

HEALTH FIRST WELLNESS CENTER

MAY NEWSLETTER

HAPPY MOTHER'S DAY

MAY 2013

Volume 2, Issue 9

FROM THE DOCTORS

Happy Mother'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 find and bring to the office two research articles that prove humans are genetically programmed to get cancer, diabetes, or heart disease.

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 or call us at 636-946-3600

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Weighing in on Wheat

One of the biggest issues our culture faces presently and will continue to face over the next 20 years is the drastically increasing number of Americans who are either overweight or obese. Weight (or weight related issues) is now the number three killer of Americans. Weight is also a major contributing factor to the number one killer- heart disease, and the number two killer- cancer.

Here are some sobering facts:

- The American Journal of Obesity has estimated that 86% of men, women, and children in America will be either overweight or obese by the year 2030.
- In 1995, there was only one state (Mississippi) that had an obesity rating over 20%. In 2010, there was only one state that was **under** a 20% obesity rating! (Colorado-19.7%)
- There is an alarming trend in the funeral industry- over sized caskets and over sized plots!
- Lifestyle induced diabetes (Type II) has increased 300% in the last 20 years. (It can't be genetic!)
- It is estimated that 50% of children born today will be diabetic by their 30th birthday!

We are now facing a major crisis. If we don't change something quickly we will have a population that is so overweight and so sick we will no longer be able to sustain our culture. Dependency on a doctor, a daily drug to keep you upright, or a scooter to get around is robbing you of your life. Dependency restricts freedom and keeps you from expressing your higher Purpose.

There is a difference between **healthy** and **healthier**. Wheat products are something that is considered **healthier**, not **healthy**. Think of it this way...I think everyone would agree that Twinkies are not healthy. But they are **healthier** than *fried* Twinkies. Wheat products are only **healthier** when compared to something that is worse for you, like white bread. Yes, whole wheat has more fiber than white bread, but that only makes it **healthier**, not **healthy**.

This article is not long enough to go into detail on all the drawbacks of regular consumption of wheat products, but I will take a minute to help you focus on one of the aspects of why eating wheat products is so damaging to your health. Just about everyone knows that blood sugar levels play a significant role in the development and progression of cancer, diabetes, and heart disease. One of the easiest ways to measure how high your blood sugar will rise after you eat a food is called the "glycemic index." The glycemic index is a scale from 0-100 that rates the capacity of a food to raise human blood sugar. The higher the number, the more the food will affect your blood sugar. Most people understand that sucrose (white table sugar) will make your blood sugar rise quickly. The glycemic index for

white sugar ranges from 59-65. The glycemic index for whole wheat (actually any wheat product, white or whole wheat) is 72-75. This makes whole wheat one of the most dangerous foods in terms of quickly elevating blood sugar levels.

Okay, so how does that affect body weight? Good question. Insulin is one of our body's major survival hormones and is sometimes called our feast or famine hormone. Insulin's primary function is to enter the blood stream in times of *feast*, when calories and food are plentiful, and to store the excess energy for times when calorie sources might become scarce. The form of storage insulin prefers is adipose tissue, or fat. Fat is the form of calorie storage that is most easily burned when we enter times of famine. In our culture, however, the problem is that we don't often encounter scarcity of calories. This means we will never force our body to go get and burn those stored calories. When insulin is high, fat storage is high. Therefore, when insulin is low, fat storage is low. It sounds like a simple concept, but it's not so easy if you eat the standard food pyramid diet recommended by the "experts."

About 40 years ago, our culture switched from the natural human diet of vegetables, fruits, nuts, seeds, and meat, to the "low fat, no fat, high fiber, and whole wheat whenever possible diet". Look around...how is that working out for us? Not so well.

Ask any farmer how they fatten up cattle. Do they feed the cattle fruits, veggies, nuts, seeds, and meat? No. They will tell you they feed them a grain based diet of wheat, corn, and starches, and don't let the animals move around much. That insures the heaviest animal possible in the shortest period of time. As you know, cows are sold by the pound, not "by the health."

The recipe for disease is high glycemic foods + minimal activity. This insures an overweight/obese and diseased population. Look around...America has massive crisis ahead of us if we don't change our habits. The results of the last 40 years are easy to see. You are how you eat. You are how you move. You are how you think. So let's all try to Eat well, Move well, and Think Well, everyday, for life.

If you would like to know more about the dangers of wheat consumption, please read "Wheat Belly"- By William Davis MD., or "The perfect 10 Diet"- by Michael Aziz MD. You and your family will be glad you did.

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
314-566-0350 618-806-5220

THINK WELL - Next Class May 4th @10am



What are you planting this year?

My favorite time of year is here again! I love to watch the renewal of life in springtime. All the growth which has been dormant throughout winter is now beginning to surface and bloom. God's creative perfection is springing forth again. One pattern that I have noticed every year that I have been on this planet is that spring seems to *always* follow winter. Every year.

No matter how harsh or how long the winter, spring always shows up eventually. The cold and hardness of the winter earth eventually softens and the opportunity for new life springs forth. I have also noticed this exact same pattern in my life. No matter how hard or how intense the struggles in my life, they are always followed by a renewal of life and a revival of Purpose.

God gives us patterns we can always count on. You don't have to question gravity. It works. You can count on it. The sun *always* rises in the east and sets in the west. The seasonal pattern is *always* the same. Spring- Summer -Fall-Winter-Spring- summer... It has always been the same and we don't have to worry about it or question it. It is natural law. We can trust in it. Always. Just as we can count on the seasons, we can also count on God's "Law of the Harvest." The law of the harvest is simple and always consistent.

1. We reap if we sow- To have a fall harvest, you must have a spring planting.
2. We reap what we sow- Whatever you are planting is what you should expect to come up. If I plant carrots, I should expect carrots. If I plant apples, I expect apples. If I plant turnips, I should not be expecting anything other than the turnips I have planted.
3. We reap after we sow- No sane gardener would expect to plant corn on Monday and pick it on Tuesday. Time is an essential component of growth in all living things. It takes time and nurturing for a seed to mature into its full potential. When given proper time and care, the seed will express its true inner nature. If you continually worry about the seed and dig it up every few days to see if things are growing correctly, you will eventually kill the life in the seed. Trust in the law. You do not need to worry about the time. God has it under control.
4. We reap more than we sow- If I plant just a few kernels of corn, and I nourished and give them the time, those few seeds will turn into hundreds of kernels of ears of corn at the time of harvest. Our blessings will return ten-fold. You can count on it. It is the law.

Your brain is your garden. You are planting in it every day, but what are you planting? Are you planting onions and expecting apples? No gardener would just throw random seeds on the ground and expect apple trees to spring forth. If you want apples, you plant apple seeds *deliberately*, with the intention of seeing apples come forth. What *exactly* do you want to come up in your garden? If you want a bountiful future harvest, you must first determine *exactly* what you want. Do you know *exactly* what you would like to see in your future life? Health, wealth, happiness, success? Lose 20 pounds? Create a better marriage? Form a closer, deeper relationship with God? Is that what you are planting and nurturing on a daily basis? Let's evaluate... what came up last year? What were you focused on? Were you focused on the fruits of the harvest or were you focused on the weeds? Were you so focused on what you *didn't* want that you forgot to plant the seeds of what you *do* want to see showing up in your life? If you are constantly focused on the weeds you will miss the beauty that is already in your garden. Ask any farmer. If all you do is pull weeds and spray the ground with poison, you will *temporarily* create a harvest. But over time, the ground eventually will become too hard to till and too lifeless to grow. Poison eventually kills the life in the ground. Any gardener will tell you that health of the soil is the key to healthy plants. If you focus on creating healthy soil (not the one year crop return) you will create an environment suitable for growth of your seeds for years and years to come. **You** have the choice to create a soil that is suitable for the fruits you want to see in your life.

The worse the soil conditions, the easier for weeds to grow. So I ask you to think again, have you been so focused on "the weeds" of what is wrong in your life that you are forgetting to nurture the beauty of what you want to see grow? Focus on what you want to see "come up" in your garden. Don't miss the beauty of spring by continually focusing on the harshness of winter!

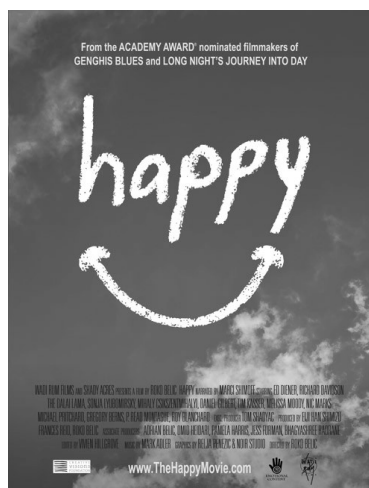
If you would like to know learn more on how to cultivate an environment of Purpose, values, peace, love and health in the garden of your life, **please join us at the next "Think Well" class on May 4th at 10 am in the St. Charles office.** I hope to see you there; until then, happy planting.

PEOPLE HELPER PROJECT



We will continue collecting personal care products such as toiletries and paper items for the month of May. Please bring in items to the St. Charles office and place in the basket or leave at the front desk in O'Fallon. Thanks in advance for your generosity!

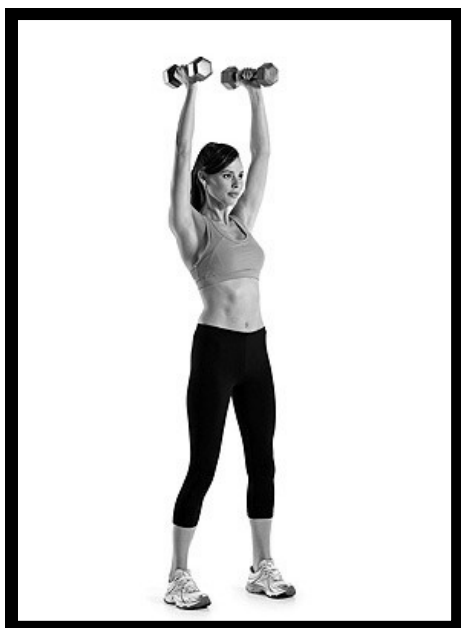
RECOMMENDED DVD—HAPPY



Does money make you HAPPY? Kids and family? Your work? Do you live in a world that values and promotes happiness and well-being? Are we in the midst of a happiness revolution?

HAPPY, the latest award-winning film from Academy Award® nominated director, Roko Belic (*Genghis Blues*) and Executive Producer, Tom Shadyac (*Nutty Professor*, *Bruce Almighty*, *I AM*), takes us on a journey from the swamps of Louisiana to the slums of Kolkata in search of what really makes people happy. Combining real life stories of people from around the world and powerful interviews with the leading scientists in happiness research, **HAPPY** explores the secrets behind our most valued emotion.

MOVE WELL



Primary Muscles Worked: Shoulder Muscles, Triceps

Starting Position: Stand with feet spread evenly on the resistance band, shoulder width apart. Start with your hands located at your ear level, with your palms facing forward. If using weights, start with feet shoulder width apart and dumbbells at ear level, palms facing forward.

Execution: Exhale as you push your hands up towards the ceiling in a controlled manner until your elbows are extended, you don't need to lock out your elbows but should be extended. Next, inhale and control the movement back down and return your hands to your ear level before starting the next repetition.

You may need to start with a one arm shoulder press due to the resistance bands being easier to change the tension with one arm vs two.

Beginning Workout: Try starting with 2/3 sets of 8-10 repetitions 2/3 times per week with a rest day or two in between workouts.

Trainer Tips: Proper form and starting with appropriate tension (very light tension or one arm at a time if you have to) will help save your shoulder from injury.

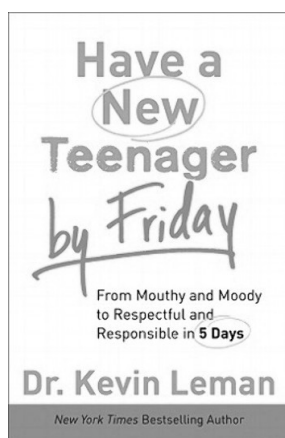
RECOMMENDED READING—Have a New Kid by Friday

Anyone who has dealt with parenting problems knows that it is no easy task to turn bad behavior around. Bestselling author and psychologist Dr. Kevin Leman is here to help.



Have a New Kid by Friday shows parents how to reverse negative behavior in their children--fast! With his signature wit and encouragement, Dr. Leman offers them hope and real, practical, doable strategies for regaining control and becoming the parents they always wanted to be. Focusing on changing a child's attitude, behavior, and character, this book contains chapters for each day of the week, as well as a special section with advice on everything from rolling eyes to sibling rivalry to talking back to punching walls--and much, much more. This helpful section of more than 100 specific topics is indexed, allowing parents to flip immediately to any areas of concern for witty, straightforward, and gutsy plans of action.

Also there is a book geared towards teens -



Parents may survive the terrible twos and the first years of school all right, but the teenage years bring entirely new and alien creatures. So, parents have a choice: either send that teenager to boarding school and visit him when he reaches normalcy again (in about ten years) or choose to experience the best, most fun years of life--together! The secret is in how the parental cards are played.

With his signature wit and commonsense psychology, internationally recognized family expert and *New York Times* bestselling author Dr. Kevin Leman helps parents

communicate with the "whatever" generation
establish healthy boundaries and workable guidelines
gain respect--even admiration--from their teenager
turn selfish behavior around
navigate the critical years with confidence
pack their teenager's bags with what they need for life now and in the future
become the major difference maker in their teenager's life

Teenagers can successfully face the many temptations of adolescence and grow up to be great adults. And parents, Dr. Leman says, are the ones who can make all the difference, because they count far more in their teenager's life than they'll ever know, even if their teenager won't admit it (at least until she's in college and wants to know how to do the laundry).



Is Your Child Getting Enough Sleep?

Adequate sleep is a crucial part of the health and well-being of children. Lack of sleep has been associated with health problems ranging from obesity to mood swings, as well as cognitive problems that can have an impact on a child's ability to concentrate, pay attention, and learn in school. Also, lack of sleep is one factor that can reduce your child's immune system's ability to fight off infections. After-school activities, homework, and playtime with family and friends can lead to a packed schedule. Add in the time spent in front of TV, computers and videogames, and you have the makings of chronic sleep deficit in kids. Children between the ages of 3-12 years should get between 10 to 11 hours of sleep a day.

Look for these signs that your child is not getting the amount of sleep he or she needs:

- Has trouble waking up in the morning
- Exhibits irritable behavior
- Seems overly emotional and moody
- Is hyperactive
- Has difficulty concentrating in school
- Has trouble staying awake during the day

What can you do if you see signs of sleep deficit in your child?

Stick to a routine. We have talked about the importance of rhythm in previous newsletters. A bath, pj's, brushing teeth, and a book – whatever your rhythm is, be sure to stick to it consistently so that your child knows what to expect and can easily move through every phase each night.

Limit electronic stimulation. Don't let your child use the computer or watch TV at least an hour before bedtime. These activities can be stimulating, and can interfere with falling and staying asleep.

Keep her room comfortable for sleeping. Bedrooms that are quiet, dark and cool are optimal for a good night's rest.

Set aside extra time for catching up. If your grade-schooler has younger or older siblings, be sure you give each child individual time.

Curb the sneaky caffeine. Caffeine can be found in foods such as chocolate and soda (we don't want our children drinking this at all, but that's a whole other article!)

Teenagers need about 8½ to 9½ hours of sleep per night, but many don't get it. Because of early school start times on top of schedules packed with school, homework, friends, and activities, they're typically chronically sleep deprived, too. Ideally, a teen should try to go to bed at the same time every night and wake up at the same time every morning, allowing for at least 8 to 9 hours of sleep. Encourage older kids and teens to set and maintain a bedtime that allows for the full hours of sleep needed at their age.



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.

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

MOTHER'S DAY SPECIAL

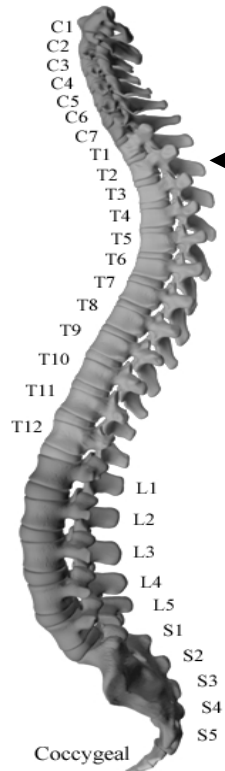
MOMS CAN RECEIVE A

90 MINUTE SWEDISH FOR \$70 OR

60 MINUTE SWEDISH FOR \$50.

GIFT CERTIFICATES AVAILABLE!

SPINAL EDUCATION



DID YOU KNOW...

T2 is the second vertebrae in the Thoracic area. It controls the heart, including its valves and covering; coronary arteries; lungs; bronchial tubes. Effects of subluxation in the area are functional heart conditions and certain chest pains.

EXERCISE/STRETCHES: LAT STRETCH (Upper back)

While squatting down in full squat with arms in between knee grasp an immovable object with both hands interlocked. Lean back as far as possible and stretch and hold for at least 30 seconds.



WEIGHT LOSS AND DETOXIFICATION



PRODUCT B PLUS Telomere Support

“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, May 7th @ 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

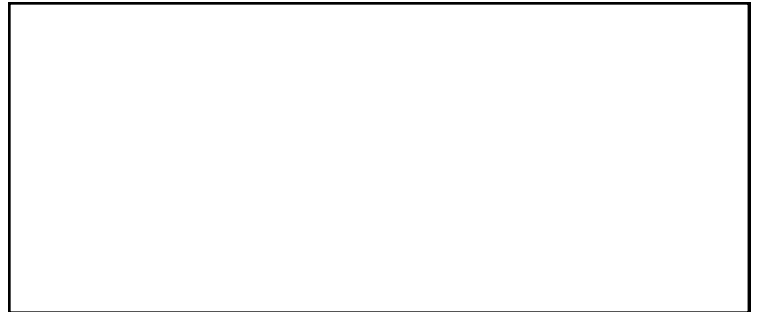
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Link is also on our website

CHECK US OUT and LIKE US!

MAY HAPPENINGS

Be sure to pick up a 2013 class schedule in the office next time you visit us!

- ❖ **New Patient Orientation classes @ 6pm - 5/14, 5/28 St. Charles**
5/7, 5/21 O'Fallon
- ❖ **Weight loss and Detoxification Class @ 6:30 pm - 5/7**
- ❖ **Saturday Free Wellness Class @ 10am - 5/4 - THINK WELL**
"How we are designed to think "Mental Emotional Wellness"
- ❖ **Tuesday Night Fish Bowl Question Night Class - 5/21 - The Best Foods for You!**
"How to make it and get it in your day!"
- ❖ **Thursday Free Exercise Class @ 6:30pm - 5/2, 5/9, 5/16, 5/30**
- ❖ **Thermography exam - 7/25 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!