

HEALTH FIRST WELLNESS CENTER

NEWSLETTER

FROM THE DOCTORS

Happy Birthday Chiropractic and Happy 1st Anniversary for the newsletter!

Can you believe we have been publishing this newsletter for a year already? Time flies when you are having this much fun! We started this newsletter to bring you the most current information on how to keep you and your loved ones healthy, happy and vibrant. We have truly enjoyed researching and planning what to share with you each month. We hope that you have also enjoyed receiving the information and have learned so much about how to improve your health and the health of your loved ones. If you ever need further information or any verification of the research that is cited in this newsletter, please call the office for any references. We hope this month's newsletter will inspire you and your family to keep on the path toward realizing your highest levels of health.

Every month we give you a challenge to get you to Think Well, Move Well and/or Eat Well. We hope that everyone is participating and truly benefiting from these challenges. We would love to hear from each and everyone of you that are doing these challenges to find out how you are doing, so please email us or write us a letter and let us know.

This month's "Healthy Challenge" is to write down every night a list of 10 things you are grateful for that day. The Power of Gratitude and Love is the highest healing energy that we currently know of.

Have an awesome month!!

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

NOW ON FACEBOOK!!!

HEALTH FIRST CHIROPRACTIC WELLNESS CENTER

Link is also on our website

CHECK US OUT and LIKE US!

Inside this issue:

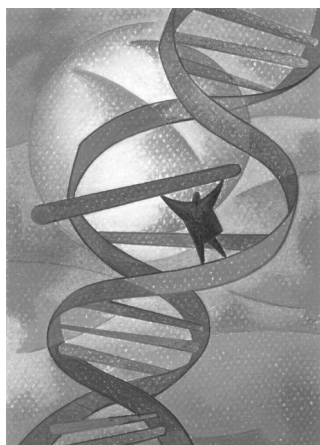
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PRACTICE MEMBER(S) OF THE MONTH:

This Month's Outstanding Practice Member is Maria Petrossian! Marcia is an example for everyone to follow regarding the power of personal change. She is a great example to her friends and family that anything is possible if your purpose for greater health is God centered. We are blessed to have Marcia and the Petrossian family as representatives of our office. -The Health First Doctors & Staff

THINK WELL



Foundational Concepts of Health

All our cells contain the genetic blueprint for health: it is our lifestyle choices and living environments that determine whether or not the proper resources or raw materials are supplied. Our state of health is the genetic expression of our past and current lifestyle choices. We bioaccumulate both the positive and the negative effects of our lifestyle choices.

In order to express our potential for health we must supply all the resources or raw materials that our genetic blueprint requires to build strong, healthy cells. We must also avoid all the things that are toxic to cells. It is impossible to express and experience 100% health if only some of the raw materials are provided or only some of the toxins are eliminated. A plant could never be healthy if it were only given sunlight and soil, but no water was being supplied. It is also impossible for a plant to be healthy if it is being poisoned with chemicals. The same is true for all living organisms including human beings. Our genes are programmed for health but they are also programmed to live in a healthy, natural, pure and sufficient environment. The healthier the environment and lifestyle choices, the healthier the cells. The healthier the cells, the healthier the person—period—no exceptions.

In order to be well we must be sufficient in the required resources and free of toxic interferences- at the same time for a period of time. We CANNOT be healthy unless we eat well, move well and think well, all at the same time for an extended period of time. This is why most systems fail and many people fail at restoring health, because they try to treat a single symptom or address a single deficiency or toxicity, but fail to create an entire healthy ecosystem of cells in the body. (con't)

The only way to create health is to restore and maintain proper cell function. (homeostasis) The only way to restore and maintain proper cell function is to remove toxicity and to create sufficiency-physically, chemically, and mental/emotionally. The reason our Innate Lifestyle programs are so successful is because we address all deficiencies and all toxicities and create sufficiency and purity.

Wellness is a simple concept. Wellness is about living a lifestyle which is congruent with our innate genetic requirements for the expression of health. Some people (mostly unhealthy people) think creating a healthy lifestyle is hard, too expensive or requires too much work. I have personally witnessed that being sick and feeling “broken” everyday is much more work and much harder on you and your loved ones. Not to mention that chronic sickness will cost you ten times more in both money and quality of life in the years to come.

Life is about choices. Very simply, you have the ability to make daily lifestyle choices that cause you to head away from health or you can make choices that will restore and maintain your health. You choose your future. If you are tired of being sick and tired, (and your family is tired of hearing about it) and if you are now ready to learn more about what you *can* do, please ask the office staff about our free wellness class schedule. If you are in a crisis or you are really ready to change, ask about our **2013 Innate Lifestyle Program beginning in January.**

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.

EAT WELL



Sweet Deception- The Dangers of Sucralose

The saying goes , “If it was made by God, it can’t fail. If it was made by man, it is bound to fail.” This most certainly applies to the arena of artificial sweeteners. I have read at least 50 articles in the last 5 years warning people of the dangers of ingestion chemical sweeteners into the human body. Various studies showing brain chemistry changes, myelin destruction around the nerves and brain possibly contributing to the rise in Alzheimer’s, dementia, multiple sclerosis. Multiple studies showing the chemicals in sucralose are affecting the function T cells (cancer fighters) from the thymus gland, causing suppression of the immune system. The most interesting research shows that as the use of artificial sweeteners goes up, weight gain occurs. Yes, weight gain. The very thing artificial sweetener are designed to help with, they are causing!!!

Sucralose is about 600 times sweeter than sugar, but it has been chemically altered to remove the calories. So when sucralose is ingested into the body, the brain perceives the sweetness, but doesn’t receive nutrition or calories, so the brain sees this as a deficiency and actually creates a craving for you to go out and seek more food and more calories to fill the deficiency. (Do you think the food companies might know this?)

Sucralose is a synthetic chemical created in a laboratory. In the five step patented process of making sucralose, three chlorine molecules are added to one sucrose (sugar) molecule. Some will argue that natural foods also contain chloride, which is true. However, in natural foods, the chloride is connected with ionic bonds that easily dissociate. But in Splenda, (sucralose) they are in a covalent bond that does NOT dissociate. In fact, there are NO known covalent chloride bonds found in any organic compounds in nature. They only exist in synthetic man-made form. Aside from Splenda, other examples of synthetic covalent bond chloride compounds include: DDT, PCB’S, Agent Orange. How does that sound on your breakfast cereal or in your “sugar free zero calorie” soft drink?

The human body has NO enzymes designed to break down these covalent chloride bonds. Why would it? It never existed in nature until 50 years ago, so why would the human body have ever had a reason to address it? Since it is NOT broken down by your body and metabolized by your body, they can claim it to be “non-caloric”. It was essentially designed to pass right through you. The problem is, it is not just passing through us, it is being stored in our liver, our kidneys, and our digestive systems and in large amount in the form of “toxic fat.”

Splenda has also been shown in studies to destroy normal intestinal flora, cause destruction of red blood cells-leading to anemia. Splenda has been shown to cause infertility in men by destroying sperm production. It has been show to create brain tumors in mice. Splenda has been shown to enlarge and calcify kidneys (stones). Splenda caused spontaneous abortions in half the population of rabbits that were given sucralose. A 23 percent death rate in the rabbits compared to 6 percent in the control group. (CON’T)

Eye opening research- looking at 165 studies since 1996—

100 Percent of the studies conducted by companies funded by the makers of artificial sweeteners found them to be completely safe.

92 percent of independently funded studies identified at least one potential health concern with each artificial sweetener they tested.

If it was made by man it is bound to fail. If it was made by God it can't fail.

Eat real food.

****Health First Patient Appreciation Picnic****

Our Annual Patient Appreciation Picnic is
Sunday, September 30th 11am — 4pm
At Quail Ridge Park Shelter #1.

Barbeque provided by T-Bones Meats

(The meat will be ready to eat by 11am)

Side dishes provided by you!

Please bring your favorite HEALTHY side dish
to share with everyone!

(Salad, Vegetables, and Desserts!)

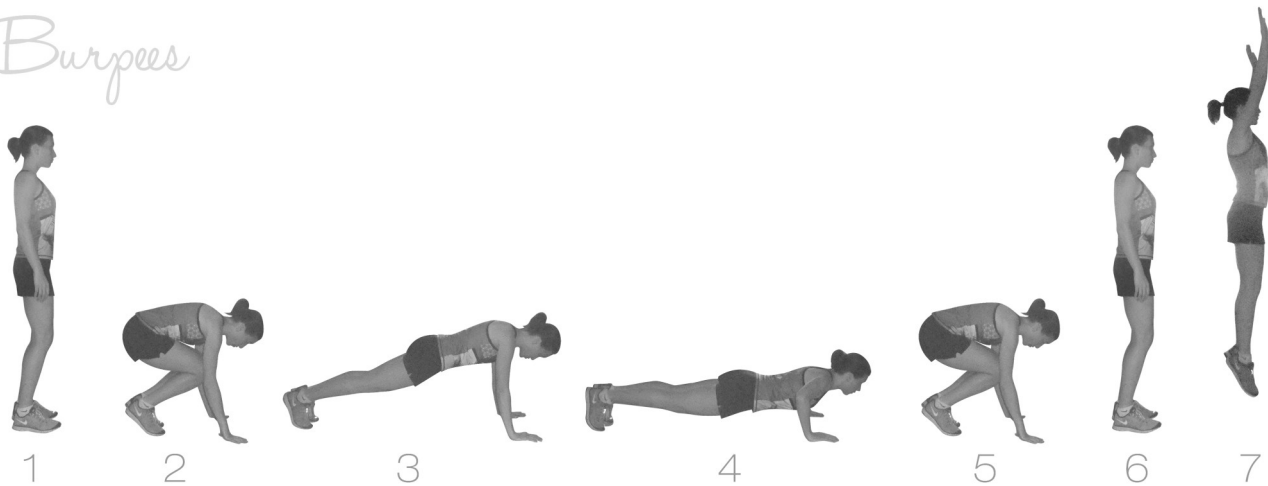
Be sure to bring a copy of your recipe to share with us.

Please let the office know if
you and/or your family will be attending.

You can sign up in the office or call us and let us know.

MOVE WELL

Burpees



Exercise of the Month: The Burpee

The Burpee is a combination exercise that is putting together a few of the past months newsletter entries. This exercise is an advanced move that burns fat, builds muscle and increase endurance at the same time. The burpee requires balance, strength and flexibility. It is an efficient and inexpensive way to improve your fitness level because it doesn't require any special equipment. The burpee is a full-body exercise typically used to build strength and cardio endurance.

How to Perform The Burpee:

1. Start in the standing position as shown, feet shoulder width apart
2. Squat down and place your hands on the floor
3. Kick your legs back behind you into a push-up position
4. Lower yourself down to the ground
5. Do a push-up back to push-up position
6. Bring your legs back underneath your hips
7. Jump (doesn't have to be a big jump, just get off the ground)
8. Repeat

Challenge of the Month:

Go slow at first and as you get better with practice your movements through the full exercise will become more fluid. Just getting the form down may take some time. Try just adding a few burpees into your workouts to begin with (for strength, and cardio, and balance). Then later you can see how many you can do in 30 sec or 1 min.



WE ARE CELEBRATING THE BIRTHDAY OF CHIROPRACTIC WITH OUR NEW PATIENT

“SEPTEMBER SPECIAL”

THANK YOU FOR ANOTHER GREAT/HEALTHY YEAR!

Once a year we offer you the opportunity to refer a friend or loved one who has never been a patient in our office for a complimentary new patient examination (normally \$300)

(INCLUDES THEIR X-RAYS, CONSULTATION, AND EXAM)

*(UNFORTUNATELY, IF YOU ARE MEDICARE ELIGIBLE,
WE ARE NOT ALLOWED TO OFFER YOU THIS DISCOUNT).*

**TO TAKE ADVANTAGE OF THIS
SPECIAL YOU NEED TO ATTEND ONE OF OUR
TUESDAY NIGHT NEW PATIENT CLASSES
BETWEEN AUGUST 21TH
AND SEPTEMBER 25TH**

**SPACE IS LIMITED
SO CALL & SIGN UP TODAY!
CLASSES ARE TUESDAYS @ 6PM**

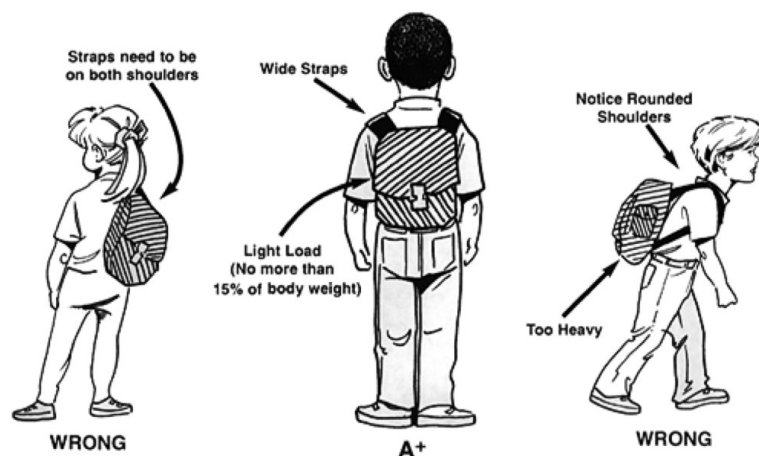
ST CHARLES - 8/28, 9/4, 9/11, & 9/25
OFALLON - 8/21, & 9/18

**HEALTH FIRST
WELLNESS CENTER**

DR CORY WEBB & DR ANDY WEBB
530 MADISON ST, ST. CHARLES MO 63301

636-946-3600

Is Your Child's Backpack Making The Grade?



Backpacks and Children

As academic requirements are raised, so are the amounts of books students are carrying to and from school. Parents, school officials and health care providers have growing concerns with the increased amount of weight being carried each day. Dr. Wayne Yankus, of the American Academy of Pediatrics says, "There is a growing concern that youngsters may have long term back problems from trudging about with such heavy loads. It typically puts them off balance and gives them a posture that promotes low back pain."

David Pascoe, a professor and exercise physiologist at Auburn University researched the effects of backpacks on children between the ages of 11 and 13. Two-thirds of the children reported having muscle soreness. He discovered significant differences between the alignment of the spine in children who used both straps and those who carried the bags on one shoulder.

To help minimize these effects, there are important safety measures to consider in choosing and wearing backpacks. Backpack Safety America/ International gives the following simple steps for avoiding injury and improving spinal health, and most importantly, make sure your children see their chiropractor for regular spinal checkups!

Step 1: Choose Right. Choosing the right size backpack is the most important step to safe backpack use.

Step 2: Pack Right The maximum weight of the loaded backpack should not exceed 15 % of your body weight, so pack only what is needed. *Tip: If the backpack forces the wearer to move forward to carry, it's overloaded.*

Step 3: Lift Right. Face the Pack -Bend at the Knees - Use both hands and check the weight of the pack. Lift with the legs. Apply one shoulder strap and then the other. *Tip: Don't sling the backpack onto one shoulder.*

THERMOGRAPHY

Next Scheduled Visit Here : October 25th by Appt Only

Digital Infrared thermal Imaging 'DITI' is a 15 minute non invasive test of physiology. It is a valuable procedure for alerting your doctor to changes that can indicate early stage breast disease.

The benefit of DITI testing is that it offers the opportunity of earlier detection of breast disease than has been possible through breast self examination, doctor examination or mammography alone.

Non Invasive

No Radiation

No Contact with the Body

F.D.A. Approved

Implant Screening

Endorsed by the United Breast Cancer Foundation

Breast Scan \$175 (30 Mins)

Half Body Scan \$275 (40 Mins)

Full Body Scan \$395 (1 Hr)

Full and Partial body screenings available!

Gift certificates available.

Medical Thermography of Metro St. Louis

"Proactive and Preventive Health Screening"

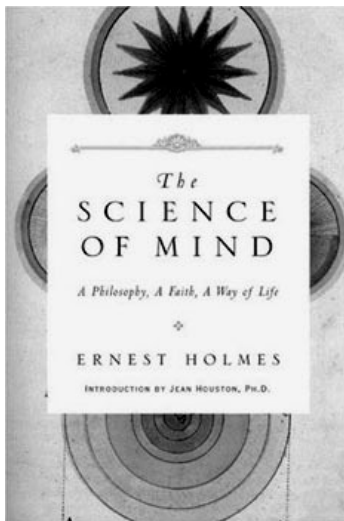
www.medicalthermography-stl.com

314-566-0350

618-806-5220

or call our office to schedule.

RECOMMENDED READING



THE SCIENCE OF MIND

BY ERNEST HOLMES

In the early part of the twentieth century, a visionary named Ernest Holmes began a journey of exploration and research that profoundly affected thinkers throughout America. His work, based on the teachings of the great philosophers, the sacred wisdom of both Eastern and Western traditions, and the empirical nature of science, offers a philosophy of religion and psychology emphasizing the limitless potential of the human mind. Now, for the first time, **The Science of Mind** appears in paperback to coincide with the seventieth anniversary of Ernest Holmes's founding of the Religious Science movement.

This book contains the fundamentals of Holmes's teachings and is a primary resource used by teaching centers and spiritual healers worldwide. Its universal principles apply to people of all spiritual backgrounds as they describe a higher level of existence attainable through the use of Nature's forces and the power of God. While imparting an unrivaled technique for living, Dr. Holmes's classic guide speaks clearly to a complex world caught in transition and searching for guidance.

INNATE HEALING MASSAGE



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

Don't forget a massage is a great gift
for someone you love.

Gift certificates, Birthday Specials & Package deals available.

Appointments available Monday–Friday
Times vary so please call the office to make your
appointment today!

Innate Healing Massage

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

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

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, Sept 4th @ 6:30pm at the St. Charles Office
Please call to reserve your seat- 636-946-3600**

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WELLNESS CENTER**

FAMILY HEALTH IS OUR FIRST PRIORITY!

530 MADISON ST
ST CHARLES MO 63301

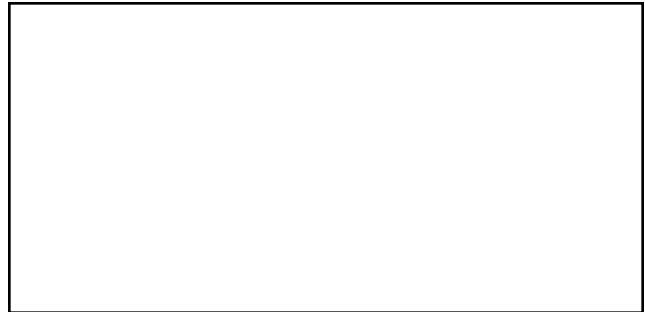
Phone: 636-946-3600

Fax: 636-946-3019

E-mail: hfchiropractic@yahoo.com

We are on the Web!

www.webbwellness.com



SEPTEMBER HAPPENINGS

- New Patient Orientation classes @ 6pm – 9/4, 9/11, 9/25 St. Charles
- - 9/18 O'Fallon
- Weight loss and Detoxification Class @ 6:30 pm – 9/4
- *Saturday Free Wellness Class @ 10am – SEPT. 8th “MOVE WELL”*
- Thursday Free Exercise Class @ 6:30pm– 9/6, 9/13, 9/20, 9/27
- *Patient Appreciation Picnic– 9/30 11am–4pm*
- Next Thermography Exams – 10/25 by appointment only

Just A Friendly Reminder.....

If you have a book checked out from our library and have had it for more than one month, please call the office to let us know you are still reading it, or return it to the St. Charles office so that others may enjoy it. Thank you Health First Staff