

Health First Wellness Center

Volume 3, Issue 2

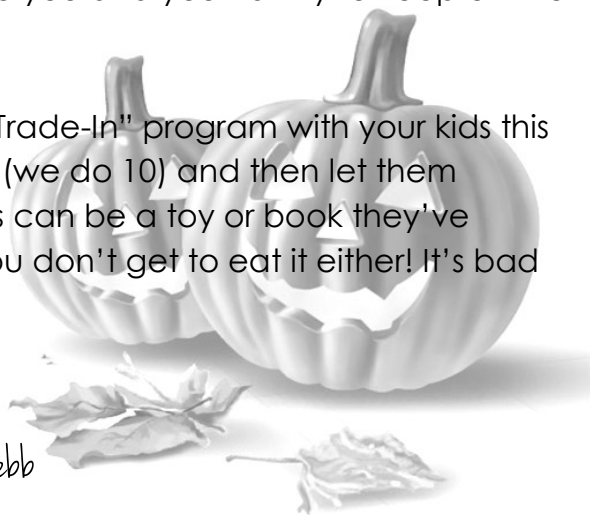
October Newsletter

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.

October's **Healthy Challenge** is to develop a "Candy Trade-In" program with your kids this Halloween. Establish how many pieces they can keep (we do 10) and then let them "trade-in" the rest of the candy for something else. This can be a toy or book they've wanted or an outing of some sort. (Just a reminder...you don't get to eat it either! It's bad for you, too!)

Have a great month and Happy Halloween!

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



FREE Health Risk Assessment Offer

We are excited to be offering our Health Risk Assessment free of charge (\$75 value) to you or anyone you know. The Health Risk Assessment is a physical assessment and an online questionnaire to be filled out at home (nobody will see your answers except you).

You can also add blood work for \$50 (which is done by Labcorp or by your medical physician and you bring in the results to us).

Once the Assessment is completed it will generate a wellness and prevention score which lets you know where your future health is heading. **This test will change your life.**

Don't miss the opportunity to know your true level of health.

Time is running out for this offer, so if you are interested, ask the front desk for details and a form.

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You are what you eat

Do really know what you are eating?

Most people believe what they are eating is food. If you have your own garden or you live on a farm you are eating actual food. If you live in the city and are eating from boxes, bags or cans, you are most likely consuming a "food-like product." Over the last 80+ years, the American diet has morphed from an all natural, all organic fruit, vegetable and free-range, grass fed meat system into a money making monopoly run by multi-national corporations, pharmaceutical companies, and chemical manufacturers. Have you ever asked yourself what the letters FDA actually stand for? Food and Drug Administration. These are the people that decide the safety of the food and drugs that are "administered" to you and me. Have you ever stopped to ask yourself, "What do food and drugs have to do with each other and why are they regulated in the same government building? Why are food and drugs governed by the same board of directors? Why are those directors allowed to be high ranking officials in the food and drug manufacturing industry? How do the people from the corporations that produce all the drugs and the food-like products get to decide the safety and dietary guidelines for the American public?" Do you think there may be a conflict of interest? Several of these corporations have openly stated that their mission is to control the entire world's food supply. These same companies have also stated that they would like to be in control of the distribution of every seed that is put into the ground across the planet. These are the same people that are supposed to be "the watch dogs" for the safety of how our food and drugs are administered. Did you know the FDA approved the gene mutation and gene splicing of strawberries and arctic fish? This was approved so food manufacturing corporations would be able to grow strawberries year round. Even in the middle of December in northern Minnesota! At first you may think this a good idea, but consider this: do you think God designed strawberries and fish to reproduce? If God had intended those two species to mate, don't you think He would have made it a little easier than spending millions of dollars manipulating genes inside a laboratory? If this "food" is not what God intended humans to consume, then common sense would tell you that your cells and your DNA do not have a built-in defense for these unnatural, genetically-mutated food-like products. This means that your cells and your genes don't know what to do with the foreign DNA that just entered your body. When the unnatural, foreign proteins enter your cells and become you, your body slowly becomes something other than what God intended. Your immune system now sees your "new" cells as something other than you and starts to attack itself. Can you say autoimmune disorder? Your future cells can only be made from foods you are currently putting into your body. You truly become what you eat. Do you really know what you are eating? If you don't understand the chemicals on the label, don't be surprised when you turn into something other than healthy in the future. Let's look at what the food and drug industry has created so far...

Over the past 80 years, the cancer rate for men and women in America has increased from an average of 1 in 20 to an average of 1 in 3! There are over 24 million Americans currently diagnosed with specifically named autoimmune disorders. There are currently 2.2 million women with breast cancer in the United States today. There are 7.2 million women with cardiovascular disease. There are over 10 million women with autoimmune diseases! We spend over 70 billion dollars in

direct treatment of cancer in women per year. We spend over 120 billion dollars in direct treatment of women with autoimmune disorders! (The numbers are almost the same for men.) 1 in 69 women may develop breast cancer in their lifetime. 1 in 9 will develop an autoimmune issue in their lifetime, yet when polled, over 90% of Americans cannot specifically name a single autoimmune disease. (Just poor marketing I guess. Or maybe that is by design....????) *Pause for sarcastic effect.*

What is an autoimmune disease and how do they develop you ask? An autoimmune disease is essentially when your body no longer recognizes your own cells as "you" and begins to use your immune system to attack your own cells. Autoimmune diseases can develop in just about any system of the body. Autoimmune diseases can develop in your nervous system as multiple sclerosis, your digestive system as Crohn's Disease and ulcerative colitis, your pancreas as type 1 diabetes, your skin as psoriasis and vitiligo, your joints as rheumatoid arthritis and on and on the list goes.

Interestingly enough, less than one hundred years ago, autoimmune issues were almost unheard of. Why such a dramatic rise? Let's take a closer look...Is it genetic? The answer is no. Considering the human genotype has changed 0.02% in that same 80 years, it clearly is not a result of "bad genes." Is it lack of treatment, lack of research or lack of drugs available? Answer: There has never been a time in human history that humans have had more access to more doctors, more nurses, more hospitals, more drugs, and more research. So clearly it is NOT a lack of resources. Do you think it might possibly be the choices we are making as a culture? If you have ever thought that maybe how you choose to eat, move, and think plays a role in your future health, then you would be in agreement with the most prominent scientists and researchers on the planet (except for the ones who work for those multi-national corporations). Keep in mind that if a food doesn't say that it is NOT genetically modified then it is! Those same multi-national corporations lobbied our government to make sure they did not have to notify anyone in the public that their products contain genetically modified materials. For more information on genetically modified foods please refer to responsibletechnology.com, seedsofdeception.com or GeneticRoulette.com.

God designed foods for our cells to function perfectly and man has altered that design for profit. The solution: Eat foods God "engineered." Grow your own, find an organic farmer, or join the organic food co-op that delivers fruits and vegetables to our office every Friday. Learn, Love, Live.



www.vesterbrookfarm.com

or call 573-560-0871

Certified Naturally Grown and Organic Products
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
Discounts available for homeschooling families,
veterans, single parents, etc.
Check website for details or to register.
Innate Salad/Juicing Box also available.

Move Well Exercise of the Month: Hip Raise

Starting Position: Lie on your back on an exercise mat or the floor in a bent-knee position with your feet flat on the floor. Place your feet hip-width apart. Gently contract your abdominal muscles to flatten your low back into the floor. Attempt to maintain this gentle muscle contraction throughout the exercise.

Raising up: Exhale and keep your abdominal muscles engaged and lift your hips up off the floor. Press your heels into the floor to help stability. Avoid pushing your hips too high, which can cause hyper-extension in your low back.

Lowering: Inhale and slowly lower yourself back to your starting position.

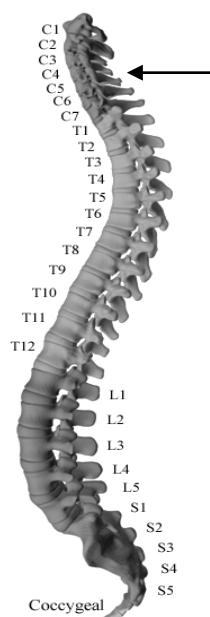
Progression: Gradually progress this exercise by starting with both feet together and extending one leg while in the raised position.

Avoid arching your low back as you press your hips upward, which normally occurs if you attempt to push your hips as high as possible. This can be achieved by contracting your abdominal muscles prior to lifting, and keeping them engaged throughout the lift. Also don't put too much strain or tension in your neck while performing this exercise.

Try raising up and holding your position for a count of 10 sec and then coming back down for a 3-5 sec rest and repeat for 8-10 repetitions.



Spinal Education



DID YOU KNOW...

C4 is the fourth vertebrae in the Cervical area. It controls the nose, lips, mouth, Eustachian tube, mucous membranes, and lungs. Subluxations in this area can lead to hay fever, catarrh, hearing loss, and adenoids.

EXERCISE/STRETCHES: Neck Extension

Extend head back as far as possible and hold. Discontinue and tell doctor if dizziness occurs.



Looking Into Your Future

Your values today
become your beliefs of tomorrow.
Your beliefs become your thoughts.
Your thoughts become your words.
Your words become your actions.
Your actions become your habits.
Your habits become your health.
Your health becomes your future.
Your future becomes your legacy.
You are going to leave a legacy.
Your legacy will influence generations
of your family.
Make sure your legacy is one of love,
health, and integrity.

The Beacon Project



I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.
John 8:12

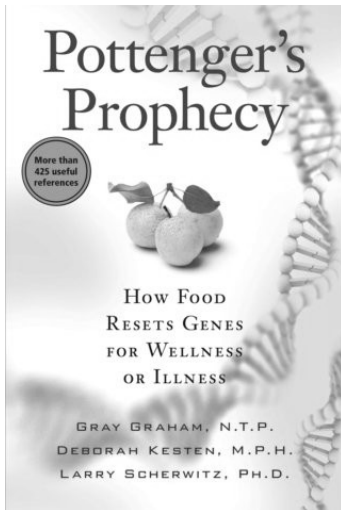
The Beacon Project is our office service project to help pour back into our community and to help those in need. If you would be interested in helping organize future projects, please contact the office.

Operation Christmas Child

Stop by the office this month to pick up a shoebox and gift list for Operation Christmas Child. All boxes must be filled and returned by November 1. If you are unable to fill a shoebox, consider making a financial donation so that others can fill one for you! Help make this a happy Christmas for a number of boys and girls all over the world!

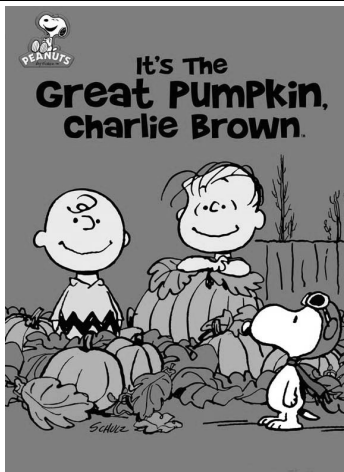


Recommended Book - Pottenger's Prophecy



It's been called a "new paradigm" and "the medicine of the future." At the same time, it is so profoundly changing our understanding of health and healing, the National Institutes of Health (NIH) has poured \$190 million into it. What's the brouhaha about? The emerging new science of epigenetics, which reveals the foods you eat switch genes on or off that can lead either to wellness or illness. But this "medicine of the future" does even more, for it provides a crystal ball not only into your potential health, but also that of your children, even unborn generations. Be assured: the age of nutritional epigenetics has arrived. Pottenger's Prophecy: How Food Resets Genes for Wellness or Illness reveals the foods that launch your genes on a path toward illness, as well as the diet that can activate "health" genes-often instantly-that promote a longer, healthier life. Regardless of your current health status, Pottenger's Prophecy is the source for anyone who wants to eat to reset genes-NOW-for health, healing, and longevity.

Recommended DVD - It's the Great Pumpkin, Charlie Brown



Will this Halloween be the one when the Great Pumpkin comes? Longtime believer Linus thinks so - and keeps watch all night in the pumpkin patch to welcome him. Charlie Brown gets into the spooky spirit too, dressing up as a ghost with more eyeholes than needed - but not scaring up the usual kinds of Halloween loot when trick-or-treating. Never fear, World War I fighting ace Snoopy is here to battle the Red Baron - and in doing so, crash Violet's Halloween party and Linus' vigil as well. Your whole family will enjoy this feel-good movie this Halloween!

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

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 more details: eatwellmovewellthinkwell.com

Thermography & Hypnotherapy



Thermography Exams BY APPOINTMENT ONLY

Medical Thermography of Metro St. Louis

"Proactive and Preventive Health Screening"

Check out their website for more info: www.medicalthermography-stl.com

or call: **314-566-0350** or **618-806-5220**

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.

Milk: Does it do a Body Good?

Asked what single change in the American diet would produce the greatest health benefit, Washington DC based pediatrician Russell Bunai, says "Eliminating dairy products out of the diet."

Calves stop drinking cow's milk between the ages of six to eight months. Humans are the only species that drink the milk of another animal. You will never see a kitten drink milk from a goat, or a doe drink milk from a bear. However, we have been conditioned to think that we must drink milk from cows. We are told that we must drink cow's milk for the rest of our lives. No adult animal continues to drink milk after they are weaned. We, as humans, drink milk from an adult animal that does not drink their own milk after they reach 7 months of age. So why are we still drinking cow's milk as adults? Not to mention giving it to our children. Cow's milk is meant to turn a 200-pound calf in to a 2,000-pound cow. This is one of the main reasons why America is the leading country in the world of obesity.



Cow's milk contains a wide range of dangerous and disease-causing substances that have a cumulative negative effect on all who consume it. Cow's milk contains large amounts of sugar, active hormones, scores of allergens, fat and cholesterol. Most cow's milk has measurable quantities of herbicides, pesticides, dioxins (up to 200 times the safe levels), up to 52 powerful antibiotics, blood, pus, feces, bacteria and viruses.

How does this impact humans who consume cow's milk and dairy? Obesity (over 50% of Americans and rising), heart disease, cancer, allergies, digestive problems, diabetes ("Introduction of dairy products and high milk consumption during childhood may increase the child's risk of developing juvenile diabetes." *Diabetologia* 1994;37(4):381-387), asthma, desensitization to antibiotics, behavioral problems, and the constant ingestion of dioxins, herbicides, pesticides (and anything else the cow eats), that winds up getting stored in human fat is not healthy by any measure. Those who resist believing the truth should understand that a large number of the world's population cannot tolerate the lactose in cow's milk. Lactose is a sugar meant for babies, and it's generally harmful to children and adults. The amount of lactase, the intestinal enzyme responsible for the digestion of lactose, the sugar found in milk, typically declines naturally after weaning when humans are infants.

First, milk undergoes the process of pasteurization and homogenization. Pasteurization originally came about due to the growing size of dairy farms and the "inability" of staff to keep the premises clean enough to sell the milk raw. Pasteurized milk has been denatured or altered such that the human body is unable to process it. Ordinary cow's milk is composed of large globules. These globules, being larger than those in human milk, cannot penetrate the walls of the arteries and are thus prevented from getting directly into the bloodstream. However, by the process of homogenization, the globules are broken down and thus they can get directly into the human bloodstream which becomes an expressway for any fat-borne toxins (lead, dioxins, etc.) into your (otherwise) most protected organs. They also eventually clog up the arteries, and that is when heart

problems arise.

Another problem with cow's milk is that the protein in the cow's milk damages the human immune system. The proteins in cow's milk are different from human milk proteins and cause problems of digestion, intolerance, impaired absorption of other nutrients, and autoimmune reactions. Few of the proteins meant for baby cows are found naturally in human mother's milk, and none are found in any natural adult human food. Amino acids, the units that make up proteins, are building blocks for all living cells. When amino acids in our food are properly broken down by the digestive system into protein, it does no harm to the immune system. Protein from milk, however, is absorbed into the blood fully undigested, provoking an immune response. Repeated exposure to these proteins disrupts normal immune functions and may eventually lead to diseases.

I know you are asking, "What about calcium?" Where do the cows get calcium for their big bones? Yes... from plants! The calcium they consume from plants has a large amount of magnesium which is necessary for the body to absorb and use the calcium. A balanced intake of all the bone minerals, along with adequate vitamin A, C, D, and K, is what is truly needed. A balanced intake of minerals cannot occur when the diet emphasizes dairy. Dairy's high calcium causes relative deficiencies in magnesium and other bone-building minerals, and its high phosphorus and animal protein reduces calcium availability (those nations with the highest amount of milk/dairy consumption also have the highest rates of osteoporosis. You can find many studies that support this fact). Physical activity has the greatest benefit for bones - the body efficiently uses what is available to build strong bones when it senses the need. Human milk and vegetable sources are superior to dairy for calcium and other nutrients in many ways. There are fewer nutritional or other health advantages to giving cow's milk to children than is generally believed, while there are certainly many risks.

If there remains a desire to provide milk to a child who has no diarrhea, rashes, or other intolerance reactions, organic raw whole milk would be a better choice. When the raw milk you are drinking is obtained from a well-maintained facility following organic standards that allows its cows to graze only on certified organic grass and does not treat the animals with chemicals, hormones, or antibiotics, the result is a more beneficial substance that gives life. Raw milk contains natural friendly bacteria and probiotics that aid in digestion and many other processes in the body such as immune system support. While it does not have the detrimental effects of regular milk, it still contains the sugar, foreign proteins, etc. It is best to drink raw milk in moderation. Goat's milk is also considered to be better for human consumption. Much less documented information is available about goat's milk, but it appears that the proteins are less problematic for digestion, although allergic intolerance to these can also occur. There are also other milk substitutes, such as almond and coconut milk.

While an ever-growing preponderance of scientific information points to the dangers of cow's milk, favorable public and even mainstream medical opinion about dairy products has been very successfully maintained. What we feed our children matters, yet many people don't associate dairy products negatively until they cut them out of their diets and see how much better they feel. When they realize how much more energy they have or have fewer allergies or less sinus pressure, they become converts immediately. Try experimenting with cutting out dairy for 2 weeks and take notice of how you feel. Add it back in and see the difference. You may be surprised! Milk does NOT do a body good.

Innate Healing Massage

Call today to make time for yourself or a loved one.

Gift certificates, Birthday Specials,
& Package deals available!

30 min Therapeutic or Geriatric massage \$30

60 min Therapeutic \$60

60 min Pre/Perinatal massage \$70

90 min Therapeutic \$80

Chair Massages \$1/minute

Appointments available Monday-Friday
Times vary so please call the office to make
your appointment.

Innate Healing Massage

Emilee Kipper LMT, NCTMB

Trish Bruce LMT, NCTMB

636.946.3600

INNATE HEALING MASSAGE

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receive a

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Call to schedule your massage today!



Massage for Wellness

If it's been a while since you booked your last massage—because your pain is no longer an issue or your injury is fully rehabbed—you might want to consider massage for a preventive care.

Massage can play an important role in a good health-care regimen. Just as you eat healthily, exercise regularly, and take your vitamins to ward off illness and maintain a fit body, you should consider making frequent massage a part of your wellness lifestyle.

According to Benny Vaughn, a sports massage expert in Fort Worth, Texas, one of the benefits of consistent and regular massage therapy is better flexibility. "This happens because regular and structured touch stimulus enhances the nervous system's sensory and spatial processing capacity," he says. "That is, the person becomes more aware of her body's movement in space and becomes more aware of tightness or pain long before it reaches a critical point of mechanical dysfunction."

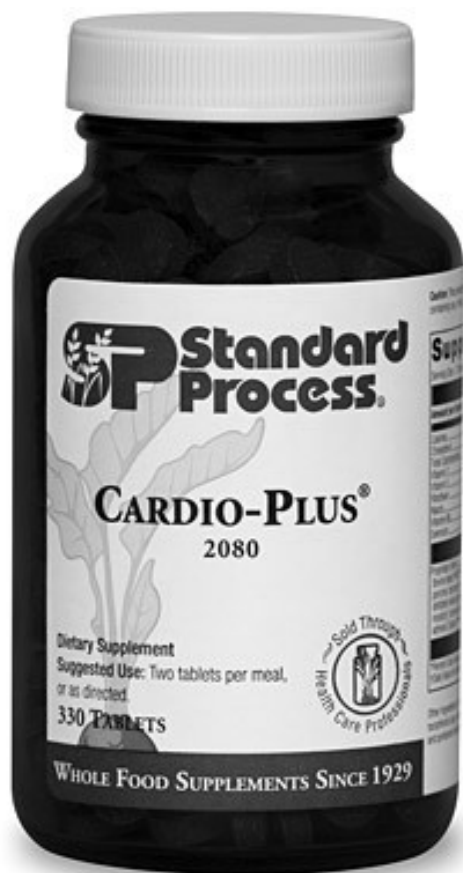
As a preventive measure, frequent massage puts you more in tune with your body. "The consistency of massage therapy over time creates a cumulative stress-reduction effect," Vaughn says. "The person becomes acutely aware of stress within her body long before it can create stress-driven damage."

And the more massage you receive, the more benefits you reap. "Massage therapists know that people who get massage regularly demonstrate greater improvement and notice a reduction in pain and muscular tension, as well as an improvement in posture," says Anne Williams, author of *Massage Mastery: From Student to Professional* (Lippincott Williams & Wilkins, 2012).

"People regularly make a commitment to fitness," Williams says. "People regularly make a commitment to changing their diet. The difference they'd experience if they regularly made a commitment to massage is mind-blowing. "

Body Sense, Massage, Bodywork, Healthy Living
Volume #13, Issue #2
Summer 2013

Supplement of the Month - Cardio-Plus



Cardio-Plus is naturally antispasmodic, vasodilating, and relaxing to your blood vessels. Cardio-Plus is made from extracts, concentrates, and whole, raw, nutritional complexes from plants, animals, glands, and organs. It is processed raw, without heat, and without the chemicals used by most supplement-makers. It helps resolve the problem of insufficient oxygen to the heart muscle—a condition from which most people with heart disease suffer. It is naturally strengthening to capillary and blood vessel walls. Because it contains many nutrients from fats, it serves to relax your circulation, making it perfect for the tense, "coronary-type" person. It contains the whole vitamin C complex and is healing to your blood vessel linings and small blood vessels and capillaries. Also, because it contains B complex vitamins, it is also helpful to people who depression, anxiety, and emotional problems. Cardio-Plus serves many purposes for many people, but is most specifically for people with heart disease and circulatory problems.



**Our next Isagenix Nutritional cleansing class is
Tuesday, October 8 @ 6:30pm at the St. Charles Office**

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



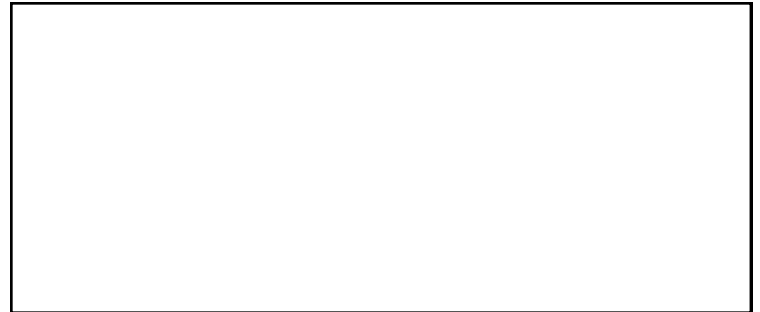


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WELLNESS CENTER**

October Happenings

- 🌿 **New Patient Orientation Class @ 6 pm - St. Charles** 10/1, 10/15, 10/29
O'Fallon 10/8 (no class on 10/22)
- 🌿 **Weight loss and Detox Class @ 6:30 pm - 10/8**
- 🌿 **Saturday Wellness Class @ 10 am - 10/5 - Diabetes & Blood Sugar Issues**
- 🌿 **THURSDAY Questions Class @ 6:30 pm - 10/17 - Flu Shots/Vaccines**
- 🌿 **Thursday Exercise Class @ 6:30 pm - 10/3, 10/10, 10/24, 10/31**
- 🌿 **Thermography Exams - 10/24 by appointment only**