

# Health First Wellness Center

Volume 3, Issue 10

## June/July Newsletter

*Happy Summer!* 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.

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

### June's Healthy Challenge

Healthy Challenge of the month is to go for a Walk! Get your family out of the house at least 3x's per week and take a walk. It doesn't have to be long just get out and enjoy the fresh air and all the beautiful flowers and trees.



#### Inside this Issue

EAT WELL	2
MOVE WELL	5
THINK WELL	4
RECOMMENDED DVD	3
RECOMMENDED BOOK	3
BEACON PROJECT	8
SUPPLEMENT OF THE MONTH	7
MONTHLY HAPPENINGS	10
CHILDREN'S HEALTH	6

## Eat Well - Fat? To eat or not to eat, that is the question. -Steakspeare

Saturated fats have been given a bad rap during the past few decades. What you haven't heard is the benefits and actual the necessity of these important fats in your diet. Just as you are what you eat, animals are what animals eat. The health benefit of animal proteins and fats is determined by how the environment in which the animal was raised and the diet the animal was raised on. If it is a natural diet for the animal, the fats are GOOD for you. If the diet is unnatural and toxic for the animal, it's fats is BAD for you. Simple. You can only be as healthy as the diet of the animals. Ask your grocer where your food comes from and how it was raised! Better yet, find a local farmer and support your neighbors.

The benefits of grass fed, free range animals providing you your *necessary* saturated fat

- Constitute about 50% of all cell membranes, they give your cells structure and integrity.
- Play a vital role in the health of our bones
- Protect the liver from alcohol and other toxins
- Enhance your immune system
- Have antimicrobial properties that protect us against harmful bacteria and viruses in the digestive tract
- Rich in Vitamin A and D

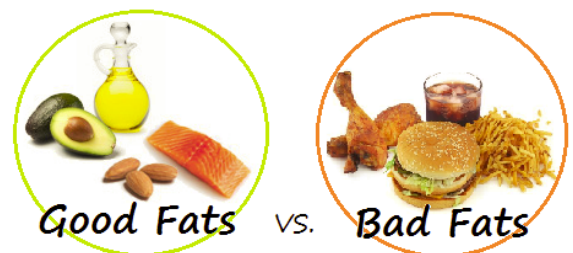
Humans have eaten a diet for thousands of years that was based on 50-80% animal and/or fish. From 1910-1970, the percentage of traditional animal fats in the American diet declined from 83% to 62% and butter consumption plummeted from 18 pounds per person per year to 4 pounds per year. During the same time period, the percentage of vegetable oils (mainly corn and canola) and refined seed oils has increased approximately 400%. American deaths from heart disease went from 3,000 per year in 1930 to over 500,000 per year in 1960. Do you honestly believe genes changed that much in 30 years? Ask any geneticist, no chance.

Sources of good fats

- Grass fed animal products (NOT CORN FED, NOT SOY FED, NOT WHEAT FED)
- Fish and fish oil (pharmaceutical grade and natural ratio only)
- Free range chicken eggs
- Nuts -raw if possible
- Avocados
- Olive oil -cold pressed
- Butter (raw, grass fed) or ghee (organic, clarified butter)
- Coconut oil or coconut butter
- Pumpkin seed oil or pumpkin butter
- Cod liver oil
- Palm oil

Fats to avoid

- Hydrogenated oil or partially hydrogenated oils of any type
- Canola oil or Corn oil
- Safflower oil or sunflower oil
- Soy oil
- Cottonseed oil



More information? Read - Know your Fats or Eat Fat, Lose Fat. Both By Mary Enig, PhD.

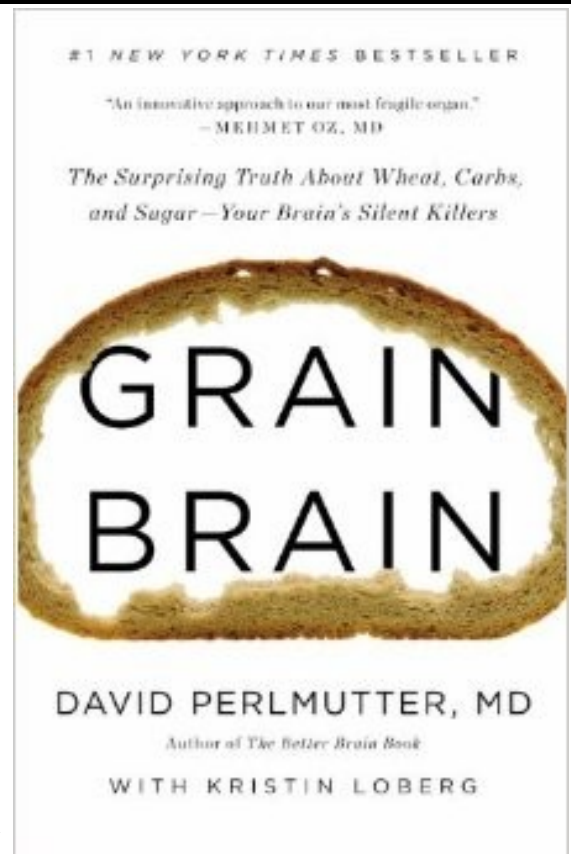
- 21 Days to a Healthy Heart by Alan L. Watson

## Recommended Book - Grain Brain

**A #1 New York Times bestseller--the devastating truth about the effects of wheat, sugar, and carbs on the brain, with a 4-week plan to achieve optimum health.**

Renowned neurologist David Perlmutter, MD, blows the lid off a topic that's been buried in medical literature for far too long: carbs are destroying your brain. And not just unhealthy carbs, but even *healthy ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more.* Dr. Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our "smart genes" through specific dietary choices and lifestyle habits, demonstrating how to remedy our most feared maladies without drugs.

*With a revolutionary 4-week plan, GRAIN BRAIN teaches us how we can reprogram our genetic destiny for the better.*



GRAIN BRAIN is a #1 New York Times bestseller and a finalist for a 2013 Books for a Better Life award.

## Recommended DVD -



This Month is a Youtube Video the Doctors would like you to watch about Sugar.

Just search on the web for  
**“Sugar Expose 60 Minutes  
Dr Sanjay Gupta”**

## Think Well - Love doesn't make excuses

*Rebuke is more effective for a wise man  
than a hundred blows on a fool. Proverbs 17:10*

We always think we are “right.” How could someone as smart as me ever be wrong? Our ego is designed to defend our view. We tend to believe that our stance is always correct, or at least more correct than our spouses or child's view-point. When an argument or circumstance arises in our family that warrants a response or reaction from us, we usually believe that the way we responded *must be* correct. We believe that any rational person would respond the way we did. As far as we are concerned, we are doing the best we can and there is really no other way we should have acted. Our spouses and children should just be glad that we are as good to them as we are.

However, real love doesn't make excuses. Love keeps working to make a difference- in us, in our relationships and in our marriage. That's why the next time you are in an argument with your spouse, instead of working up your comebacks, stop and ask yourself if there is something worth listening to in what your “better half” is saying. What might happen in your relationship if instead of starting by the passing blame, you first admitted your own contribution to creating the problem? What might happen if you actually declared you *might* be wrong? This is how love is responsible. Love is willing to admit and correct its faults and errors up front. Love remains focused on reconciling rather than retaliating.

Whenever you are presented with a non-optimal situation, stop and think, what would be the KIND way to respond? What would be the LOVING way to respond? Instead of trying to come up with ways to show how “right” you are, show how loving and kind you are. Life isn't about how many arguments you win. Life is about relationships. How many loving relationships can you create in the time you have left?





## Supplement Questions class

**Vitamin D Tuesday June 17th  
Isagenix questions July 15th, @ 6:30pm  
at the St. Charles Office**

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



**"Beat this Summer" Fundraiser raffle winner is  
Jen C.**

**Thank you to everyone  
that bought a raffle ticket  
to help support this local family.**

## **Move Well - Exercise of the Month: Swiss Ball Plank**

Step 1 Get into plank position by supporting your body weight with your chest and forearms on the ball and your toes on the floor.

Step 2 Lift your chest off of the ball so your upper body weight is supported by your forearms.

Step 3 Keep your abdominals contracted and your back straight, eyes ahead of you.

Step 4 Hold this position for as long as you can, building up to 1 minute.





# Summer Fun Checklist

- go to the drive-in movie
- watch the fireworks
- go to an aquarium
- ride a ferris wheel
- go to the beach
- make homemade popsicles
- build a blanket fort
- jump through sprinklers
- have a bonfire
- go on a roadtrip
- make a home video
- sing loudly with the car windows down
- go running at sunset
- read a book in the sun
- have breakfast in bed
- eat sno-cones
- go to the fair
- have a scavenger/treasure hunt
- make s'mores
- have a silly string fight
- go swimming
- play some baseball
- visit the museum
- ride bikes
- go thrifting
- go on a hike
- sleep on the trampoline under the stars
- visit the zoo
- have a movie series marathon
- go to the park concerts
- have a picnic
- play frisbee
- have a water fight
- do finger painting
- go boating/kayaking
- blow bubbles

## Supplement of the Month - Vitamin D

The issue of Vitamin D deficiency as a major causal factor in immune system related illnesses ranging from seasonal cold and flu, to heart disease, to cancer, to atopic and autoimmune disorders has received a lot of attention in the last few years. Clinical journals as well as the mainstream media have been reporting evidence that modern industrialized humans are severely deficient in Vitamin D and that this deficiency is a major contributing factor to illness and lack of health and vitality.

**FACT:** Vitamin D is essential for wellness and prevention for people of all ages. From birth onward humans require sufficient vitamin D for health and vitality and for protection against vitamin D deficiency related illnesses.

**FACT:** Unless you are getting your required amount of sunlight every day you will almost certainly be deficient in vitamin D.

**FACT:** Research is clear that the vast majority of people living in industrialized society are deficient in Vitamin D.

**FACT:** Your serum 25(OH)D level should be between 40 and 60 ng/ml. The only way to be sure of your vitamin D levels are to measure your serum level of 25(OH)D.

**FACT:** You cannot get adequate amounts of vitamin D from your diet. Humans are genetically designed to get vitamin D from sun exposure not our diets.

**FACT:** Vitamin D deficiency can have severe consequences and is linked to very serious illness in people of all ages. Vitamin D deficiency is linked to seasonal colds and flu, cancer, heart disease, asthma, allergies, autism, autoimmune diabetes, and a plethora of other serious illnesses.

**FACT:** The best source of naturally occurring vitamin A and D with all the required cofactors and in the proper matrix of fats is cod liver oil with the naturally occurring vitamin A and D in the proper 10:1 ratio.

**FACT:** Most available cod liver oils have had the naturally occurring vitamins removed and have added synthetic vitamin A and D which research shows have a greater risk of toxicity.

**FACT:** Innate Choice® Natural A & D Sufficiency™ genuine Norwegian cod liver oil contains 100% naturally occurring vitamin A and D in the proper 10:1 ratio and is 100% free of synthetic vitamins.

**FACT:** Studies on naturally occurring cod liver oils like Innate Choice® Natural Vit A and D Sufficiency™ have shown great benefit and no evidence of toxicity.

**FACT:** Innate Choice® Natural A & D Sufficiency™ genuine Norwegian cod liver oil is also rich in Omega-3 essential fatty acids.

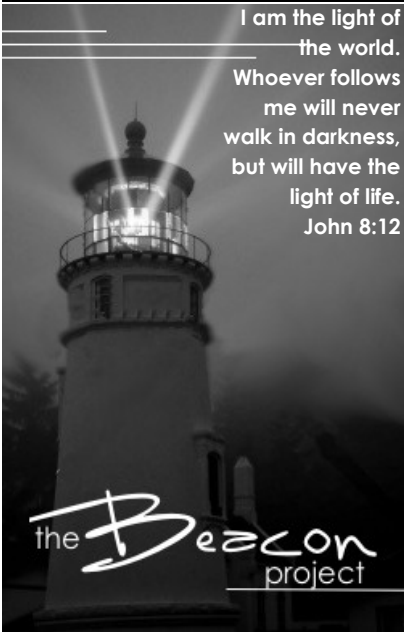
**FACT:** There is no better choice for vitamin A and D than Innate Choice® Natural A & D Sufficiency™ genuine Norwegian cod liver oil.

**FACT:** If you choose to utilize an isolated vitamin D supplement clearly the BEST OPTION is to ensure you are ALSO getting naturally occurring vitamin A and D with the full spectrum of cofactors and proper fats as found in Innate Choice® Natural A & D Sufficiency™ genuine Norwegian cod liver oil.

**FACT:** If you choose to utilize an isolated vitamin D supplement there is no better solution than adding Innate Choice® D-Sufficiency™ vitamin D3 Drops to Innate Choice® Natural A & D Sufficiency™ genuine Norwegian cod liver oil.



## The Beacon Project –



Our Project this month is to become a big Brother Big Sister Volunteer. Being a Big Brother or Big Sister is one of the most fulfilling and enjoyable things you'll ever do. You have the opportunity to help shape a child's future for the better by empowering him or her to achieve. And the best part is, it's actually a lot of fun. You and your Little can share the kinds of activities you already like to do. Play sports together. Go on a hike. Read books. Eat a pizza with extra anchovies. Or just give some advice and inspiration. Whatever it is you enjoy, odds are you'll enjoy it even more with your Little—and you'll be making a life-changing impact. Volunteering just a few hours a month with a child can start something amazing. So why not apply to be a Big today. There are kids out there ready to get started. Are you?



## Innate Healing Massage



**Happy Birthday, Father's day, or Just because you care Basket's available. Ask your massage therapist about them.**



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!



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

[www.vesterbrookfarm.com](http://www.vesterbrookfarm.com)  
or call 573-560-0871

## Thermography & Hypnotherapy

Next Appt: July 24th 2014



### 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](http://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.**

Almost everyone can benefit from hypnosis. Call and make an appointment for a free consultation to learn more. 314-520-1438 [www.hypnotherapymetrostl.com](http://www.hypnotherapymetrostl.com)

## 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

Kim @ 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**



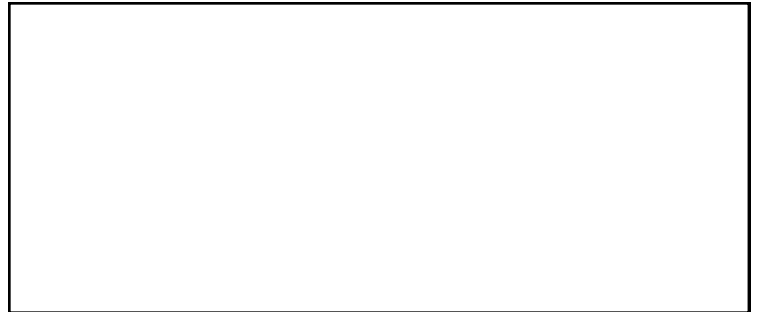


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**Webbs on the Web!**  
[www.webbwellness.com](http://www.webbwellness.com)



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

## June/July Happenings:

- **New Patient Orientation Class @ 6pm**
  - St. Charles 6/10, 6/24, 7/8, & 7/22
  - O'Fallon 6/3, 7/1, 7/15, 7/29 (No class 6/17)
- **Saturday Innate Lifestyle Class @ 10am** - 6/7 is Think Well 2
  - 6/21 is Eat Well 3
- **Tuesday Innate Lifestyle Class @ 6:30pm** - 6/3 is Think Well 2
  - 7/1 is Eat Well 3
- **Supplement Questions Class @6:30pm** - 6/17 Vit D & 7/15 Isagenix
- **Thursday Exercise Class @ 6:30pm** - 6/5, 6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31 (no class 7/3)
- **Thermography Exams - July 24th by appointment only**

**\*\*REMINDER:** Children are welcome to attend our classes only if they can remain quite through out the whole class. We have had complaints of not being able to hear what is being taught due to children being too loud during classes. So we ask that please not bring your young children if they can not remain seated and quite during classes. Thank you for your understanding.