

HEALTH FIRST WELLNESS CENTER



OCTOBER NEWSLETTER



OCTOBER 2012

Volume 2, Issue 2

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 donate your time or make a financial contribution to your favorite charity.

(Each month we are going to be supporting "PHP"- People Helper Project. We will be compiling a list of different groups or projects that you can contribute your time or your talents to help those in need.)

Have an awesome month!

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

PRACTICE MEMBER(S) OF THE MONTH:

This Month's Outstanding Practice Member is Mary Jane Burkemper. Mary Jane is one of the most caring and loving human beings on the planet. She exemplifies everything our office stands for. Thank you Mary Jane for being part of our family. -The Health First Doctors & Staff



Help us push Lorie over the edge by purchasing a raffle ticket at the office and enter to win framed sheet music for "Jesus Take the Wheel" by Carrie Underwood.

Or visiting <http://somo.org/edge> and clicking on the

October 20th event and looking up participant Lorie Ott and making a donation. We need to raise \$1000 for the Special Olympics to push her over the edge in Jefferson City Oct. 20th. Deadline is October 19th! Thank you for your support!

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THINK WELL



He is on the job.

Watching loved ones travel a path littered with stumbling blocks and obstacles can be immensely painful. We instinctively want to guide them toward a safer track and share with them the wisdom we have acquired through our experiences. True freedom means all human beings have the right to carve out their own paths without being unduly influenced by outside interferences. To deny them that right is to deny them the chance to know who they really are and what they can become. If we continually interfere with their growth, we just make a “copy” of our opinion of what is right, good and just.

Each individual must earn their independence and self-esteem by making decisions and reflecting upon the consequences of those decisions. In allowing others to walk their paths freely, you honor their right to express their unique, individual humanity in whatever way they see fit. Although you may not agree or identify with their choices, understand that all people must learn in their own way and understand at their own pace.

It is always difficult to watch a child or loved one “re-invent the wheel.” But it is the events and the circumstances that shape our lives that make our experience here on this earth unique to each of us. It is the events of our lives that make us who we are. If God wanted us all to be the same and never have us experience pain or suffering, don’t you think he would have made us that way? He uses our choices to mold us and shape us into what he knows we can/should be. We are all drawn to different paths. We each have unique talents and skills for a reason. The events that happen in our lives are meant to draw out the talents and abilities from each person in order to make them learn and grow in their walk with God. You have been given choice after choice, day after day in your life.

You are where you are and you know what you know, because of those choices. Who are we to deny those opportunities to someone else? We all say we are only trying to protect our loved ones or our children from having to experience the pain and suffering that we went through in our lives. But it is precisely those experiences that made you who you are. Each child is a gift, waiting to be unwrapped by the circumstances that occur in life.

If you feel the need to intervene when watching other human beings plodding slowly and painfully down a different path, try to empathize with their need to grow and make their own way in the world. Should these people ask you for help, give it freely. You can tell them about your experiences and your path. Offer advice in a non-judgmental, loving way. Otherwise, give them the space they need to make mistakes, enjoy the fruits of their labors, revel in their victories and to discover their own truths in life. (CONT)

Temptation to direct the lives of others is a creature of many origins. An overactive ego can convince us that our way is the best way and the only one true path. The need to control and feel in charge is your ego. It is learned and can be unlearned. Each person is entitled to seek out his or her own exodus from the darkness and pain that life can sometimes bring. This is where they grow. When we celebrate their victories and encourage them to navigate their own path, we not only enjoy the privilege of watching them grow, we also reinforce our own dedication to uniqueness, independence and individuality. God is on the job. He knows exactly what experiences we all need. We need to have the faith to let him do that work in others. Yes, even our children.

WE ARE LOOKING FOR SUGGESTIONS....

If you have any particular things you would like the doctors to talk about in the newsletter please feel free to email us and let us know any suggestions you have. Also, we are going to be offering a ‘teenage health class” next year and wanted to see if anyone would be interested in having their children attend, please let us know. Also if your church or group would like to have Dr Cory Webb speak about a specific subject please let us know. If you have any health topics for a class you would like us to offer next year please email us or let the front desk know. Our email is hfchiropractic@yahoo.com.



HEALTH FIRST COAT DRIVE

for the People Helper Project

We will be collecting winter coats in the month of October
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!



Seriously Doc, what should I do?

There is sooooo much misinformation out there these days about what is good for you and what is not, that most people are just throwing up their hands in disgust and/or frustration. Everybody is an expert somehow. Every new diet this week is somehow “the one” you should follow. The latest magical drink from Tahiti will cure you of everything from hangnails to hemorrhoids. I can see why people are getting upset. If you venture into the “health food” store these days, it looks more like a pharmacy than a real health food store. Health food is not “take this for that and take these for that.” Your pantry is not meant to be filled with natural remedies. It should be full of food. Yes, real food, that doesn’t come in a bottle with a maximum allowable dose. The real question now is what food?

I am asked almost every day at the office what I do and what I eat. My answer is I try to maintain a healthy human movement pattern and I try to maintain a healthy human diet. I am mainly “Paleo.” WHAT? You may find this hard to believe, but humans are an animal species. I know we don’t think of ourselves that way, but it is nevertheless true. Every animal species on the planet has a “species specific diet” and a “species specific movement pattern” that is *required* for that species to stay healthy and functional. Think of your dog or cat; would you feed them chips, soda, beer, chocolate, cigarettes, lattes, and nachos? Why not? Right, “it’s not good for them.” It would actually be considered cruel to do that to an animal, yet we do it to ourselves and our children every day. Do you really have to wonder why we have escalating disease rates in our country? (I’m not even talking about lack of exercise and the chronic stress we have created in our lives!)

As any anthropologist or geneticist will tell you, the human genome has NOT changed in thousands of years. Humans have what scientists call a “Paleolithic” genome, or a hunter-gatherer genome. That means our bodies are designed to move, eat and think like people did thousands of years ago. I am not saying we need to revert back to no cars and no cell phones, but I am saying that our culture has transformed itself away from our original design. We need to try to eat, move and think like our bodies are designed to. What are we designed to eat you ask? The real experts in how our body functions can tell you—ask a physiologist. (Not a diet book salesman or health food store owner.)

Physiologists will tell you that humans are basically designed to drink clean, non-chemical water, raw fruits, raw veggies, raw nuts, raw seeds, and naturally raised grass fed meats. That is about it. Seriously. Don't believe me. Look for the TRUTH yourself. Try to find 5 peer reviewed articles (that are not written by someone trying to sell you something) that says you are designed to eat 9-11 servings of grains, 3 servings of dairy, any cereals, pasta or anything out of a can, box or bottle. Don't believe me. I would love to be wrong on this. I didn't make this up, don't argue with me, argue with the experts... read Loren Cordain, Phd., S. Boyd Eaton, Phd., Mark Sisson, or Dr. Rob Wolff. Just google "Paleo Foods."

Come to the **October 6th 10 am class** to find out how to cleanse your body of years of toxicity and then how to rebuild it with the right foods. See you there fellow "Paleo" Humans.



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we provide a quick convenient service
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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: Jumping Jacks

The jumping jack is a classic cardiovascular exercise. It is effective because you are working your upper and lower body simultaneously while also getting your heart pumping. If you are going to use jumping jacks for cardiovascular training, make sure that you do some stretches before you begin your workout.

To perform jumping jacks, stand upright with your legs together and arms next to the sides of your body. Jump your legs apart so that they are wider your hip width. At the same time raise your arms out to the sides to shoulder level and higher to form a star shape. Return your arms and legs by jumping back in. Be light on your feet and keep your knees slightly bent. Breathe out as you jump out with your legs and breathe in as you return your arms and legs back in to the start. If you start to experience any pain in your shoulders, either slow down the pace of the jumping jacks or do not raise your arms quite as high.

Challenge of the Month:

Beginner: Work up to 30-50 jumping jacks every other day at your own pace and time.

Advanced: Jumping-Jack Pyramid

Do as many jumping jacks as you can in 10 seconds. Then rest for 10 seconds. Next, do as many jumping jacks as you can in 20 seconds, and rest 20 seconds. Then do 30 seconds of jumping jacks followed by 30 seconds of rest. Now work your way back down the pyramid (30, 20, 10). Repeat the pyramid 2-3X. This will change the way you think about jumping jacks forever. Please do not do them too fast that you lose your balance and hurt yourself. Go at a comfortable pace.

RECOMMENDED READING



WAY OF THE PEACEFUL WARRIOR

BY DAN MILLMAN

During his junior year at the University of California, while training to become a world-champion gymnast, Dan Millman stumbled on a 94-year-old mentor nicknamed Socrates, a powerful, unpredictable, and elusive character. He taught a way to maximize performance using a unique blend of Eastern philosophy and Western fitness to cultivate the true essence of a champion; Way of the peaceful warrior Millman's first-person account of his odyssey into realms of light, darkness, mind, body, and spirit has since become an international bestseller about the universal quest for happiness.



Eat Well Move Well Think Well[®]

The Innate Lifestyle[™] Program

For details: eatwellmovewellthinkwell.com or call us at 636-946-3600

2013 Innate Lifestyle Program begins January!

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.

If you are at all interested in finding out how

Eat Well, Move Well, & Think Well will be a benefit

to you and your loved ones, please mark you calendar

and plan on attending

our December 1st class on “The Paradigm of Wellness & Prevention.”

2013 is your year to take care of you!



Take the Time to Listen

"Take a moment to listen today to what your children are trying to say. Listen today, whatever you do, or they won't be there to listen to you. Listen to their problems, listen to their needs; raise their smallest triumphs, praise their smallest deeds. Tolerate their chatter, amplify their laughter. Find out what's the matter, find out what they're after- Take a moment to listen today to what your children are trying to say. Listen today, whatever you do, and they will come back to listen to you". - Anonymous

During the hustle and bustle of our daily lives it is easy to forget what our priorities should be. We often find ourselves rushing from one activity to the next, and don't take the time to be present, and connect with our children. Imagine how important and loved our children would feel if we slowed down, and made it a priority to listen, I mean *really* listen, to them. Being a compassionate listener is an easy way to foster a stronger relationship with your children. How do we do this? We listen intently, and without judgment. We let them know that what they have to say is important by not interrupting or comparing. Our children need to feel accepted and appreciated for who they are, even when it may not be easy. To do this we put all our focus and attention on our children. Giving this attention to our children will make them feel loved and respected.

The other day my son was very upset about something, and chose to let us know this by displaying an uncooperative and bad attitude. My first instinct was to tell him to get over it, and get rid of the bad attitude or there would be a punishment. Instead, I choose to let him tell me how he was feeling. I focused all my attention on him, and made sure that he didn't feel like I was being critical of him, or that I would see him as "bad" for feeling or acting that way. I held a safe space for him to talk it through, and helped him figure out what he was needing at that moment. I made sure to let him talk it out without interrupting him, or making a comparison to how I thought he *should* be acting, or how differently his sister might react. Once I knew what he was feeling and needing, we were able to come up with a solution together. By making the choice to focus my attention on him and listen, I was able to take a situation that had the potential to end up in a battle of wills, and make everyone involved become upset, and turn it into a positive experience that quickly improved my son's attitude! In the end, everyone was happy, feeling loved and respected - and there were no regrets on my part because I had said or did "the wrong thing." Something that simple really can make all the difference.

October is Breast Cancer Awareness Month!



Breast cancer is one of the most feared diseases a woman can get, yet the subject is very complex and controversial even among medical professionals. There are many aspects to breast health and breast cancer, each with different points of view. More women are getting breast cancer and they are getting it at younger and younger ages. Most breast cancers occur in women with no known risk factors. How can you find peace of mind?

There are many ways all women can decrease their risk. One problem is that women tend to take care of everyone except themselves. The state of your general health and how well your immune system is functioning are your strongest defenses against any disease. To quote Dr. Thomas Hudson, MD., author of "Journey to Hope", "Prevention knows no boundaries."

Prevention of all disease starts with a good diet and regular exercise. Life style changes are not easy but there is no supplement or prescription to replace these two major factors of good health. Eliminating your exposure to toxins where possible is another factor. Science has proven that we must also nurture our emotional and spiritual needs to remain in good health.

Western medicine is very good at fighting disease but we are on our own to bridge the wide gap between western medicine and preventive health or alternative therapies. Screening for early detection saves lives and mammography has saved many lives. Yet this screening is not effective for all women. Adding thermography as a complimentary tool to mammography offers a 98% success rate for early detection. The two tests are very different and give different information, so the combination offers the most information available. Mammograms "see" structure, like tumors. Thermograms "see" physiology, such as vascular activity, inflammation and lymphatic activity. Thermography is the only test that can detect a problem early enough to reverse the disease without surgery or radiation. It offers breast "health" information.

More information can be found in Dr. Christine Horner's book, "Waking the Warrior Goddess".

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.

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

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WEIGHT LOSS AND DETOXIFICATION

Jan. 2012

June 2012



80 lbs lost!

77 total inches lost!

Down 9 pant sizes!

Diagnosed diabetic, Now Normal blood sugar!

Diagnosed w/fatty liver disease, Now Normal!

LDL dropped 18 points, Triglycerides dropped 53 points,&

HDL went up 12 points!

These could be your results!

Stop by the office and ask about the new Isagenix meal replacement shakes. 242 whole food, organic nutrients, protein and fiber will supply you with all the energy you need in a HEALTHY way.

(Gluten Free, Soy Free, Casein Free, 99.5% Lactose Free)

**Jeff will be at the St. Charles office
every Tuesday from 1pm-5pm for the next several months to answer any
questions you may have.**

**Our next Isagenix cleansing class is
Tuesday, Oct. 2nd @ 6:30pm & Saturday Oct. 6th @ 10am
at the St. Charles Office. Please call to reserve your seat- 636-946-3600**

HEALTH FIRST WELLNESS CENTER

FAMILY HEALTH IS OUR FIRST PRIORITY!

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Link is also on our website

CHECK US OUT and LIKE US!

OCTOBER HAPPENINGS

- New Patient Orientation classes @ 6pm — 10/9, 10/23 St. Charles
- - 10/2, 10/16, 10/30 O'Fallon
- Weight loss and Detoxification Class @ 6:30 pm — 10/2
- *Saturday Free Wellness Class @ 10am — Oct. 6th*

“What Dr Cory does and Why”

- Thursday Free Exercise Class @ 6:30pm— 10/4, 10/11, 10/25—no class 10/18
- Next Thermography Exams — 10/25 by appointment only
- DR ANDY WILL BE GONE OCTOBER 17TH–20TH. SO THERE WILL BE NO EVENING HOURS THAT WEDNESDAY OR FRIDAY AND WE WILL BE CLOSED THAT THURSDAY.

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