. Webb.



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# Eat Well - Sodium Deficiency Triggers Stress

By [David Brownstein, M.D.](#)

It is as simple as this: Reducing sodium intake to the level recommended by the American Heart Association (less than 1,500 mg/day) does not supply the body with enough sodium to function optimally.

Ingesting that little sodium would trigger a stress response by the adrenal glands, releasing hormones such as renin, angiotensin, and aldosterone. These hormones help the body absorb more sodium from the diet and also enable the kidneys to reabsorb more sodium from urine.

What happens when these stress hormones are released? Cholesterol and triglyceride levels increase and blood pressure goes up.

Insulin levels also rise, of course, there are many drugs available to treat elevated levels of renin and angiotensin, and there are also plenty of drugs to treat high cholesterol, triglycerides, and insulin levels.

Maybe the powers that be have other reasons to recommend low-sodium diets.

The average American diet contains about 5 grams of salt per day. There is no need to reduce salt intake below this level unless you have kidney disease.

In fact, because 9 to 18 mg of salt can be excreted by the kidneys each day, up to 100 grams of salt per day might not even be too much. However, I don't recommend eating that much salt.

I do suggest using natural, unrefined salt that has a full complement of minerals.

Salt comes in either refined or unrefined form. Refined salt contains 99 percent sodium and chloride, with a small amount of iodide added in. It also has toxic additives such as ferrocyanide and bleaching agents to make it bright white.

Unrefined salt is much lower in sodium and chloride — only about 93 percent. The rest is made up of more than 80 trace minerals, including potassium.

Unrefined salt is a much better food source than the refined type. In fact, there is no place for refined salt in anyone's diet.

In my opinion, most people should ingest at least a teaspoon of unrefined salt per day. If you exercise a lot or simply tend to sweat more, you may need more than just one teaspoon.

If you are deficient of salt, you are likely to experience muscle cramps, particularly in your legs. When this happens, I tell my patients, "Keep taking more salt until the leg cramps go away."

## 100% Organic & Fresh Innate Salad

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

Kim @ 636-936-1328. Orders delivered to the office every Monday by Noon.

**13 Cup order: \$30 / 8 Cup order: \$20 / 4 Cup order: \$12 / Trial Size: \$5**



### Supplement class

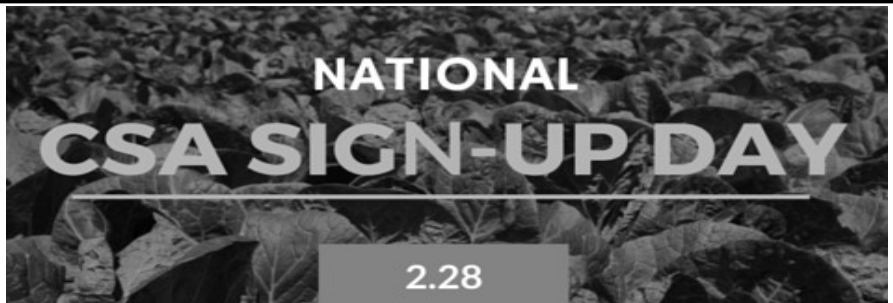
**IsaGenix Weight Loss/Cleanse**

**3/24 @ 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



**Spring is coming and Farm Shares are available - Dr Webb/Health**

**First Wellness patients receive a 10% discount.**

**Use coupon code "DrWebb2015"**



**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**  
**Innate Salad/Juicing Box also available**  
**Discounts available for homeschooling families,**  
**veterans, single parents, etc.**  
**Check website for details or to register.**

## Think Well -“I can’t do that, I have BBS.”

In the last 50 years in United States we have a growing problem with BBS. BBS has been silently taking the lives of millions of unsuspecting people since the industrial revolution, but especially since the technology boom. BBS has increased dramatically since the advent of the automobile. BBS in our culture has grown exponentially since the invention of the television. BBS has become an even bigger problem since the development of the computer. BBS has taken the lives of many of your friends, co-workers, family and loved ones. How do you know if someone is developing BBS? Start by listening to them.

BBS is a syndrome that slowly develops undetected in childhood. If you are looking and listening closely you can see and hear the signs, but they are easily missed; especially if you have BBS yourself. The initial signs are subtle, but by adulthood you can easily identify someone with BBS.

There are many examples of BBS in everyday conversations. Many doctors today claim BBS may be genetic. They are currently investing millions of dollars in the diagnosis and better treatment of BBS. The pharmaceutical industry is investing millions of dollars each month in the development of new drugs to manage the growing number of victims suffering from BBS. Please be aware of how dangerous BBS truly is. BBS will eventually rob you of all of your initiative and will. BBS will steal your dreams of prosperous future. BBS will crush your hopes. BBS will slowly eat away at you until you degenerate from multiple internal organ issues. What is BBS and how can it be prevented?

BBS is “Big BUT Syndrome.” Yes, some of you right now may be thinking of someone you know who has BBS. Some of you may have BBS currently but you are in denial. Some of you may need intervention to make you aware of how severe your big BUT actually is. BBS is easy to spot in someone else, but much harder to diagnosis in yourself. You can try searching the internet for the 18 cardinal signs of BBS, but the easiest way is to start listening to the words you speak. Here are a few simple phrases to listen for:

I wish could be healthy, BUT...  
I wish I could be wealthy, BUT...  
I wish I could to be happy, BUT...  
I wish I could go back to school, BUT...  
I wish I could lose weight, BUT...  
I wish I could help volunteer, BUT  
I wish I could control my anger, BUT...  
I wish I could go there again, BUT  
I wish I could change jobs, BUT...

**IF IT IS IMPORTANT  
TO YOU, YOU WILL  
FIND A WAY.  
IF NOT, YOU’LL FIND  
AN EXCUSE.**

I wish I could start exercising, BUT...  
I wish I could go on vacation, BUT...  
I wish I could quit smoking, BUT...  
I wish I would start going to church, BUT...  
I wish I could read that book, BUT...  
I wish I could support my family better, BUT...  
I wish I could move into my own place, BUT...  
I wish I could find the right man, BUT...  
I wish I would eat better, BUT...

Whenever you have a wish, a hope or deep burning desire for something, listen to the reasons (the BUTS) you tell yourself as to why you don't or can't have that particular dream come true. How big is your BUT? When you look at your BUT everyday, ask yourself what is the *real reason* I don't have what I desire. It comes down to how big your BUT is. Your big BUT is keeping you from realizing the potential for the health, happiness and abundance that God desires for you. Start to shrink your BUT today. Begin by identifying the source of your big BUT. Your big BUT isn't your parents fault. It isn't your age. It isn't because that's how things are in your family. Your big BUT isn't because of your financial situation. It isn't because of your ill health. It isn't because of \_\_\_\_\_. (fill in your best excuse here.) "BUT, you don't know my situation." BUT you don't know may past. BUT, you don't know what they did to me." Those particular BUTs are so big it actually start our statements! Watch out, those BUTs will grow even BIGGER.

BBS (ie; the Blame Game) starts early in childhood. "I would have been nice, BUT she made me mad. I would have brought it, BUT the dog ate my homework. I would have had it prepared, BUT my parents wouldn't help me. Then as we age... I would be healthy, BUT I have this "bad gene." My kids would be healthy, BUT your kids didn't have their booster shots. I would be wealthy, BUT the government is keeping me down. BUT my schedule, BUT the germs, BUT the weather, BUT, BUT, BUT... on and on the blame game goes. NEVER looking in the mirror and speaking the Truth.

The Truth: We are where we are because we choose to stay that way. Stopping BBS starts with YOU. BBS is running rampant through our schools, churches and homes. Be aware of it when you see and hear it. Be sure to help people with big BUTS whenever you see them struggling. Our job as people who are aware of big Buts is to help and serve. God wants us all to reach our potential in life. Just because you've had a big BUT for a really long time, doesn't mean you can't change it now. Start Today. "The journey of a thousand miles begins with a single step."



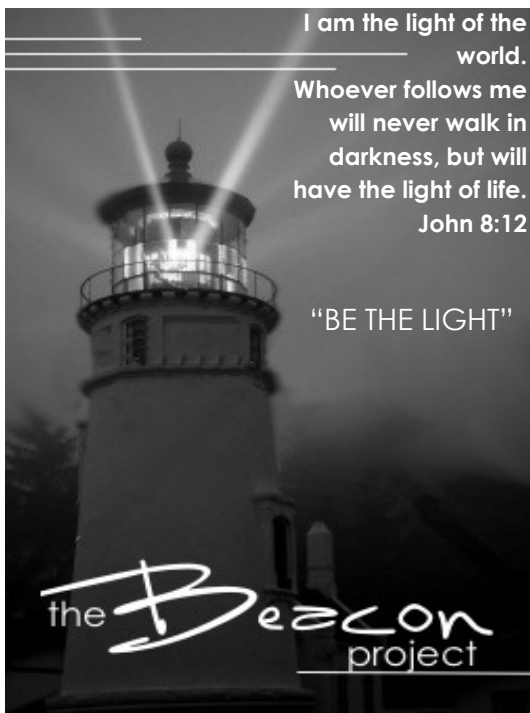
# dōTERRA®

## Essential Oil 101 Class -

- ◆ Thursday March 12th @ 6pm
- ◆ Thursday March 26th @ 6pm

Please join us by signing up  
at the front desk today!

## The Beacon Project – Girl Scouts April Showers



This month we are collecting for the Girls Scouts April Showers program, it is important to the Girl Scout program and the community at large. Girl Scouts, their troop leaders, families and friends help people in need by collecting personal care items.

### Personal Care Items Needed

- Deodorant
- Diapers/Baby Care
- Facial Tissue
- Feminine Hygiene Products
- First Aid Supplies
- Mouthwash
- Shampoo
- Soap
- Toilet paper
- Toothbrushes
- Toothpaste

Please drop off all donations in the donation box at St. Charles or O'Fallon office.



# HOLY YOGA

## WINTER 2015 SESSION

When : Tuesdays, Jan 20—March 31, 6:15—7:30pm

Where: CrossWay Church, 420 Hemsath Rd, St. Charles, MO

Cost: \$10 per class—registration requested, Cash or Check Only please.

You can join the session at any time!

All levels of experience welcome and encouraged!

Bring water and a mat. ( If you don't have a mat, we have some to lend.)

To Register/More Info: [Kathy@narrowgatewellness.com](mailto:Kathy@narrowgatewellness.com) or call 636-939-9041

### Move Well -Exercise of the Month: Downward Facing Dog

**How to:** Starting on your hands and knees, turn your toes under and straighten your legs as you raise the hips and straighten the arms. Shift your weight to the back of your legs, pressing down on the heels. Hold for 5 to 10 breaths. Lightly lower both knees back to floor. Repeat if desired.

**Benefits:** Opens the shoulders and stretches the hamstrings and calves. Creates length in the spine. Increases blood flow to the brain which calms the mind.



### **\*\*2015 Fee Changes\*\***

Effective January 1st—individual adjustment prices for anyone under 65 will be \$45.

For those of you 65 and wiser, adjustment prices are \$25. We have not had a per visit price change since 1996 and we are having to “adjust” to our current fees for cost of living in 2015. Thank you for understanding our need to make these changes. The adjustment packages are still a large cost savings for you, if you would like more information about these packages please ask the front desk for details.



## Innate Healing Massage

### INNATE HEALING MASSAGE

#### New Client Special

First-Time Massage Clients  
receive a

**60-Minute Massage for \$45**



Call today to make time for  
yourself or a loved one.

Gift certificates, Birthday Specials,  
& Package deals available!

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.

### Innate Healing Massage

**Emilee Kipper** LMT, NCTMB

**Trish Bruce** LMT, NCTMB

**636.946.3600**

## We are collecting Box Tops for Education and Change for Kids!

Please bring in any box tops or loose change you  
may have to help out Liberty Christian Academy  
purchase a playground for their students.



## Health First Biggest Losers Challenge Begins Feb 2nd - Ends Apr. 30th

For every pound you lose (over 10lbs) you will receive a \$1 credit per pound on your account at the office after April 30th. You will need to come in and weight in at our office, on our scale, to get your beginning weight recorded. Then return on April 30th or May 1st to get your ending weight recorded. Once we have these numbers recorded we will determine the amount of credit to put on your account. If you need any more information please contact the front desk.



**Thermography Exams BY APPOINTMENT ONLY**

Medical Thermography of Metro St. Louis

"Proactive and Preventive Health Screening"

Check out their website

for more info: [www.medicalthermography-stl.com](http://www.medicalthermography-stl.com)

or call: **314-566-0350** or **618-806-5220**

**Can Hypnosis Help me?**

Yes! It has helped thousands of people for centuries. It is safe and simple. It is one of the most powerful "self help" tools available. Anyone who desires change can benefit from this tool. All hypnosis is self hypnosis and once you learn how to get in touch with that "sub-conscious" part of you, you can use this tool the rest of your life to reach goals, handle stress better, heal faster...the applications are endless!

**Hypnotherapy is now available in our O'Fallon office.**

Almost everyone can benefit from hypnosis. Call and make an appointment for a free half hour consultation to learn more.

Hypnosis of Metro St. Louis Linda Spradling 314-520-1438

[www.hypnotherapymetrostl.com](http://www.hypnotherapymetrostl.com)

## ***2015 Healthy, Wealthy & Wise Program***

**Next Group Starts: June 30th at 6:30pm**

**Introduction to the Healthy, Wealthy, Wise Program**

If you are interested in finding out more about this program  
please sign up for the class today.

**This introduction class is Free to everyone.**

## Supplement of the Month - REPLENISH

A refreshing alternative to your toxic sports drink to rehydrate, re-energize your body for performance, and replace nutrients and electrolytes that can be lost during exercise. Just 35 calories per serving, perfect for anyone, anytime.

- ♦ 100% RDA of Vitamin C plus a full B-Complex
- ♦ Glycogen blend of fast-absorbing carbs for performance
- ♦ No artificial flavors, colors, or sweeteners



## Are your supplements working?

Want to find out?

We have a new Biophotonic Scanner to evaluate your anti-oxidant levels.

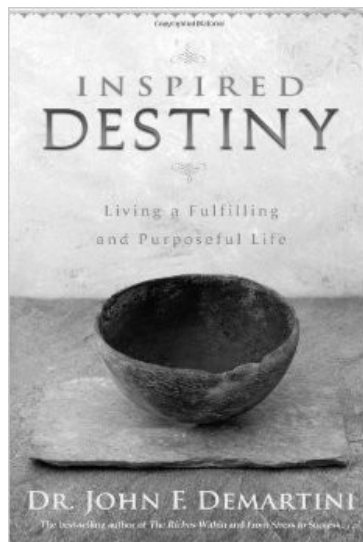
**\$30 BioScan**

Call our office or see the front desk to schedule your time today.



See if your diet and supplements are doing what they should.

## Recommended Book - **INSPIRED DESTINY**



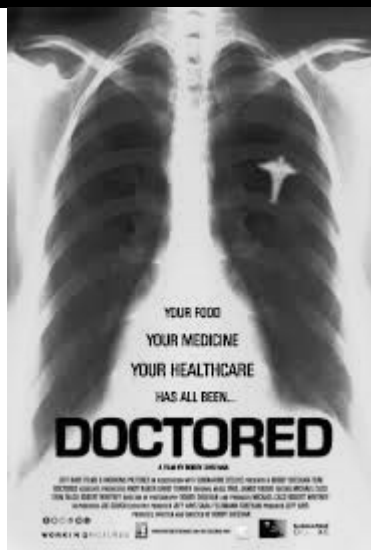
Based on a program originally developed for young people seeking purpose and direction in their lives, Dr. John Demartini's Inspired Destiny has deep meaning for readers of all ages. Whether you're a young adult or simply young at heart, it will awaken you to your inspired destiny. Do the simple exercises in each chapter and apply what you learn here, and you will:

- Clarify what you'd love to dedicate your life to
- Powerfully communicate your vision to others
- Make money doing what you love
- Dissolve the emotions that can distract you from your purpose
- Discover the power of planning your life to become what you'd truly love it to be-not what someone else thinks it 'should' be

You'll come away from this book with an immense vision of yourself, understanding the real difference between being a leader or follower,

and see how to set an example for others by doing what you love. You'll set in motion a far-reaching 'ripple effect', beginning the journey of mastering and living a meaningful and inspiring life.

## Recommended DVD - **DOCTORED**



### The Monopolization Of Our Medical System

“Your back pain will require SURGERY”

“Without these pills, you face life-long PAIN”

“Your child's behavior requires MEDICATION”

That's what the doctor tells you, but who tells the doctor what to say?

### Influencers

A visit to the doctor can be traumatic enough. Now we learn about the “influencers” - the people you never see, but whose job it is to turn you into a compliant, pill popping, revenue generation unit. And at all costs. Doctored reveals the unseen tactics of these “influencers” in an investigation that leads to the highest levels of the American Medical Association (AMA) and reveals an alarming portrait of deception and criminality. Along the way we wonder: Is much of what we “know” about modern medicine just slick marketing from companies that profit when we're in pain (or by putting us in pain)? Why aren't we being told about the successes of natural therapies?

Why do so many people think chiropractors are “quacks,” nutritional supplements a waste of money, and acupuncture a fringe therapy?

### Medical Monopoly

Is it because the “Medical Monopoly” spends millions a year attacking, ridiculing, and trying to discredit these natural therapies? The answers are almost beyond belief, until Doctored takes us into the courtroom with five chiropractors who, having been labeled “an unscientific cult,” fought back and won a landmark verdict. Their heroic story forms the backdrop of one of the most personally compelling documentaries ever. Because of their bravery, the medical industrial complex is no longer blocking access to safe natural alternatives, pill popping is giving way to smarter preventative care, and purveyors of sickness are being shoved aside, resulting in a healthier life for us all.

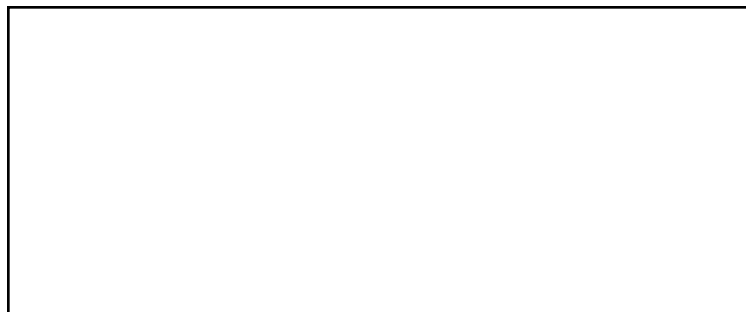


530 Madison St.  
St. Charles, MO 63301

**phone** 636.946.3600

**fax** 636.946.3019

**e-mail** hfchiropractic@yahoo.com



**Webbs on the Web!**  
[www.webbwellness.com](http://www.webbwellness.com)



Like us on FACEBOOK:  
**HEALTH FIRST CHIROPRACTIC  
WELLNESS CENTER**

## March Happenings:

- **New Patient Orientation Class @ 6pm**
  - St. Charles 3/3, 3/17
  - O'Fallon 3/10, 3/24
- **Saturday Wellness Class @ 10am - 3/7 Move Well**
- **Tuesday Healthy, Wealthy, Wise Member Program @ 6:30pm -**  
**Session 3 March 10th**
- **Supplement Class @ 6:30pm - 3/24 IsaGenix Weight Loss/Cleanse**
- **Thursday Exercise Class @ 6:30pm - 3/5, 3/12, 3/19, NO 3/26 Class**
- **Thermography Exams - April 23rd 2015 by appointment only**
- **Essential Oil Classes - 3/12 & 3/26 @ 6pm**

**\*\*REMINDER:** Children are welcome to attend our classes only if they can remain quiet through out the whole class. We have had complaints of not being able to hear what is being taught due to children being too loud during classes. So we ask that please not bring your young children if they can not remain seated and quiet during classes. Thank you for your understanding.