

Health First Wellness Center

Volume 3, Issue 1

September 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.

September's **Healthy Challenge** is to write down five things you are thankful for each day. This may seem like a daunting task at first, but you will be surprised at how quickly the items come to mind once you start making daily lists. Each and every day is full of blessings; it is just a matter of choosing to acknowledge them and being thankful for what we have.

Have a great month—we are thankful for you!

Dr. Cory Webb, Dr. Gudy Webb, & Dr. Jennifer Webb

HEALTH FIRST PATIENT APPRECIATION PICNIC

Our Annual Patient Appreciation Picnic is
SATURDAY, SEPTEMBER 21
11AM TO 4PM

at Blanchette Park in Shelter #1

Barbeque will be provided by T-Bones Meats at 11am

Side dishes will be provided by you

Please bring your favorite **HEALTHY** side dish to share with everyone (salad, vegetables, and desserts) and 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. We hope to see you there!

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The Garbage Man

Why can't I get well? Why can't I lose weight? Why can't I lower my cholesterol? Why do I continually eat foods that are bad for me? Why don't I have any energy? Why can't I reduce my blood pressure?

The scientific explanation for why you haven't changed these problems is "accumulated body burden." What that means is everything you have done (or not done) in the past is affecting your current health. How you ate, moved, and thought in the past is who you are now. Science says, "your current health is the genetic expression of your lifestyle choices over time." For good or for bad, the level of health you are experiencing today is a *result* of your past decisions. Whatever you have now is a **result**. Results have causes and treating those results without addressing causes is futile; it will never work. Cholesterol does not elevate to dangerous levels because of a Lipitor deficiency. You don't experience headaches because you are low on aspirin. You don't get arthritis because you are short on anti-inflammatory drugs. You don't *catch* diabetes. You don't *catch* heart disease. We **earn** these maladies with our choices over a lifetime. Like it or not, that is what research has told us for years. Genes don't randomly mutate. Something has to trigger the genes to change their function. A chronically stressful environment in terms of how we eat, move, and think plays a major role in the future health you will experience. Chronic health or chronic illness is the *result* of a life of choices. Whether you exercise or sit on the couch is a choice. Whether you eat real food or chemical food from boxes or cans is a choice. You choose to have the emotions you experience each day. You can choose to be happy or choose to be sad.



Until you fully own that you are the decisive element in your health, you will always struggle with "why won't this go away?" The garbage in your house doesn't just take itself out. You have to actively collect it and then remove it. Our modern lives tend to accumulate some garbage. If you didn't take out the trash in your house on a regular basis, your home would eventually be an environment for disease. Your body works the same way. You *must* have a way to remove garbage from your life.

A doctor is nothing more than a garbage man. A "good" doctor should be looking for ways to help you remove the sources of trash from your life. "Bad" doctors just give you something to make the trash in your life more tolerable. Pills to suppress your symptoms are just like spraying Lysol on a pile of trash to reduce the stench. It will only work temporarily until you remove the cause. Don't tolerate garbage in your life--remove it. If your doctor is

doing nothing more than giving you pills to treat *results*, please get another doctor. You are in charge of your temple. Take out the trash! Exercise removes your sedentary job stress. Your diet and cleansing removes toxic chemical stress in our food, water, and air. Spinal adjustments remove nerve interference from daily tensions. Prayer and meditation remove us from "the world." I encourage you and your loved ones to attend the wellness classes each month to seek out ways to clean up your life.

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



**Our next Isagenix Nutritional cleansing class is
Tuesday, Sept. 10 @ 6:30pm at the St. Charles Office**

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



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: Jumping Rope

Jumping rope will enhance your coordination, agility, quickness, balance, & endurance.



In addition to the obvious physical benefits, jumping rope is fun. You will not find a more effective conditioning tool for less than \$5.

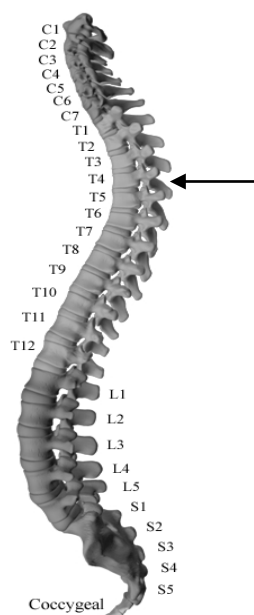
If you haven't jumped rope for many years, you may get frustrated in the beginning. But just like anything you practice, you will get better at it. Start easy and try to start with 10 - 20-second intervals on the rope. Work up to skipping for 20 seconds without tripping on the rope. Frequent practice is recommended. Eventually, you will move past 20 seconds, and begin working with 1, 2, and 3-minute intervals. If you want to do a few sets, take a 30 - 60 second rest between intervals. Jumping rope when fatigued is definitely harder so try it when you are fresh or rested.

There are all kinds of variations to try so you can't say jump roping is boring. You can jump with both feet, or one at a time. Two hops on one foot then change. You can run in place and jump rope. You can criss-cross your arms when you get advanced. There are others as well that you might remember some from your childhood. It's fun and cheap and can be added to any workout session for added cardio.

I would recommend buying a light weight plastic speed rope over the actual rope, leather, or beaded one. Also, when you are measuring yourself for a jump rope, stand on it, and the handles should be somewhere between your waist and armpit.

Good Luck and Have Fun!!

Spinal Education

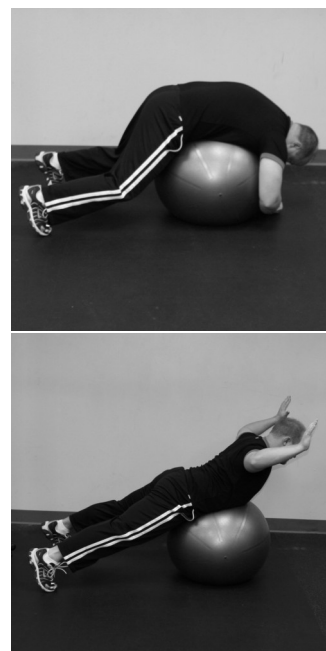


DID YOU KNOW...

T4 is the fourth vertebrae in the Thoracic area. It controls the gall bladder, common duct, heart, lungs, and bronchial tubes. Subluxations in this area can lead to gall bladder conditions, jaundice, and shingles.

EXERCISE/STRETCHES: Swiss Ball Back Extensions

Lie face down over the Swiss ball. Keeping your toes on the ground and arms by your side, extend your legs and spine into a straight position flexing your buttocks and bringing your shoulder blades together. Hold this position for as long as possible then slowly lower back to start position and repeat.

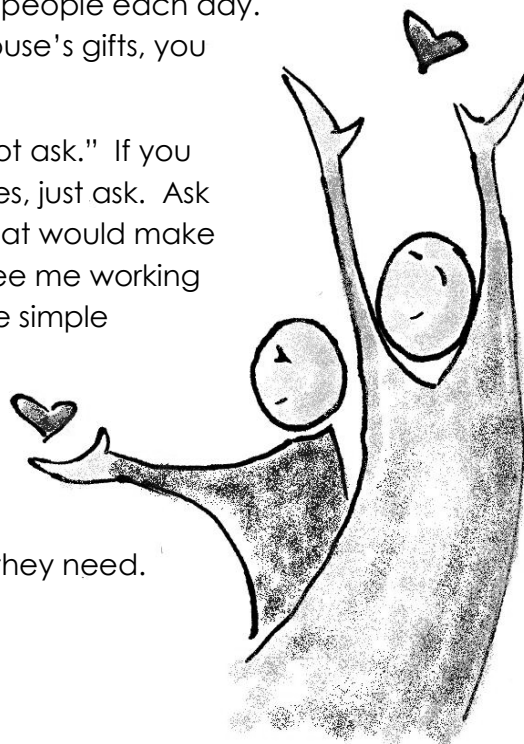


Where is the Love?

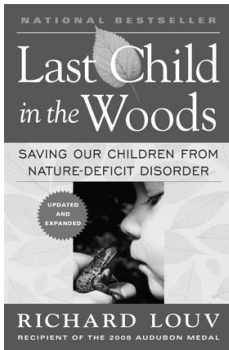
We all want to be loved. We all want to know that we are necessary and that we matter. People communicate love in many different ways. The more we study our loved ones, especially our spouse, the more we learn how to love in a way that means the most to them. Just because you feel the most loved by one expression doesn't mean your spouse will or your kids will. That is because we all recognize love differently. There are several "languages of love" that people speak to each of us in personal and unique way.

A husband may feel most loved when he hears you praise him and thank him verbally. He may feel most loved when the hard work to provide for his family is acknowledged verbally. A wife with a spirit of generosity may be impacted most by receiving a gift that you made for her personally. She may feel loved by a gift you purchased for her, "just because." Your spouse may feel the most loved when you serve their needs around the house or by taking a few minutes to physically hold them or just listen to what they have to say without interrupting and trying to "solve the problem." Sitting and talking for an hour may seem "non-productive" in our bottom line culture, but what in life matters more than the relationships we have? We make time for the things in life that we truly value. Look at your schedule; it shows us what we value. Is there quality time scheduled for your spouse? Do you try to just "fit them in" to your schedule or do you commit to a time with your spouse when you are genuinely present? You can easily discover how your spouse needs love by observing what they tend to do for you and by listening to what is important to them. Yes, that means slowing down and actually communicating. Put down your phone and turn off the TV. Think about what originally attracted you to your spouse when you were dating. When you got married, I am fairly certain it was not to just watch the news, the next game, or to spend your day on facebook. Life is about growth and we are different people each day. Get to know them again. As you glean insight into your spouse's gifts, you will most likely uncover the most loving ways to their heart.

As it says in James 4:2, "You do not have because you do not ask." If you would like to have a deeper relationship with your loved ones, just ask. Ask your spouse: What are three areas that I could improve in that would make your life easier and more fulfilling? What would you like to see me working on to make our relationship deeper and stronger? These are simple questions, but sometimes the simple things in life that would make the most impact are never done. Our culture tends to get caught up in the minutia of the day and we miss the BIG moments. Take time to listen to your spouse--really listen. Observe your children--what do they really need from you? It's not more stuff, it's more **you** that they need.

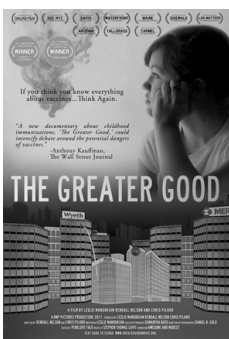


Recommended Book - Last Child in the Woods



In this landmark work, Richard Louv brought together cutting-edge studies that pointed to direct exposure to nature as essential for a child's healthy physical and emotional development. Now this new edition updates the growing body of evidence linking the lack of nature in children's lives and the rise in obesity, attention disorders, and depression. Louv's message has galvanized an international back-to-nature campaign. His book will change the way you think about our future and the future of our children.

Recommended DVD - The Greater Good



There are severe consequences due to our current vaccine policy and schedule, many of which are simply dismissed as coincidence or diagnosed improperly. These damages cannot be swept under the rug, and THE GREATER GOOD documentary highlights several powerful personal stories of vaccine tragedies to bring increased awareness to this important issue. THE GREATER GOOD is an award winning character-driven documentary that explores the cultural intersections where parenting meets modern medicine and individual rights collide with politics. The film offers parents, doctors and policy makers a safe space to speak openly, actively listen and learn from one another. Mixing verité footage, intimate

interviews, 1950s-era government-produced movies and up-to-date TV news reporting, THE GREATER GOOD weaves together the stories of families whose lives have been forever changed by vaccination.

WE ARE CELEBRATING THE BIRTHDAY OF CHIROPRACTIC WITH OUR NEW PATIENT "SEPTEMBER SPECIAL"

WE WANT TO THANK YOU FOR ANOTHER GREAT & HEALTHY YEAR!

We are happy to 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 \$350) (THIS INCLUDES CONSULTATION, EXAM, AND X-RAYS)

TO TAKE ADVANTAGE OF THIS SPECIAL, THEY NEED TO ATTEND
ONE OF THE FOLLOWING NEW PATIENT CLASSES
BETWEEN NOW AND SEPTEMBER 24TH

CLASSES ARE TUESDAYS @ 6PM
ST CHARLES – 9/3, & 9/17
OFALLON – 9/10, & 9/24

SPACE IS LIMITED SO CALL & SIGN UP TODAY!

636-946-3600

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

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 from now till the end of September. 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.

We will be staying after the morning class on Saturday, September 7th to help anyone who wants to do the physical assessment here with us (except the timed mile which will need to be done on your own).

Dr. Cory will be explaining the results of the assessments with everyone on Tuesday, October 8th at 6:30pm.

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.

Thermography

Next Scheduled Visit @ Health First : **October 24**



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**

Be Your Child's Best Teacher

What happens when you yell at your children? Well, they aren't learning much of anything. If you're angry, don't try to teach your child "a lesson." You won't be teaching the lesson you're aiming for. Why is this? There are three areas of the brain, the higher, middle and lower centers. The higher area of the brain is where all logical thinking takes place, such as problem solving and decision making. The middle area of the brain is the emotional center, and the lower area of the brain is the "fight, flight, or freeze" center. This is

where we all function when we are stressed. When any of us get to this stage, the higher area of the brain shuts down, and we are no longer using logical thinking. Once you begin yelling at your children, they become stressed and begin to function from the lower area of the brain. Once in this place, they are not able to learn. In addition, and with far worse consequences, are the recent findings that yelling at your kids actually causes damage to their brains which could lead to anxiety, delayed development, and other forms of mental illness.



There are three steps you can take now to stop yelling at your kids, and have more peace and connection in your home.

- Notice in the moment that you're triggered with your child and having a big emotion. Ask yourself the question, "What am I feeling?" Attempt to name your feeling in the moment. This allows you to begin to halt the runaway train of your highly charged emotions as a parent that often lead to disconnected methods of communication (i.e., yelling, punishment and consequences.)
- Have self-empathy for yourself. Take the judgment off of whatever feeling you're having in the moment. Do one thing to calm yourself down before approaching your child again.
- Have empathy for your child. Recognize that your child is having a big feeling in any moment because she has a core need that is not getting met. Try to identify what your child's feeling and needing in that moment. You're yelling because you want to change your child's behavior, right? That's not actually the best way to change her behavior long-term. Instead, try empathy. You can still set limits as necessary, but take the time to see things from your child's point of view. Empathize with her, and help her meet whatever needs she was trying to meet in a better way.

Why not take a vow of "yellibacy" (a term coined by Dr. Laura Markham)? Try it for a week. I'm betting you'll see a wonderful change in your family, one that will keep you going long after your experiment ends. When you feel yourself getting triggered, and feel like yelling, just stop. Breathe. Say a little mantra, like *"Kids need love most when they deserve it least."* Wait until you're calm so you can be your best self. You'll intervene so much more effectively then, and be able to teach them the lessons that are truly worth learning.

PEACEful Parenting Program with Dr Jennifer Webb

Dr. Jennifer Webb presents a unique process of Peaceful Parenting classes which will give you the tools and transformation you're needing right now!

- ✦ Be resilient and calm in the face of parenting challenges.
- ✦ Feel good enough just as you are without the constant feeling that you should be striving, achieving, or getting "more".
- ✦ Identify and meet your many needs as a parent.
- ✦ Feel confident that you are establishing a deep CONNECTION and COOPERATION between you and your child.

This program contains parenting classes with specific peaceful parenting tools and techniques for you to use right now with your child, as well as tools to help you release your LIMITING BELIEFS and INTEGRATE YOUR NEW CORE BELIEF PATTERN(S) that will offer you a NEW MODEL FOR Peaceful Parenting.

Over the course of 10 weeks, Dr. Webb will cover:

Letting Go Of the Way You Were Parented- This is the place to let go of strong feelings you had as a child, and come clear on any negative patterns that these feelings have been forming in your life and your relationships.

Learning Your New Language of Connection- You'll get 5 SIMPLE TOOLS of Cooperation and Connection that you'll be able to use ANYWHERE and at ANYTIME with your child. You'll also learn: How to practice your 5 SIMPLE TOOLS so that COOPERATION becomes second nature in your home. You'll learn how to create an instant CONNECTION with your child even during his worst tantrum, and how to nurture your own needs as a parent so that you can remain relaxed, calm and centered.

Forgiveness and Parenting- As you move out of the blame, shame and judgment game, you'll notice this surge of forgiveness emerging for yourself, your parents, and anyone in your life with whom you've been feeling some kind of stress. Forgiveness is a powerful process that you begin to integrate on a core level.

Empowered Conversations, Letting Go of Limiting Beliefs- It's fine to think or feel something and it's another to express what is on your mind. I will offer you the tools and transformation to be able to have empowered conversations with your loved ones and anyone else in your life.

How To Set Limits the Peacefully Stick- Knowing HOW TO EFFECTIVELY SET LIMITS using these TOOLS will save you countless hours (if not years!) of stress, frustration and miscommunications.

Developing Cooperative Solutions & What To Do With Anger -You'll learn about how to explore solutions with your child that develop cooperation within your relationship. You will also get the opportunity to understand how you and your child can express anger in a safe and appropriate way.

The Essence of Connection and Playful Parenting -Learn how to develop and maintain natural cooperation with your child so that he/she feels safe, secure, cared for and nurtured on a deep level, how to develop solutions that promote connection and how you can use play throughout all of your parenting.

If you are interested in setting up a Parenting Assessment call with Dr. Webb to see how her program can help your family, and bring more peace and calm into your home, contact the office at 636-946-3600.

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

New Client Special

First-Time Massage Clients
receive a

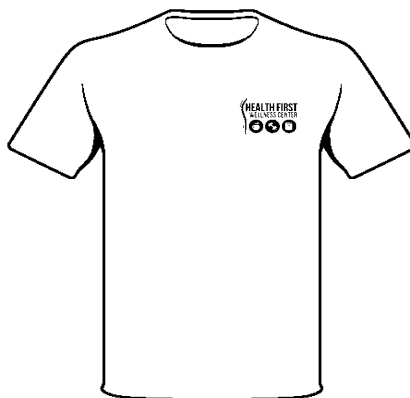
60-Minute Massage for \$45

Call to schedule your massage today!



WINNING T-SHIRT CONTEST SHIRTS FOR SALE \$10 EA

TWO DIFFERENT STYLES TO CHOOSE FROM



Sizes: Youth M & L
Adult S, M, L & XL



Supplement of the Month - Greens First

It's good to eat your fruits and vegetables, but drinking them is even better! When you stir Greens First powder into pure, cold water, it's not only delicious, refreshing and energizing, you are helping yourself to maintain a highly alkaline body, which is essential for optimum health and well-being. You can also try adding Greens First to your Isagenix shake or morning smoothie!

Greens First is highly concentrated nutrition and is rich in electrons which means it is a powerful neutralizer of harmful acids. Greens First provides naturally occurring and easily absorbed vitamins, minerals and macronutrients. Another important nutrient that Greens First delivers is chlorophyll, which is the substance that helps plants absorb light and make them look green. The molecular structure of chlorophyll is very similar to that of hemoglobin which is the substance of your red blood cells that helps them transport oxygen. Chlorophyll helps your blood deliver oxygen throughout the body which in turn helps to make stronger body cells and stronger blood.



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.

Back-To-School

CLOTHING DRIVE

Please bring gently used clothing to the office and place in the bin by the door. Thanks in advance for your generosity!



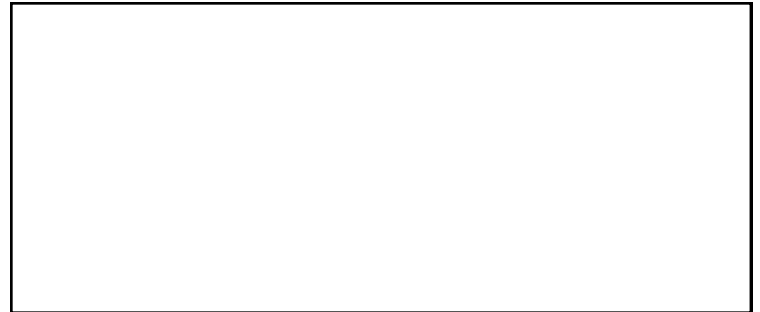


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Webbs on the Web!
www.webbwellness.com



Like us on FACEBOOK:
**HEALTH FIRST CHIROPRACTIC
WELLNESS CENTER**

September Happenings

- 🌿 **New Patient Orientation Class @ 6 pm - St. Charles 9/3, 9/17**
O'Fallon 9/10, 9/24
- 🌿 **Weight loss and Detox Class @ 6:30 pm - 9/10**
- 🌿 **Saturday Wellness Class @ 10 am - 9/7 - MOVE WELL:**
How We are Designed to Exercise
- 🌿 **Tuesday Questions Class @ 6:30 pm - 9/24 - Why Do We Get Sick?**
- 🌿 **Thursday Exercise Class @ 6:30 pm - 9/5, 9/12, 9/19, 9/26**
- 🌿 **Thermography Exams - 10/24 by appointment only**