

Health First Wellness Center

Volume 3, Issue 3

November 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.

November's **Healthy Challenge** is to write down 5 things every-day you are thankful for in your life. Life is precious and the fact that you are reading this right now means that you have something to be thankful for. You need to be thankful for everything you have and all your blessings all year around not just on Thanksgiving.

Have a great month and Happy Thanksgiving!

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

today I'm
Thankful
for



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

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Is this in you?

GELATIN

Produced from selected pieces of calf and cattle skins, de-mineralized cattle bones and pork skin. Allergic reactions have been reported.*

NEOMYCIN SULFATE (ANTIBIOTIC)

Interferes with Vitamin B6 absorption. An error in the uptake of B6 can cause a rare form of epilepsy and mental retardation. Allergic reactions can mild to life threatening.*

HUMAN & ANIMAL CELLS

Human cells from aborted fetal tissue and human albumin. Pig blood, horse blood, rabbit brain, guinea pig, dog kidney, cow heart, monkey kidney, chick embryo, chicken egg, duck egg, calf serum, sheep blood and others.

BETA-PROPIOLACTONE

Known to cause cancer. Suspected gastrointestinal, liver, respiratory, skin and sense organ poison.

MONOSODIUM GLUTAMATE

(MSG)/glutamate/glutamic acid

Being studied for mutagenic, teratogenic (development malformation and monstrosities) and reproductive effects. A neurotoxin. Allergic reactions can range from mild to severe." (* When babies are hours or days old it is impossible to know if they have an allergy.)

POLYSORBATE 80

Known to cause cancer in animals.

GLUTARALDEHYDE

Poisonous if ingested. Causes birth defects in experimental animals.

TRI(N) BUTYLPHOSPHATE

Suspected kidney and nerve poison.

LATEX RUBBER

Can cause life-threatening allergic reactions.*

AMMONIUM SULFATE (SALT)

Suspected gastrointestinal, liver, nerve and respiratory system poison.

GENTAMICIN SULFATE & POLYMYXIN B (ANTIBIOTICS)

Allergic reactions can range from mild to life threatening.*

ALUMINUM

Implicated as a cause of brain damage; suspected factor in Alzheimer's Disease, dementia, seizures and comas. Allergic reactions can occur on skin.*

MERCURY (THIMEROSAL)

One of the most poisonous substances known. Has an affinity for the brain, gut, liver, bone marrow and kidneys.

Minute amounts can cause nerve damage. Symptoms of mercury toxicity are similar to those of autism.

FORMALDEHYDE (FORMALIN)

Major constituent of embalming fluid; poisonous if ingested. Probable carcinogen; suspected gastrointestinal, liver, immune system, nerve, reproductive system and respiratory poison. Linked to leukemia, brain, colon and lymphatic cancer.

PHENOL/PHENOXYETHANOL (2-PE)

Used as antifreeze. Toxic to all cells and capable of disabling the immune system's primary response mechanism.

MICRO-ORGANISMS

Live and killed viri and bacteria or their toxins.

The polio vaccine was contaminated with a monkey virus now turning up in human bone, lung-lining (mesothelioma), brain tumors and lymphomas.

If you have had a flu shot in the last 10 years most likely many of these ingredients are in you. If your children received vaccinations, most likely these ingredients were probably in them. BE AWARE of the ingredients in the foods, drinks, medications and chemicals you put in your body **BEFORE** you put it in your body. It is much more difficult to try and remove these chemicals after they have entered your blood stream. Please don't just line up like cattle for "free shots" without knowing what is in it? RESEARCH FIRST, choose wisely after. Health is your most valuable possession. This is the only body you will receive. Please guard it and care for it wisely.

Supplement of the Month -



Oreganol P73 has been used by millions of people of all ages for a variety of reasons. Oregano's complex blend of potent antioxidant and powerful phenolic components is what gives it such power. Antioxidants are critical for our bodies, and at over 100 ORAC per drop, Oreganol is a great way to add more antioxidants to your diet. This is in addition to the potent phenols such as carvacrol that provide other more complex benefits, the least of which is maintaining good health.

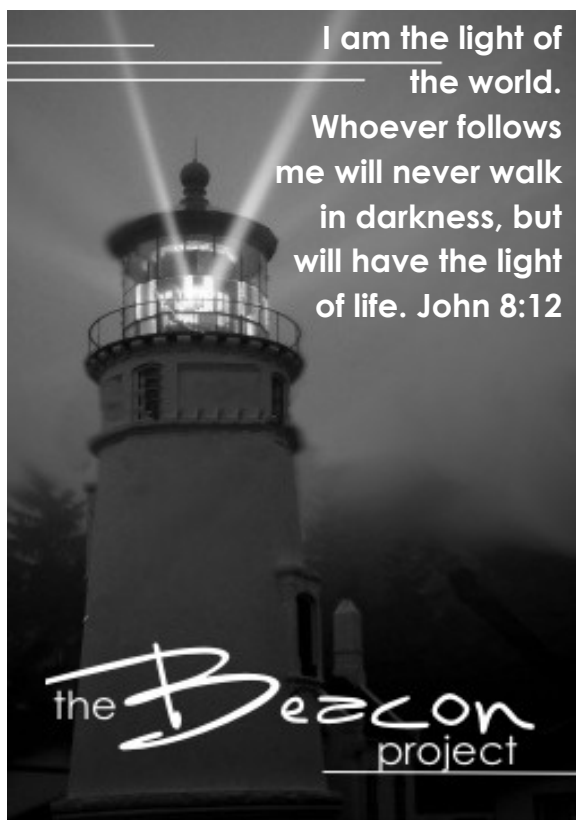


**Our next Isagenix Nutritional cleansing class is
Tuesday, November 5th @ 6:30pm at the St. Charles Office
"The Business Side of Isagenix"**



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

The Beacon Project



The Beacon Project is our office service project to help pour back into our community and to help those in need. If you would be interested in helping organize future projects, please contact the office.

November is our winter coat drive!! Do you have any gently used coats you want to get rid of? Bring them in and drop them off in the donation box in St. Charles or O'Fallon. We will be collecting all sizes from November 1st until November 30th. Thank you for all you do to help us help others.



Move Well Exercise of the Month: Upright Row with Bands

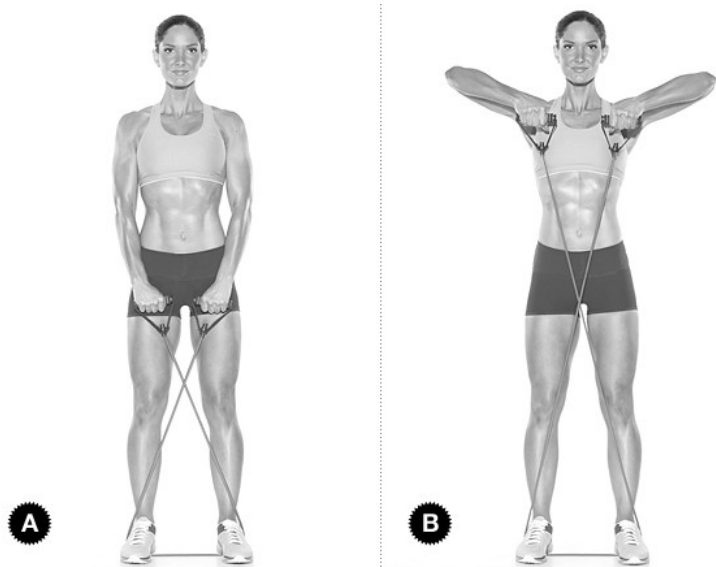
1. To begin, stand on an exercise band so that tension begins at arm's length. You may need to cross the bands (as shown in picture) to get the desired tension. Grasp the handles with your palms facing your thighs. Also use a grip that is slightly less than shoulder width. The handles should be resting on top of your thighs. Your arms should be extended with a slight bend at the elbows and your back should be straight. This will be your starting position.

2. Using your shoulders and keeping the handles close together begin raising the handles towards your chin. The handles should be close to the body as you move them up. Continue to lift the handles until they nearly touch your chin.

Tip: Your elbows should drive the motion. As you lift the handles, your elbows should always be higher than your forearms. Also, keep your torso stationary and pause for a second at the top of the movement.

3. Lower the handles back down slowly to the starting position. Inhale as you perform this part of the movement.

Workout: Add into your workout routine, at least 3 sets of 8-10 repetitions



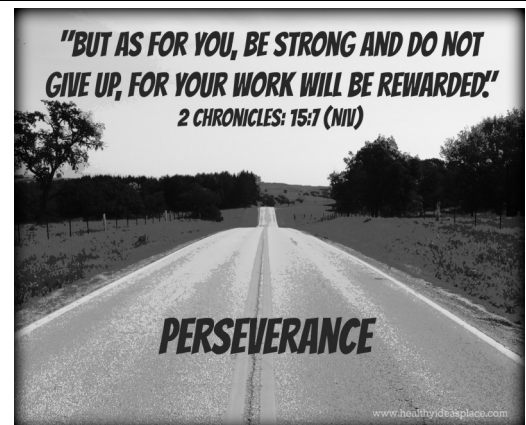
Think Well

Perseverance

Will you stick with it or just give up?

The dictionary gives a simple definition of perseverance as "steadfastness in following a course of action." I believe perseverance is much more. I believe perseverance is a statement about the type of person that you are and what you stand for. When a person has taken the time to do some inner searching and he/she finds a purpose that is

inspired from the soul, reaching that goal will be a lifelong quest. You will stop at nothing to achieve that end, or die trying. Perseverance is the natural result of finding such a higher purpose. When you "know" from deep within your heart that you are meant to do something; nothing will stop you. That is perseverance. No matter what difficulties may cross your path you will find a way to reach your ultimate goal. To me perseverance is inspired from within. It cannot be found in a book and it cannot be taught in schools. You cannot buy it, you cannot "catch" it. It is inspired, by God from deep within you. (Con't next page)



One of my favorite quotes is "When the WHY is big enough, the how will find a way." When your purpose is right, you will *do whatever it takes* to make it happen. Most people don't. When difficulties arise, and they always do, most people quit. But to the man or woman with a truly right purpose, never giving in, until the pinnacle is reached, is the natural outflow of that purpose. In our culture, to do what is right *requires* perseverance. To fight the good fight, *requires* perseverance. In a culture that rewards that bottom line, no matter what values or morals must be broken, perseverance with integrity is not expedient. Perseverance is not easy. It is not always politically correct. Perseverance requires work and effort; sometimes years of effort without much to show for it. When I think of perseverance I think of the bamboo tree. For the first three years, the new bamboo shoot is working hard to build an extensive root system under ground. Nothing much above ground to show for all its work and effort. But somewhere around the four year mark, when the root system has established itself as firm and strong, the bamboo shoot will often grow 30-40 feet in one year! The well-established bamboo with its extensive underground root system now also makes it possible for all the surrounding new shoots to anchor to its sound foundation and grow strong as well!

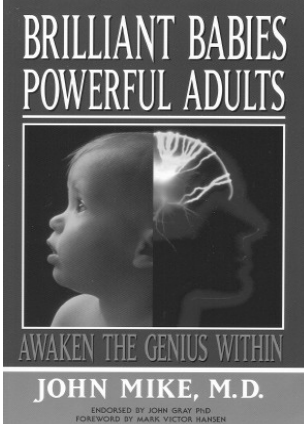
It is often very tempting to give in to the easy way. It seems easier to walk through the wide gate with everyone else. Just a little insider trading. Just a few steroids. Just a little lying and back stabbing to seal the deal, to get that promotion, and cash in your on pieces of silver. To the man with integrity and purpose this is not an option. Perseverance, pushing on, (with morals and ethics intact) no matter the cost is the only option. Many times, people, circumstances, or the "powers that be," do not always share in the desire for you to achieve your goals. In fact, many times those people may be doing everything in their power to keep you from being able to accomplish your dreams. This is where perseverance is an essential element of life. You must be strong in your foundation and stand for what you believe. If not, your purpose dies. You die. Without faith, tenacity, grit, persistence *and* perseverance, your dreams will never be dreams come true. Without perseverance, you will look back at life and you will find the three amigos, "could have been, should have been and would have been."

As I said before, perseverance cannot be taught to you, sold to you, or given to you, but it can be inspired within you. I believe God created *all* people to do great things, and when you witness another human being struggling though great difficulties with great effort and sometimes great pain in order to achieve that great end, you will be stirred from within to seek your higher purpose as well. Perseverance will be the natural result when you have found your higher calling. Martin Luther King once said, "The man in life who has nothing that he is willing to die for, has nothing in his life really worth living for."

Find your purpose. **Be Perseverant.** You *will* reap your reward.

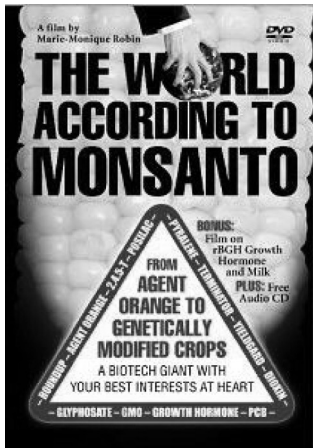
When the WHY is big enough, the how will find a way.

Recommended Book -



Brilliant Babies, Powerful Adults is an inspirational guide to understanding the powerful influence that early stimulation has on your developing child. How by using the techniques described in this book you can maximize your child's intellectual potential starting during pregnancy. *Brilliant Babies, Powerful Adults* then describes the incredible development of the conscious and subconscious mind and the emotional development of your child. The book discusses parenting techniques to create in your child a high self worth, healthy self esteem and the ability to create loving compassionate relationships by understanding your own (i.e. the parents) developmental process.

Recommended DVD -



Monsanto's controversial past combines some of the most toxic products ever sold with misleading reports, pressure tactics, collusion, and attempted corruption. They now race to genetically engineer (and patent) the world's food supply, which profoundly threatens our health, environment, and economy. Combining secret documents with first-hand accounts by victims, scientists, and politicians, this widely praised film exposes why Monsanto has become the world's poster child for malignant corporate influence in government and technology. A film by Marie-Monique Robin.

100% Organic & Fresh Innate Salad

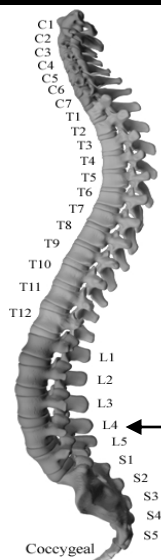
In today's fast paced world, we provide a quick, convenient service that will help you and your family maintain a healthy lifestyle.

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 Kimberly @ 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

Spinal Education



DID YOU KNOW...

L4

is the fourth vertebrae in the Lumbar area.

It controls the prostate gland, muscles of the lower back, & sciatic nerve.

Subluxations in this area can lead to sciatica; lumbago; difficult, painful, or too frequent urination; backaches.

EXERCISE/STRETCHES: Prone Back Extension (Low Back, Anterior Spinal Ligaments, Abdominals)

Lie on floor with hands in push up position. Keeping thighs and hips on floor push up and extend your spine as much as possible and hold for at least 30 seconds.



Thermography & Hypnotherapy

Next Appt: January 2014



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Hypnotherapy is now available in our O'Fallon office on Wednesdays and Thursdays. Making life changes, even small ones, can be challenging, especially when your life is filled with time constraints or you are experiencing a lack the energy, or perhaps you simply don't know how to begin. It often requires a tremendous amount of effort and focus. However, making changes, such as managing stress, changing a career path or achieving new goals, can be greatly enhanced through hypnotherapy.

Hypnotherapy is a natural process that involves achieving an altered state of mind—something that all people have experienced, but perhaps were unaware. During hypnotherapy, people experience an enhanced ability to become aware of their deeply held beliefs—even beliefs that were established early in life—that are limiting their current life experience. Once those beliefs are identified and subjected to review and revaluation, people can more easily eliminate self-sabotaging thoughts and behaviors, and adopt life-giving ideas about themselves. They are able to respond to situations and memories in ways that promote the achievement of their goals and desires.

People often wonder if they are able to be hypnotized. The answer is yes! Anyone who desires it can be hypnotized. Many of my new clients, upon our initial consultation, also express their concern about not being in control during hypnosis. The fact is, not only will you experience control, you will actually learn to have more control of your mind. The hypnotherapist's job is to assist their clients in achieving their goals, accomplished through time-proven hypnotic methods that are safe and effective. As a hypnotherapist, I am a member International Board of Hypnotherapy and the National Guild of Hypnotists, Inc.

To schedule a confidential appointment, call me at (314) 520-1438 or email at LSWeber@htc.net.



Teaching Children to Interact Graciously

When a child is mean, thoughtless, or hurts another child, it always makes us feel bad. Even though they're little, and we know they don't yet have the skills to act appropriately, it's often hard for us to correct them without judgment, because we have all sorts of associations and judgments about it from our own past. There are three steps you can use to help children interact graciously: Teach them to notice and respond to how others are receiving their actions, teach them to make requests of others, and facilitate their play.

The first step is really the foundation. It is teaching the child to notice how others are reacting, and listen to each other's requests. We need to help youngsters start to notice both positive and negative responses to their actions, especially when children are touching one another. For example, let's say there is a child who likes to hug his friends, but it often turns into a death-grip, leading the recipient of the hug to struggle. He wants to connect with others but doesn't know how. You can teach him to do a quick hug-and-release, and then say, "Look, she's smiling! She liked that!", or if it goes on to long, you say, "Oh no. She's pushing you away. She's saying 'please stop.'" The other piece is to make sure the children are responding to their friend's or sibling's requests. "Stop" is always an important one. Stop should mean "take your hands away". Whenever you hear "stop" from a child, listen and watch, and if the other child doesn't stop, you can move in and say, "Oh! I hear Julia saying stop." If that doesn't stop them remind them "stop means take your hands away." And, if the other child still continues to do it, "It looks like you need some help taking your hands away", and help them stop without judgment or blame.

The second step is to teach children to verbalize what they want. You can step in and facilitate problem solving. If there are two children playing, let's say they are Mary and James, and James is throwing a toy repeatedly at Mary. Instead of telling James to stop, suggest to Mary, "Mary, you can say 'please stop.'" Or if you hear a child scream, you can suggest they say, "I'm using this right now", or "please don't hit me," instead of just crying or screaming. In fact you can facilitate an entire conversation between two children where each gets to express what they want, and a solution is reached.

The third step is to encourage children to do things together that they all like. You can do this in a couple of ways. First, encourage children to interact in cooperative ways. This might involve suggesting that one child help another child with something, or when a child asks you for help, suggest that they ask another child instead. When you see children helping one another, notice it out loud. Another way to facilitate play is to help a child who

wants to join the play, but doesn't know how. If two children are playing house, and a third is watching, you might suggest to him that he's a neighbor who could knock on the door for a visit. If a younger child is "ruining" the game of older children, brainstorm with the bigger kids how they could incorporate the little one. If children are fighting over a toy, and one won't give it up no matter what, you can take his hands away, hold him in your lap and give him empathy. It was really hard to give up that toy! Don't do it with anger. Another way to diffuse a situation like the above would be to say, "Looks like this toy is too hard to play with," put the toy up and give them other ideas for play.

Use these techniques of teaching children to notice and respond to how their actions are received, teaching them how to ask for what they want, and helping them play constructively with one another, and you will begin to notice the children will gradually be able to play more and more on their own, without your intervention. It's a slow process, and you will have to do it over and over, but teaching these skills is well worth the effort.

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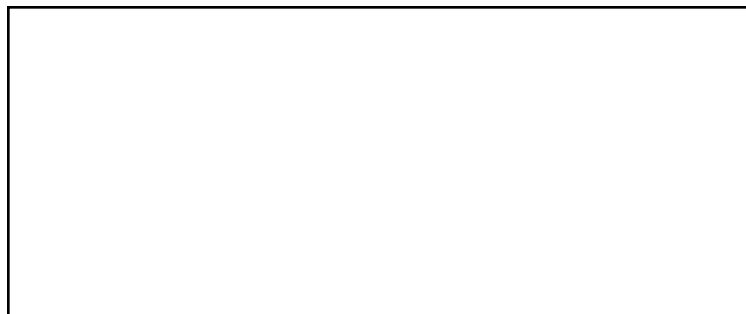


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**HEALTH FIRST CHIROPRACTIC
WELLNESS CENTER**

November Happenings

- 🌿 **New Patient Orientation Class @ 6 pm** - St. Charles 11/12, 11/26
O'Fallon 11/5, 11/19
- 🌿 **Weight loss and Detox Class @ 6:30 pm** - 11/5 (Business side for Isagenix)
- 🌿 **Saturday Wellness Class @ 10 am** - 11/2 - THINK WELL: God's design for your mind!
- 🌿 **Tuesday Questions Class @ 6:30 pm** - 11/19 - The Happy Home!
- 🌿 **Thursday Exercise Class @ 6:30 pm** - 11/7 & 11/14 only
- 🌿 **Thermography Exams** - January TBD by appointment only
- 🌿 **NOVEMBER 15TH** - Dr. Cory will be out attending Continue Education classes.
Our office hours will be 1pm-5:30pm with Dr. Andy.
- 🌿 **NOVEMBER 22ND** - Dr. Andy will be out of the office.
Our office hours will be 8am-11:45am with Dr. Cory only.
- 🌿 **NOVEMBER 28TH & 29TH** - The office will be closed for the Thanksgiving Holiday!