

HEALTH FIRST WELLNESS CENTER

NEWSLETTER

FROM THE DOCTORS

Happy Mother's Day to all the Moms!

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 walk one mile – 3 times a week or more– with a loved one–outdoors. (weather permitting.)

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

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PRACTICE MEMBER(S) OF THE MONTH:

This Month's Member(s) is The Genthe Family.

Thank you Charles and Katie for choosing our office for your family. We are truly blessed to be able to serve you and yours.

-The Health First Doctors & Staff

THINK WELL



Vision Mapping-

“Where there is no vision, the people perish.”

King Solomon- Proverbs 29:18

The vision mapping process is a goal achieving process that will radically increase your productivity and raise your level of achievement in any endeavor, project or area of life to which it is applied. First, it helps you to create a clear and specific vision, along with a detailed road map to effectively and quickly achieve that vision. It infuses life into any area in which it is applied.

There are five steps to the Vision Mapping Process. As you work through the process you will need to have a loose leaf notebook and a pen handy. Write down a list of any areas of your life in which you would like to see significant improvement. Some people will only list a couple areas of life such as “personal life” and “career.” Others will have more. There is no magic number. Example- My marriage, my children, my health, my business, my finances, my home projects, etc. Once you have determined your most important areas, write them down. Next, make a list of your most important dreams, desires, or projects for each of those areas for your life. Next, prioritize each list, starting with the most important dream. Once, you’ve done this for each area, you’re ready to begin the Vision Mapping Process.

Dreams- Start with your most important dream in any given area, write a clear and precise description of that dream. This description should be at least a sentence or two, but no more than a single page. If possible, try to draw or find a picture that provides you with an image or symbol of what fulfilling this dream might look like.

Goals- Create a “Goals Page” for that specific dream. To do this, state the dream at the top of the page. Then make a list of the specific, intermediate goals that need to be achieved to fulfill that dream. This step converts your dreams into specific measurable goals.

Steps- Create a page for each goal and label those pages “Goals to steps.” On each page list the intermediate goal you want to achieve, then, list the steps that need to be taken to achieve that goal.

Tasks- Next, take any complex step in your list of steps that requires the completion of more than one task and create a “steps to tasks” page. List the specific tasks that need to be completed to take that step.

Timing- The final step in this process is to assign completion dates to each task and step. Once you’ve done that, you’re ready to begin. Now you can work on achieving each goal one task or step at a time. Complete each step one by one, until you have achieved your dream. This entire process will likely reveal tasks or steps that you cannot complete on your own, due to lack of know-how or limited resources. Don’t panic. This is where you will need a mentor, partner, or professional to team up with you to help you make your dreams a reality. Embrace help.

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YES - you really need to write this entire process down on paper. You want to create a clear and precise vision for each of your dreams, and a detailed road map and a timetable for achieving those dreams. This is what the process will give you. It is easy if you “chunk in down” into manageable pieces. You don’t have to do everything at once. There’s no dead line on completing your Vision Mapping. It’s a lifetime project. Start fulfilling your life dreams today.

Very basic example on how to do a vision map- yours will be specific to you...

Dream- *I am at my ideal healthy weight. I am strong and capable. My life is not limited by any physical ailments. I can function and perform my duties and hobbies with full enjoyment. I am physically fit, healthy and happy. I accept myself fully and completely and I enjoy each moment life brings me.)*

Goals- *Lose 25 lbs. by August . Lose 50 lbs. by January 2013. Pre-plan all meals for the week each Friday. Buy groceries for those pre-planned weekly meals and nothing “extra” each Saturday morning. Be able to do 15 pushups, 25 sit ups, 35 squats, and hold the plank position 2 minutes each day by November 2012. Fill in my gratitude journal before bed nightly and visualize my future successes. Be in bed by 9:30 pm each night.*

Steps- *to losing 25 lbs. - educate myself on what needs to be done by attending all the free eat well, move well think well classes at Health First Wellness Center, do a 30 day detoxic and body purification cleanse, go to the Thursday night exercise class at HFWC, get a gym membership, call emerge fitness or kor fitness to get personal training sessions, join the Innate lifestyle program,...)*

Tasks- *Put my “health first” by declaring it on my schedule. I will call and set up a consultation with my doctor or trainer on Monday May 14th, I will get off work on the Saturday morning class dates for the next twelve months. Each Friday I write out my grocery list to match all the meals for next week. I schedule my 4-5 workouts in advance and revolve my free time around my fitness plan. (not vice versa) I get my family and friends involved as my partners for better health. I schedule a weekly conversation with my “accountability buddy” to keep me on track and motivated/supported. I get to the gym 5 days a week because my family needs me to be healthy)*

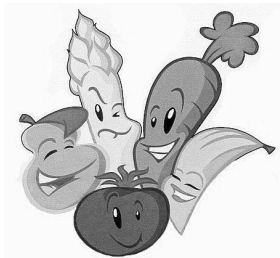
Timing- *daily 7am take my essential supplements, ... M-F 7am exercise, Thursdays- 7pm weekly call with accountability buddy ... Friday 8pm weekly -grocery list... Saturday 10 am weekly-buy groceries , etc.*

Be as specific as you can with everything. *The more detail, the better. The less we leave to chance the better. Set up a system for success. Everyone has a system. The problem is our current systems are usually based on what is comfortable, not growth, learning or higher Purpose. We are all creatures of habit. Now you are going to be a creature of good habits. Vision Mapping is just a better visualized, systematic, achievable plan so you can accomplish whatever your heart desires. Whether it is reading the entire Bible this year, losing weight, volunteering to help others, having more family time, whatever... I really want you to have the fulfilling life God has intended for you. Vision Mapping a simple tool for you to experience what that is.*

“Where there is no vision, the people perish.”

“Vision without action is illusion.”

EAT WELL



We all need friends

Life can be very difficult if you feel like you have to do it all on your own. The great thing is, after you realize you CAN'T do everything on your own, life gets easier. You are NOT designed to do it all yourself, basically, if God really wanted you to do everything on your own, you would be the only one here. Once you realize you need friends and helpers, people start showing up in your life with the skills and talents to help you overcome the burdens in your life. Most people are blessed to have an abundance of friends to help and support us.

It works that way with our health as well. You literally have about 10 billion “friends” on your health-care team. If you are healthy, you have over 10 billion probiotic bacteria at work inside you right now. The definition of “probiotic” means “for life or promoting life.” (Side note- antibiotic literally means against life or killing life.) Humans cannot maintain a healthy system for any significant time without some form of probiotic bacteria in your body. The millions of “good” bacteria are at work in your immune system fighting off “bad” bacteria at this very moment. They are continually breaking down any food that comes into your system so you can better absorb the nutrition into your cells. Probiotic bacteria break down fiber to keep your bowels at the right consistency and frequency. Probiotics are continually cleansing waste and removing toxic substances from your body. They are at work in you at all times. That is, if they are in you. Most researchers say the gut wall and digestive system of most healthy people contains about 85-90% probiotic bacteria and about 10- 15% transient, temporary opportunistic bad bacteria. The problem is that most people in affluent cultures have that reversed.

Americans are taught that all bacteria are “bad” and we need to make sure that everything is sterilized , bleached, cleaned and scoured with antibacterial soaps and that would keep the invisible “bad”: germs free from getting us sick. While it is obvious that basic hygiene is necessary, the simple truth that has been shown over and over in the last 40 years is that you and I cannot survive without the ingestion of “good” bacteria. For thousands of years on this planet, everything humans ate that came from the soil, contained tens of thousands of good bacteria. These bacteria fought off disease and keep our bowels working properly. About 80 years ago, we began to spray chemicals on our fields with the intent of killing anything alive that might damage the crops. The problem we have now created now is instead of ingesting these healthy bacteria on a daily basis as God intended we are actually destroying our health and ourselves in the process by spraying our “friends” away. You can't do it on your own. God gave us thousands of good friends to help keep us healthy. Everything our ancestors ate was organic. Until 80 years ago there was no other option. Most “advancements” in the food industry are not to create healthier better foods and better health, it is to create better shelf life and better profitability for growers and food companies. I challenge you to prove any different. If it were to create healthy people, shouldn't we have been getting healthier over the last 80 years? 80% of adult Americans consume medical drugs on a daily basis... is that healthier? You decide.

For any of you that actually would like to get off you medications, return you bowels to normal healthy function, restore your energy and improve your digestive and immune systems, I suggest you start juicing organic fruits and vegetables on a daily basis. Keep your fiber intake high- from raw fruits and veggies, not grains and cereals. And start taking a probiotic containing Lactobacillus Plantarum on a daily basis. You will see a health benefit within one month I guarantee it!

MOVE WELL



Exercise of the Month: The Front Plank

The plank is an isometric exercise that helps build endurance in your entire core - abdominals, lower back and stabilizing muscles. It is a powerful but simple exercise that you can do at home.

How to Perform the Plank Exercise:

1. Lie face down on a mat or the floor
2. Raise up onto your toes and your elbows
3. Keep your back flat, keeping your body in a straight line from head to heels
4. Contract your abs to ensure your body doesn't drop (pull your belly button in towards your spine)
5. Hold position for a designated time (start slow)

As you balance, gravity will pull your midsection towards the ground and your lower back will have the tendency to sag. To prevent this, you need to contract your abdominal muscles to keep your body properly aligned. You may notice your body starting to shake after holding the plank position for a few seconds. This indicates lack of strength and stabilization in your abdominal region.

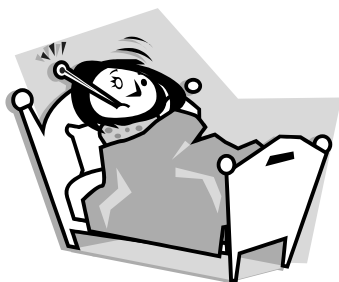
As you continue practicing the plank exercise, you will notice drastic improvement in your core strength and coordination. You will be able to hold the position for much longer before starting to shake.

If you are experiencing pain, stop the exercise. If you have pain, you may need to improve your form, or you are holding the position for too long, too fast. Start slow, take your time, and build up your endurance and core muscle strength.

Challenge of the Month: Start slow - 2/4 rounds X 15 secs each and make progressions as you become stronger. Work up to 1 round of 2 min straight - (This may take longer than a month to reach this level)

Let us know how you are progressing. We will work on a Side Plank later :)

CHILDREN'S HEALTH by Dr Jennifer Webb



Don't Fight the Fever

Parents naturally want to help their children feel better when fevers, colds, and illnesses arise. Often, parents will choose popular over-the-counter remedies to suppress fever and alleviate symptoms, thinking they are helping the child. Yet, it is important to recognize that by suppressing fever, a critical immune response is also being suppressed—one that is necessary for fighting illness.

Fever can be uncomfortable. A child with a high fever will often seem irritable, lethargic, and listless. This is an alert that the body is mobilizing defense against disease. At this point, the best way parents can care for their child is by encouraging rest and fluids.

The pervasive belief that fever is dangerous and must be suppressed disregards the scientific evidence demonstrating its beneficial role. Numerous studies have shown that fever enhances the immune response by disabling bacteria and viruses. “Doctors do a great disservice to you and your child when they prescribe drugs to reduce fever,” writes Dr. Robert Mendelsohn, pediatrician and author of *How to Raise a Healthy Child In Spite of Your Doctor*. “Fever phobia is a disease of pediatricians, not parents, and to the extent that parents are victimized by it, doctors are at fault.” Parents must understand that reducing the child’s temperature will do nothing to make the child well. Mendelsohn emphasizes that “only in the case of heatstroke, poisoning, or other externally caused fevers is this body mechanism overwhelmed and inoperative.”

Dr. Mendelsohn continues, “Fever produced by viral or bacterial infections will not cause brain damage or permanent physical harm. Fevers are a common symptom in children and are not an indication of serious illness unless associated with major changes in appearance and behavior or other additional symptoms such as respiratory difficulty, extreme listlessness, or loss of consciousness. The height of fever is not a measure of the severity of the illness.” For example, a child who appears very ill with a fever of 101°F would be much more of a concern than a child who feels fine, is drinking and playing, but has a fever of 105°F.

As a note of caution, when a fever arises in a newborn in the first few weeks after birth, there is a heightened level of concern. As breastfeeding plays a critical role in preventing infections in infants, breastfed babies are very well protected against a vast range of pathogens and have a lesser risk of developing fevers in the newborn phase.

Parents must remember that fever is a vital aspect of the immune system. When a child has a fever, it is not necessary to artificially lower the temperature. It is, however, important for the child to take in plenty of fluids, because in this time of elevated body temperature, it is easy to become dehydrated. Water, broth, or an electrolyte drink such as *Recharge*, are great choices. Rest during times of fever will allow the body to use its energy to fight off infection. Remember, the immune system depends on the fever to accomplish many different tasks when gearing up to fight illness. Trust in your child’s innate ability to heal. “The power that made the body heals the body.” - B.J. Palmer, DC

THERMOGRAPHY

Next Scheduled Visit : July 26th by Appt Only

Thermography -early detection breast health screening and much more!

Thermography, via the use of an infrared camera, gives us information relating to **vascular activity, inflammation, lymphatic activity, hormonal dysfunction and other “functional” abnormalities within the body.** Annual thermograms are used as a screening tool to identify changes that occur over time while still in the stages of early development and before there is more advanced pathology that can be detected with other tests. Most physicians now agree that inflammation is a precursor to many diseases such as cancer, arthritis, heart disease and diabetes. By detecting early changes that precede malignant pathology, or other life threatening diseases, we have an opportunity to intervene and change the outcome. The earlier an abnormality is detected, the better the treatment options will be.

Thermography as a tool for Breast Cancer Prevention is growing rapidly. It can detect irregular patterns in the breast, conditions that occur before a noticeable lump is formed. In inflammatory cancer, there are no lumps to be detected, but the inflammation can be seen by Thermography. **Thermograms look at vascular changes in the breast, as they detect blood flow patterns, inflammation and asymmetries.** Traditional mammograms look at anatomical changes in the breast, as they detect masses or lumps in the breast tissue. Thermography is FDA approved and endorsed by the United Breast Cancer Foundation as an adjunctive breast health screening procedure. Thermal imaging is NON-invasive, is NOT painful, makes NO contact with your body and there is NO radiation. **Women that are pre-mammogram age with a family history of breast disease or women with implants now have a screening tool that works for them. Most of these women would not otherwise be tested.**

Thermography is the only method available to “Visualize” your pain and pathology. It is a useful adjunctive procedure to other diagnostic tools, such as x-ray, CT scans, ultrasound and MRI scans, and can be used to fill the gap in clinical diagnosis. While these are all tests of “anatomy” that measure structures of your body, Thermography is unique in its ability to measure your physiological changes and metabolic processes.

Medical Thermography of Metro St. Louis uses the **Meditherm MED2000** camera system. **Meditherm** is well established as the market leader in clinical Thermography - with the largest network of Thermography systems installed in the world. Your scans are analyzed by **Board Certified physicians who are specialists in Thermography.** Most insurance companies do not currently include Thermography in their screening options; however screening is surprisingly affordable.

Medical Thermography of Metro St. Louis

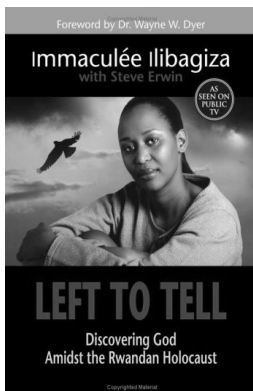
“Proactive and Preventive Health Screening”

www.medicalthermography-stl.com

314-566-0350

618-806-5220

RECOMMENDED READING



LEFT TO TELL

Immaculée shares her miraculous story of how she survived during the Rwanda genocide in 1994 when she and seven other women huddled silently together in the cramped bathroom of a local pastor’s house for 91 days! In this captivating and inspiring book, Immaculée shows us how to embrace the power of prayer, forge a profound and lasting relationship with God, and discover the importance of forgiveness and the meaning of truly unconditional love and understanding—through our darkest hours.

INNATE HEALING MASSAGE



We're having a baby!!

You are about to embark on one of life's most miraculous journeys; full of excitement, joy, anticipation and a host of other emotional and physical changes. Massage Therapy has proven to not only provide MOM with a time of relaxation and pampering, but the benefits of massage also improve the well being of MOM and your BABY throughout your prenatal, Perinatal and postnatal experience.

*During Pregnancy, massage:

- Reduces stress, promotes relaxation, and facilitates transitions through emotional support and physical nurturing.
- Reduces negative effects of changes to the circulatory system, including edema, varicose veins, and if blood pressure increases.
- Facilitates hormonal, respiratory, gastrointestinal, urinary, and other physiological processes.
- Reduces musculoskeletal strain and pain
- Contributes to developing flexibility and the kinesthetic awareness necessary to actively participate in the birth process.
- Fosters nurturing maternal touch and healthy bonding.

*In Labor, massage:

- Contributes to shorter, less painful labor
- Reduces labor complications, medications, and interventions
- Improves infant well-being, mother's satisfaction with birthing, and family formation.

*In the Postpartum Period, massage:

- Facilitates postpartum emotional, physiological, and family adjustments
- Reduces musculoskeletal pain
- Promotes structural realignment of the spine and pelvis and reorganization of movement.
- Contributes to rehabilitation of abdominal skin, muscles, and organs.
- Promotes recovery from cesarean birth, including healing of the incision.
- Relieves muscle strain caused by childcare activities.

- Information taken from Pre- and Perinatal Massage Therapy by Carole Osborne

Treat yourself and your baby, or someone you know to a relaxing and restful massage!

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, Birthday Specials & Package deals available.

Don't Forget The Mothers in Your Life This Month!! Mother's Day May 13th!!

What mother wouldn't love a Massage!

Con't next page

Available Monday–Friday -9:30am–7:00pm

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!!

WEIGHT LOSS AND DETOXIFICATION



Your body is made of filters, your lungs are a filter, your liver is a filter, your kidneys are filters, actually most cells in your body are filtering something of some sort every day. The very basics of health-- you can only be as healthy as your filters.

Everything you put into or onto your body circulates through these filters. There are 70,000 man-made chemicals in use today in the United States, with approximately 1,000 new ones developed each year. Less than 7% of those 70,000 have been tested on humans long term. Which means they are actually testing them on you, me and our children right now. 750, 000 tons of pollution in our air, pesticides, herbicides and fertilizers on our food, hormones, steroids and medication used in the dairy and meat industry. Scary if you actually think about what is going into us. It is remarkable that any of us are alive after years of hot dogs, pb&j, bologna, cheese whiz, chips, donuts and soda. If you look at any label and you don't recognize it or you can't pronounce it, don't ingest it! Most of us have years of chemical build-up in our body tissues. Science calls it bio-accumulation. Bio-accumulation is the primary source of most allergies, joint issues, organ malfunction and most chronic illness. After years, our filters get bogged down with sludge and gook, (very sciency terms I know.) You don't get replacement filters. The question is what is your plan to clean out your filters? I have recommended cleansing for years, but until I found Isagenix, many people found cleanses difficult to do. Most people find the Isagenix system easy to follow and get great results. You may even lose a few unwanted pounds! Our next class is

Tuesday, May 1st @ 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

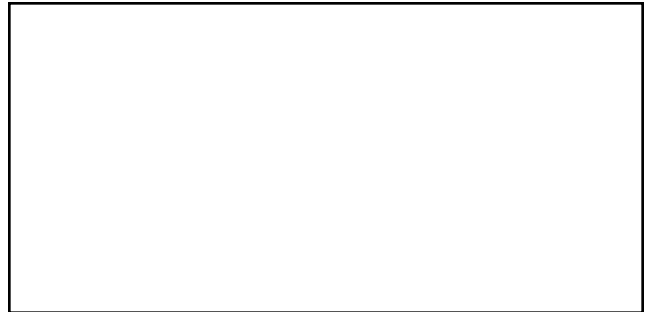
Phone: 636-946-3600

Fax: 636-946-3019

E-mail: hfchiropractic@yahoo.com

We are on the Web!

www.webbwellness.com



MAY HAPPENINGS

- **New Patient Orientation classes @ 6pm – 5/1, 5/15, 5/29 St Charles**
- 5/8 & 5/22 O'Fallon
- **Weight loss and Detoxification Class – May 1st @ 6:30pm**
- **Saturday Wellness Class – May 5th Nutritional Cleansing @ 10am**
- **Thursday Free Exercise Class – 5/3, 5/10, 5/17, 5/24, 5/31 @ 6:30pm**
- **Next Thermography Exams – 7/26/12 by appointment only**
- **Office Closed Monday May 28th for Memorial Day!**

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