

HEALTH FIRST WELLNESS CENTER



NOVEMBER NEWSLETTER



NOVEMBER 2012

Volume 2, Issue 3

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 write a "letter of thanks" to anyone who has influenced your life in a positive way. Your goal is at least one letter/note per week for the 5 weeks in November. Let those who have blessed you know about it!

Have an awesome month!

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

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PRACTICE MEMBER(S) OF THE MONTH:

This Month's Outstanding Practice Member is Kathy Ianni. Kathy is a perfect person to represent what the "Health First Lifestyle" teaches.

Everyone that knows Kathy has benefitted by just having her in their life. She has referred countless numbers of people to the office and we are forever grateful and thankful to have her and her loved ones as part of our family.

Thank you for your support!

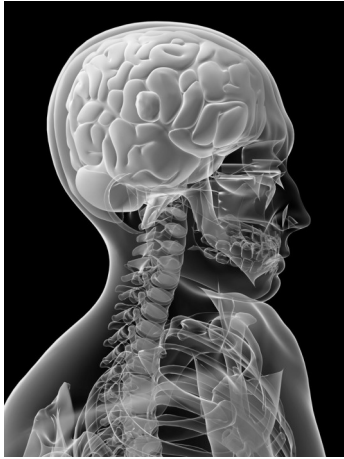
We raised over \$1300 for the Special Olympics!! And Lorie went over the edge in Jefferson City.

Check out our website for pictures.

The Winner of the Autographed Carrie Underwood Sheet music was Liberty Christian Academy!



THINK WELL



“The Ultimate Computer”

In the age of technology we are always looking for something that is faster and better than it was yesterday. We are continually searching for the next best thing to be developed, new phones, new televisions, new computers, etc.. Did you know you already possess the best technology ever developed? No phone, no television, no computer can ever match what you currently have.

Did you know your brain can process 3 trillion bits of information per second, every second? Did you know your eyes receive images from 137 million light receptors and each and every receptor is coordinated by your brain? Millions of taste receptors, millions of touch and temperature receptors, and all are processed by your brain? Your brain is an amazing creation. Your brain is *the* ultimate computer. Man will never match the sophistication and speed of the computer you already possess in your cranial vault. The human brain comes pre-loaded with basic survival hardware, how to seek nourishment and remove waste; how to utilize oxygen and remove CO₂; how to seek love and give love, etc. Where do the rest of “programs” come from after that?

Research shows that from ages 0-6 the human brain is like a tape recorder. Not deep thinking, not consciously processing, mostly just recording. Memorizing experiences, reactions, expressions, and information from our surrounding environment. As any mom or dad will tell you, small children will “record” a phrase or two from their parents and proceed to use those phrases at the most inopportune times. (Why does it always seem to happen at church or when there are large numbers of people present!?) From ages 6-13 the brain is still recording, but also trying to develop a system of how to categorize the “tapes” from the past. Children of this age are always seeking advice from parents and this is the time in life when “WHY?” is the biggest question. This is also a time where children are very vulnerable to the influence of people other than their parents that they perceive to be in positions of authority or power. From ages 13-18 young adults are much more conscious thinkers. They are trying to develop their own interpretation of years of recorded data and find which tapes work for them and which tapes are “outdated.” This is where confrontation with the parents “old” system usually starts presenting a challenge. They are developing their own view of how *they* think the world works.

Brain researchers say our personalities and our world view are shaped by the 10 people we have spent the most time with and the significant events that happened in our life that had a “high emotional charge.” The question is, who did we and who are our children spending the most time with? Who is programming the tapes in the brains of our country’s youth? Starting with Sponge Bob, the Simpson, and South Park, and eventually moving to reality tv, “Modern Family” and the internet. Let’s face it, Leave it to Beaver and My Three Sons are gone and now replaced by Johnny Knoxville and Al Bundy. How can we expect the next generation to even have a fighting chance with this as their sense of “normal?” (CONT)

Do you have a plan to get your children and your family back? Do you have a system that guides the family decisions about what you eat, what you listen to and what you watch? If you are like most people I've met over the years, you probably do not have a written "Family Mission Statement." Why not? Isn't it important to have everyone on the same page? You wouldn't start a business without a mission statement, why would you start a family without one? Put down the phon. Put down the remote and take the time to sit with your loved ones and write out what your family stands for. What is each member of the family expected to do as a part of the family? These are BIG and IMPORTANT issues. Write a mission statement, write a contract with the family and have everyone sign it. This is the beginning of getting your family back. Your family is worth it.

I invite you to the Think Well class on **Saturday Nov 3rd** if you would like to find out how to expand on these concepts and many more. Hope to see you and your loved ones there.

WE NEED YOUR INPUT.....

How can we help you? What do you really need in order for you to get and stay healthier? What area of life do you struggle with the most? Weight, blood sugar, cholesterol, sleep, infertility, diabetes, bone density, lack of discipline/ willpower, sexual, energy, family, finding your purpose, hormonal balance, children's health, etc. What do you think our community would like to know how to solve? What would you like us to teach you? I need your input for next years classes!!

Please email us at hfchiropractic@yahoo.com and let us know!



HEALTH FIRST COAT DRIVE

for the People Helper Project

We will be collecting winter coats in the months of October & November for the People Helper Project.

If you have any new or gently used coats you would like to donate please bring them in and place them in our donation box.

Hats, Gloves, and Scarves are also welcome.

Everything will go to help children and adults that can't afford to purchase winter items.

Thank you in advance for your support!

EAT WELL



Simple math- input vs. outlet

If more “bad” goes in your body than “good”, you get sicker.

This goes for bad food, bad thoughts, or bad movement patterns. (sedentary living)

The opposite is also true. The more “good” that goes in your body than “bad,” you get healthier. Simple, right? In any given

day, if someone has more healthy behaviors than they do unhealthy behaviors, they head toward a healthier, happier, more fulfilling future. If they have more unhealthy behaviors than they do healthy behaviors, they are guaranteeing future full of suffering and expensive disease treatment.

Health is NOT just about how long someone can stay alive on this planet. Our population is losing health at a great rate. We as Americans have created the sickest culture the world has ever seen. Our life span is still the same, but we are getting sicker and sicker. This means we are NOT living longer, it means we are keeping sick people alive longer with more drugs and more surgery. Americans consume over 25 million prescription pills per hour! Every day, every week, every month, every year!

Are those millions of pills creating healthier people? Not according to any research. I am all in favor of drugs and surgery when a crisis arises, but I have never talked to someone that had high cholesterol because they had a Lipitor deficiency. Headaches because they are low on aspirin? People are NOT sick because they are low on drugs! People are NOT sick because they have extra organs! So giving people more access to more drugs and surgery is NOT the answer to creating *healthier* people. We are NOT addressing the real causes of why we are so sick.

Lifestyle Choices.

Every person I know wants to be happier and healthier than they are right now. Think of the healthiest person you know...I will bet you that you that if you asked them, why they eat the way they do, think the way they do and exercise the way they do, it is not just to “feel” better, but to insure they have a longer, happier, healthier quality of life. How much is that worth? How much is it worth to you to have five extra “healthy” years with your spouse? Five more “healthy” years with your children? Your grandchildren? What if it were only more “healthy” one year more? Would it still be worth it? What if it were only a week? How much would it have been worth to you if you had an extra day with your grandparents or your parents? Priceless.

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It is NOT about how many actual days you have in your life, it is about how much LIFE you have in your days. If you had one more *healthy* week to love your family, to impart your wisdom and to instill your knowledge and to pass on your values, would it be worth the extra effort to eat better than you do right now? Yes, how you choose to eat today influences future generations. I know that creates responsibility, but is your family worth it? Is your community worth it? Is your country worth it? Right now we have a culture losing its health, its knowledge and its values. If you are not willing to make the lifestyle changes necessary to be here long enough to teach and love your family, who will?

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

MOVE WELL



Exercise of the Month: Mountain Climber

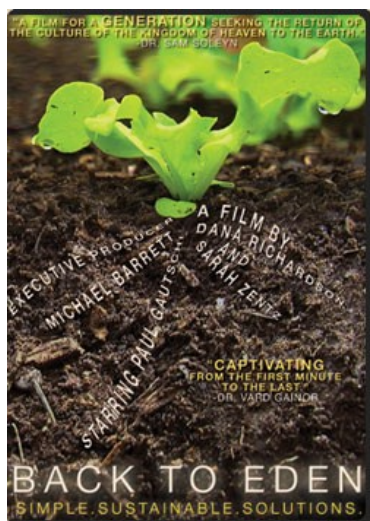
Mountain climbers are an advanced, high intensity cardio/strengthening exercise that will get your heart rate up and add intensity to your workouts. It is great because it doesn't require much space or equipment. This move will also build leg endurance and help you work on agility as well, making it a great overall exercise. If you've never tried this move, take your time and ease into it with slow reps. If you feel discomfort or pain, avoid this exercise.

How to Perform the Mountain Climber:

1. Begin in a pushup position on the hands and toes.
2. Bring the right knee in towards the chest, resting the foot on the floor.
3. Jump up and switch feet in the air, bringing the left foot in and the right foot back.
4. Continue alternating the feet as fast as you safely can for 30-60 seconds.
5. Add it in during your workout whenever you want to add intensity or change things up.
6. To modify this exercise, rest your hands on a step

Challenge of the Month: Add in 2-3 times per workout for 30 seconds each.

RECOMMENDED DVD

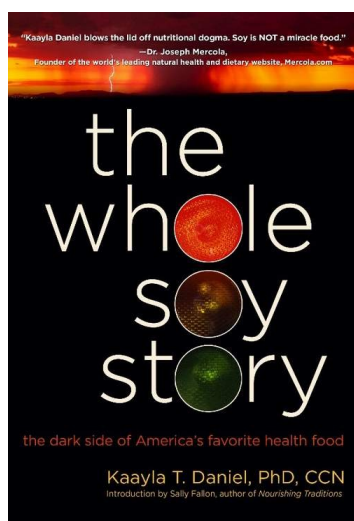


BACK TO EDEN shares the story of one man's lifelong journey, walking with God and learning how to get back to the simple, productive methods of sustainable provision that were given to man in the garden of Eden. The organic growing system that has resulted from Paul Gautschi's incredible experiences has garnered the interest of visitors from around the world. However, never until now have Paul's methods been documented and shared like this!

As a part of our mission to freely give and freely receive, the makers of BACK TO EDEN have agreed to [stream](#) the full feature film online for free. For viewers who support this film and who want to help other people see it, please share backtoedenfilm.com, [buy copies](#) of the full feature film to give to others or [host a screening](#) in your community.

Thank you for your support and generosity! It is with great excitement that we welcome you to [watch](#) the full feature film, BACK TO EDEN.

RECOMMENDED READING



A groundbreaking expose that tells the truth about soy that scientists know but that the soy industry has tried to suppress. Soy is not a health food, does not prevent disease and has not even been proven safe. Epidemiological, clinical and laboratory studies link soy to malnutrition, digestive problems, thyroid dysfunction, cognitive decline, reproductive disorders, even heart disease and cancer.



A Time for Appreciation

This month is a perfect time to think about appreciation and gratitude. You can explain to your children that appreciation and gratitude are a way we can say thank you to God. It's just like we are giving him a present. Explain to them the spiritual law of appreciation: What they give thanks for will return to them multiplied. When we are thankful for something, we will get more of it because of our focus on the thing we are being grateful for. It's easy to focus on wishing we had something but then that means we are actually focusing on the lack of having it in our lives. This means that it will not come to us.

Let them know that no matter where they are or what circumstances they are in, there are always things to be thankful for. There will be hard times, and challenges, but they can still appreciate the tough times because it is making them stronger, and giving them something to learn. Tell them to start with the smallest things they can find, then look for the next thing, and the next thing... When they are feeling down, this is the best way they can get back into a better place. Having gratitude naturally makes you feel better. Albert Einstein said, "There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

Give them the idea to find what they appreciate in others, and tell them. It will make that person feel good by hearing it. Also, tell you kids to try and think of at least ten things everyday they are grateful for. All they have to do is think about all the good things that happened during the day. If they do it every day, they will train their mind to always look for an opportunity to give thanks.

Here are two craft ideas to do with your kids this month to help them show gratitude:

1. **Thankful Tree** - Use brown contractor's paper (found at Home Depot or Lowes on a roll) or brown craft paper on a roll. Cut a tree trunk shape out of the paper and tape it up to the wall (you can use black masking tape to give it a nice black outline). Cut out branches and tape them up to the wall as well. Next, add a leaf everyday with something written on it that you are grateful for. You can cut the leaves out of paper, or use dried and pressed leaves written on with a metallic sharpie marker.

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2. **Thankful Stones** - Collect smooth, round stones, and then place them in your oven at 350 degrees for about 15 minutes. Take a few stones out at a time and place on a work surface protected by cardboard, or a towel covered with scrap paper. Touch the tip of a crayon to the stone, and it will melt and cover the surface. You can use a second color if you would like. (Note: You may want small children to wear an oven mitt, or wool winter mitten, to protect their non-dominant hand). Continue with the remaining stones and let cool. Using a black sharpie marker, write words on the stones that represent what you are thankful for. Small children can also draw pictures. Gather the stones into a basket, and use them as a centerpiece, use them to talk about the things you are thankful for, or simply keep them as a reminder.

THERMOGRAPHY

Next Scheduled Visit Here : January 24th by Appt Only

Breast Cancer Awareness Month is over only for those of us who are not fighting this most feared disease. Breast Health Awareness would perhaps be a better perspective for all of us to have, not just in October but all year round. We don't just wake up one morning and have cancer. It starts years before the symptoms appear. It starts when we do not take good care of our bodies with good nutrition, exercise and spiritual awareness.

Many women schedule their thermographic screenings with us when they have tenderness or breast pain. Breast cancer is usually not painful. Tenderness and pain is usually an indication of fibrocystic disease; which is not scary but none the less not ideal breast health. Balancing your hormones usually can clear up fibrocystic activity in the breast tissue. Sometimes a detox cleanse is needed. Eliminating sugar and caffeine while adding more green vegetables is always good.

Adding an upper body screening to your yearly breast screening can give you information about possible dental infections (which can drain into your breasts and body), thyroid function, carotid artery and heart health. Breast screening are \$175. Adding an upper body this winter is only \$50 more.

Medical Thermography of Metro St. Louis offers low cost thermographic screening for breast health, thyroid, carotid artery and heart disease. Call us for more information or to schedule an appointment. We wish you good health and happiness.

Gift Certificates available.

Medical Thermography of Metro St. Louis

"Proactive and Preventive Health Screening"

www.medicalthermography-stl.com

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INNATE HEALING MASSAGE



Innate Healing Massage

Emilee Kipper, LMT, NCTMB, Geriatric
& Trish Bruce LMT, NCTMB, Certified Pre- & Perinatal, Geriatric
636-946-3600

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.

A Great holiday gift!!

Gift certificates, Birthday Specials & Package deals available.

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 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

Get \$550 Worth of Nutrients a Day?

I get asked almost daily by someone “what are the basic things that I really need to take every day to stay healthy?” There is no perfect answer for everyone, but here is my simplest solution for most people.

I take Ageless Essentials with Product B. Why? Because it is a supercharged food based, multivitamin pack containing your daily dose of vitamins, minerals, antioxidants and special antioxidant, DNA preserving nutrients.

If you ever sat down and tried to figure out how much nutrient-rich foods you would need to buy and consume each day to get the same amount of vitamins and minerals as your morning and evening packets of Ageless Essentials with Product B, it would boggle your mind and empty your checkbook.

We compared. If you went food shopping to see just how much organic food you would have to consume each day to get the same value of nutrients found in the Isagenix multivitamins I take,

The result:

250 glasses of red wine (Resveratrol)
10 pounds lean beef (CoEnzyme Q10, Vitamin B12)
34 dried apricots (Vitamin A)
11 organic oranges (Vitamin C)
45 raw oysters (Vitamin D3)
33 ounces pistachios (Vitamin B1)
1 cup organic peanut butter (Vitamin B3)
13 cups wheat bran (Vitamin B6)
22 ½ raw avocados (Vitamin B5)
7 spears asparagus (Vitamin K2)
10 cups raw organic spinach (Folic acid)
22 organic mangos (Magnesium)
20 free range eggs (Biotin)
9 ounces shrimp (Selenium)
2 ½ cups sun dried tomatoes (Copper)

My answer to the what should I do question: Either eat the perfect diet and juice fruits and veggies everyday or take a multivitamin made from real foods like the Isagenix Ageless Essentials with Product B. (or you can do both if you wish!)

A good multivitamin “system” keeps your life simple, saves lots money, time and the hassle of having to come up with your own daily multivitamin.

You asked. That is what I do. (If interested in ordering what I take, just ask the front desk staff.)

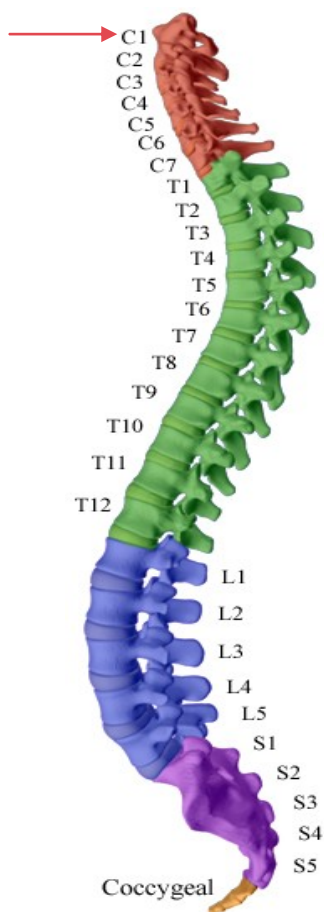
Our next Isagenix cleansing class is

Tuesday, Nov. 13th @ 6:30pm at the St. Charles Office

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



SPINAL EDUCATION



DID YOU KNOW.....

C1 WHICH IS THE 1ST VERTABRE IN THE CERVICAL AREA, CONTROLS THE BLOOD SUPPLY TO THE HEAD; PITUITARY GLAND; SCALP; BONES OF FACE, BRAIN, INNER AND MIDDLE EAR; SYMPATHETIC NERVOUS SYSTEM; EYES, OPTIC NERVES, AUDITORY NERVES, SINUSES, MASTOID BONES, TONGUE, & FOREHEAD. Subluxation in this area could cause arthritis, carpal tunnel syndrome, constipation, depression, headaches, indigestion, sinus problems, and many more.

EXERCISE/STRETCHES: THE “WALL” EXERCISES (ask the office for a copy) & **OFF THE BED TRACTION** (see below)



Using the Traction Wedge/Off Bed Traction

Everyone can benefit from doing home traction to counter the daily activities that cause forward head posture. It takes no special equipment, just a few minutes of your time. You will lay with your head extended over the side or foot of the bed. Be sure you are far enough over the edge so that the bed does not support your neck and head at all. Your head should be free to hang off the bed as far as your body will let you. You will start out doing this for one minute and gradually increase your time in one-minute increments over several days. Your goal is to get to the point where you can consistently do this stretch for 15-20 minutes. If you get lightheaded or dizzy discontinue and let the doctor know.

Consistency with these 2 stretches will greatly decrease Forward Head Posture and increase your ability to restore your cervical curve (Arc of Life).



NOVEMBER RETURNING PATIENT SPECIAL

Hey, know anyone that use to be a patient of ours
And they had to stop but would like to return?

Now is the time!

For the month of November we are offering
our New Patient consultation, exam and x-rays for free
to anyone that use to be a patient but hasn't been in
for over a year.

Please have them contact the office for details.

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



NOW ON FACEBOOK!!!

HEALTH FIRST CHIROPRACTIC WELLNESS CENTER

Link is also on our website

CHECK US OUT and LIKE US!



NOVEMBER HAPPENINGS

- New Patient Orientation classes @ 6pm – 11/6, 11/20 St. Charles
- - 11/13, 11/27 O'Fallon
- Weight loss and Detoxification Class @ 6:30 pm – 11/13
- ***Saturday Free Wellness Class @ 10am – Nov. 3rd Think Well Class***
- Thursday Free Exercise Class @ 6:30pm– 11/1, 11/8, 11/15, 11/22, 11/29
- Dr Cory will be out of the office November 16th.

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