

Health First Wellness Center

March Newsletter

Volume 3, Issue 7

Happy St. Patrick's Day! 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.

March's Healthy Challenge is a Think Well assignment and it is to send a handwritten note once a week to someone in your life that you are grateful for being a part of your life. A handwritten note has such a deep impact in this world of emails and text. It lets them know that you appreciate them and that you have taken the time to brighten their day!

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

Happy
St. Patrick's
Day



We recieved a Thank You Note from Warren County Foster Support thanking everyone who helped us out at Christmas time buying gifts for the children on our giving tree.

"Thank you very much for generously supporting our children in foster care at Christmas! Your gifts brought smiles and memories to many terrific kids and the families caring for them!" - Ms. Mertens

Thank you again for being such awesome caring patients and making another Christmas special for our giving tree children

Still asking for Your Prayers:

Thank you for all the donations that have come in. We are still asking for your prayers for one of our practice patient members that experienced a major "life-challenge". They had a flash fire and their house burned completely to the ground. They lost everything. (Apparently the insurance process is not fast or easy.) Please pray for them and if you are in position to help financially that would be a huge help, too. They have two young children who also lost everything. We are collecting gift cards to give them so that they can buy the things they need right now. I thank you in advance for your prayers and assistance. We are so blessed to serve families like yours and theirs.

- Dr. Webb

"Crisis does not create the qualities of a man; crisis reveals the qualities of a man."

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90% of food budget dollars are spent on processed, packaged pseudo-foods of little to no nutritional value and are actually harmful to the body.

Most people in America and increasingly throughout the modern world, are eating processed, packaged foods most of the time — most of which contains toxic chemical additives, refined sugars, refined flour, refined salt, and trans fats.

Not only is pseudo-food not nourishing to the body, it is actually robbing your body of energy and depleting you of vitamins, minerals, and enzymes just through processing the toxic chemicals in the “food” out your system.

Many of the poor-quality ingredients and additives in these fake-food items actually end up causing harm to the body. They're considered *anti-nutrients*. In other words, according to its very definition, it's literally not food!

food (food) n. — **1. any nourishing substance that is eaten, drunk, or otherwise taken into the body to sustain life, provide energy, promote growth, and repair. 2. anything that nourishes. (anti-nutrient = the opposite of food!)**

The overwhelming majority of Americans today are sick, tired and overweight. The United States is the most obese nation in the world, and we are also number one when it comes to chronic, degenerative *dis-eases* world- wide. We're #1 in cancer rates. We're #1 in diabetes. We're #1 in heart disease. We get the gold medal for the sickest set of human beings on the planet! USA, USA, USA.... (Oh ya, we're also #1 for most pharmaceutical drugs consumed. On average, Americans swallow 25 million pills per hour, every day, 365!)

The consumption of non-food and toxic food-like products is THE ROOT CAUSE of this rampant, chronic *dis-ease*. Simple solution- if toxic food doesn't make it into your house, you won't eat it. The food game is won or lost at the store. Food companies spend millions of dollars on packaging to lure you into buying their garbage. Don't be fooled. **The first rule for healthy eating is: If it's not food, don't eat it!**

If that seems too hard to start with, I offer you an option. Instead of trying to stop all processed foods all at once, just try to find the “healthier” alternative to what you already eat. Switching to a more natural brand of processed food that doesn't contain harmful chemicals, food dyes and toxic additives is the easiest way to start your family on the road to wellness. Healthier alternatives to name brand food chain items can be found at your local health food store and at a growing number of regular grocery stores as well. But you must read the labels.

It's also helpful to know the most common and problematic ingredients and additives to help you steer clear of them, and also become aware of how they affect you when you do consume them. The bad guys= hydrogenated oil, partially hydrogenated oil, corn syrup, corn syrup solids, and high fructose corn syrup. But the easiest place to start is AVOID MSG. MSG and sulfites cause an instant headache, brain fog and sleepiness when most people eat them. I have noticed, most people generally don't like pain and discomfort. Pain seems to be a great motivator for lifestyle change. And there's nothing like knowing that something will make you feel bad to help motivate you to avoid eating it!

THINGS TO KNOW ABOUT MSG:

Neuroscientists agree that MSG is a neurotoxin, killing brain neurons by exciting them to death. Despite the fact that in 1980 MSG was added to the FDA's list of additives needing further study due to the uncertainties that exist, MSG has been increasingly added to food products. Studies reveal that when fed to pregnant rats or mice, MSG causes the offspring to suffer from learning disabilities.



In other studies on small animals, MSG has been proven to cause brain damage in the young. As a result, many baby food manufacturers voluntarily removed MSG from their products. However, there are still infant and toddler food products and baby formulas on the market that contain MSG. Ironically, many formulas for allergic infants contain larger amounts than the regular formulas.

The leading reaction to MSG, which can take up to 48 hours to appear, is migraine headaches. A fact well recognized by most headache clinics throughout the country.

MSG also affects the hunger centers of the brain causing those who eat it to crave more food.

That's why food manufacturers put it in their products – it keeps you coming back for more!

MSG also causes weight gain. It is actually fed to laboratory animals to fatten them up for research without increasing their food intake.

When you consider that **an estimated 60-90% of processed, packaged foods contain MSG**, and the majority of foods eaten in this country are processed, is it any wonder that so many people are sick, tired and overweight?

Despite the fact that food manufacturers disguise this toxic additive under more than 27 different names, MSG can be avoided. The best way to do so is to eat primarily whole, fresh, non-gmo, natural foods and the natural food brands that don't contain chemical additives.

SYMPTOMS associated with MSG include, but are not limited to:

- | | | | |
|----------------------------------|-------------------------------|-----------------------|--------------|
| · headaches / migraines | · weight gain | · extreme fatigue | · depression |
| · numbness / tingling | · chest pain / tightness | · rapid heartbeat | · drowsiness |
| · foggy thinking | · weakness | · blurred vision | · lethargy |
| · runny nose | · shortness of breath | · frequent urination | · sneezing |
| · seizures | · asthma attacks | · insomnia | · dizziness |
| · anxiety / panic attacks | · hyperactivity / ADD | · behavioral problems | · bloating |
| · irritability / angry outbursts | · PMS / menopausal issues | · vomiting | · nausea |
| · muscle, joint pain / stiffness | · stomach / intestinal cramps | | |

NOTE: Be aware that Aspartame can cause the same adverse reactions as MSG (monosodium glutamate.) Both have been shown to kill brain cells and cause subsequent endocrine disorders in laboratory animals. Acute reactions to aspartame can sometimes take up to 48-72 hours to show up. Chronic conditions associated with MSG and aspartame or any "glutamate" can develop over time and may take months or years to reverse. Please read "Excitotoxins" by Dr. Russell Blaylock for more information. We will be covering more of this type of information in our Eat Well, Move Well, Think Well class series in the future. Hope to see you there.

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



Think Well - How is your GPS working?

“Without vision, the people perish; and vision without action is illusion.”—Voltaire.

In life, it is not how fast you are going, but in what direction you are headed that *really* matters. How many times have you left your house in the morning with no directions for where you want to go? Do you leave thinking, if I just drive faster today than I did yesterday, then I will surely end up in the right place? Without direction and aim, we are sure to get lost. In our fast paced society, most people spend so much time each day “sawing,” that they don’t take the time required to properly “sharpen the saw.”



If you were planning a vacation for your family, wouldn’t the wise first step be to have a family meeting to decide on the **destination** everyone would like to go? Wouldn’t you take some time to figure out the most cost effective and efficient way to get there? Wouldn’t you plan out the best use of your time while you are there? Wouldn’t you want to figure out the best possible avenue for enjoying yourselves while you are there? You would map out your plans. You would have a goal. You would have an “aim and focus” in mind. You would have a “vision” for creating the best possible outcome. If having a game plan would be important for your vacation, do you think it might also be important for the rest of your life?

Questions—Do you have a vision for your marriage? Do you have a vision for the type of children you would like to raise? Do you have a vision for your daily walk with God? Do you have a vision for your future health? Do you have a vision for your career? Do you have a vision for your finances? Do you even have a vision for something as simple as that vacation? First, you must have the vision. (Then comes the action, or you just end up with illusion.)

Is the vision clearly written down in detail? Is the vision accompanied by an actual daily system of action to make it happen? Years of research and investigation has been done on the minds of men who were “successful.” Do you know what they found? If you have a goal, and a plan to achieve it, you were much more likely to see it happen in your life. “You have not, because you ask not.” I am asking you, what are you asking for? Where thought goes, energy flows.

The “success” researchers found very interesting information about the workings of the human mind. They said the easiest way to discover a person’s true value system is to have access to two items, their checkbook and their calendar. Amazingly, they found people will not spend time or money on things that they don’t really value. Strange.

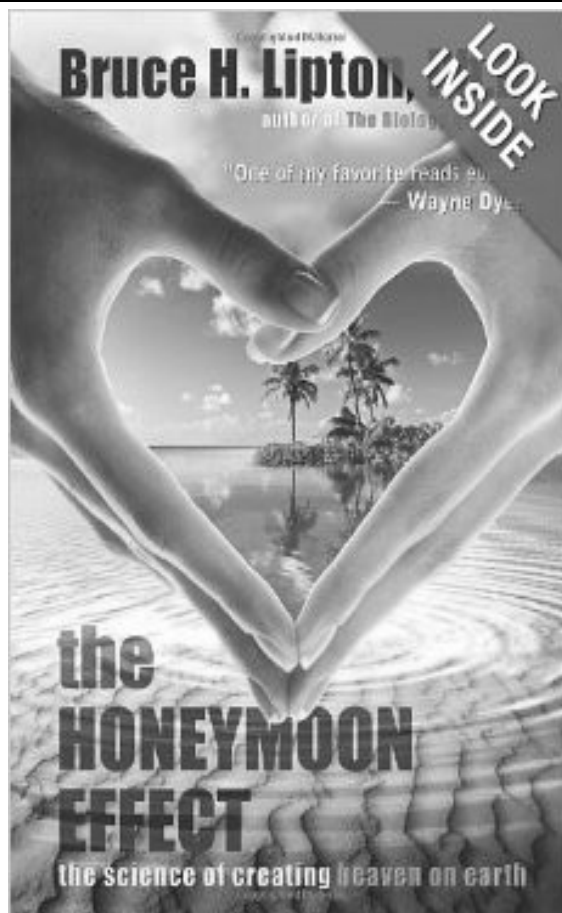
We are a busy culture. We are a “scheduling” culture. We have people tugging at us for our time every day. I am going to guess, that you do not schedule things in your day that don’t really matter to you. The researchers found that same thing. Even though some people said verbally they valued a certain area of life, like health or family or their walk with God, but amazingly, if it didn’t show up in their daily schedule, it didn’t show up in their future life.

Having a vision for your life is the first step. Daily action steps must follow. Take 6-7 3 X 5 cards and write out in detail the vision you have for your relationship with your spouse. Your relationship with God. Your relationship with your children. Your relationship with yourself and the temple that houses you. Look at your relationships to money and material possessions. Write a vision map for your future.

Read these vision cards 2-3 times a day, every day for 30 days. Focus on what you want to see in your life.)We will discuss the "how," the action steps, next month.) When you ask, you receive. Give yourself direction. Set your GPS (Godly Purpose System) for the right destination. Give yourself a chance to end up where you've always dreamed of going. Destination- holy, healthy and happy. Heaven.

Recommended Book - The Honeymoon Effect by Bruce H. Lipton Ph.D.

The Honeymoon Effect: A state of bliss, passion, energy, and health resulting from a huge love. Your life is so beautiful that you can't wait to get up to start a new day and you thank the Universe that you are alive. Think back on the most spectacular love affair of your life—the Big One that toppled you head over heels. For most, it was a time of heartfelt bliss, robust health, and abundant energy. Life was so beautiful that you couldn't wait to bound out of bed in the morning to experience more Heaven on Earth. It was the Honeymoon Effect that was to last forever. Unfortunately for most, the Honeymoon Effect is frequently short-lived. Imagine what your planetary experience would be like if you could maintain the Honeymoon Effect throughout your whole life. Bruce H. Lipton, Ph.D., bestselling author of *The Biology of Belief*, describes how the Honeymoon Effect was not a chance event or a coincidence, but a personal creation. This book reveals how we manifest the Honeymoon Effect and the reasons why we lose it. This knowledge empowers readers to create the honeymoon experience again, this time in a way that ensures a happily-ever-after relationship that even a Hollywood producer would love. With authority, eloquence, and an easy-to-read style, Lipton covers the influence of quantum physics (good vibrations), biochemistry (love potions), and psychology (the conscious and subconscious minds) in creating and sustaining juicy loving relationships. He also asserts that if we use the 50 trillion cells that live harmoniously in every healthy human body as a model, we can create not just honeymoon relationships for couples but also a "super organism" called humanity that can heal our planet.



Move Well - Exercise of the Month: Wall Squat



Stand with your back against a wall, placing your feet about two feet out in front of you. Feet should be hip-distance apart.

Bending your knees, slide your back down the wall until your knees are at 90 degree angles. Your knee joints should be over your ankle joints, so you may need to inch your feet further from the wall to create proper alignment. Your thighs should remain parallel. If you are new

to this exercise, you may need to start with a 45 degree bend with your knees as shown in the first image, then working up to 90 degrees.

Start slow, and work up to holding this position for 30 seconds the first few times. After that, work up to holding for up to 60 seconds. Make sure you aren't experiencing pain with this exercise. If there is pain, please stop.

There are also other various ways to perform this exercise, including using an exercise ball behind your back or holding weights or a one legged wall squat. Today we are starting with the basic wall squat.



**Our next Isagenix Nutritional cleansing class is
Tuesday March 25th, @ 6:30pm at the St. Charles Office**

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



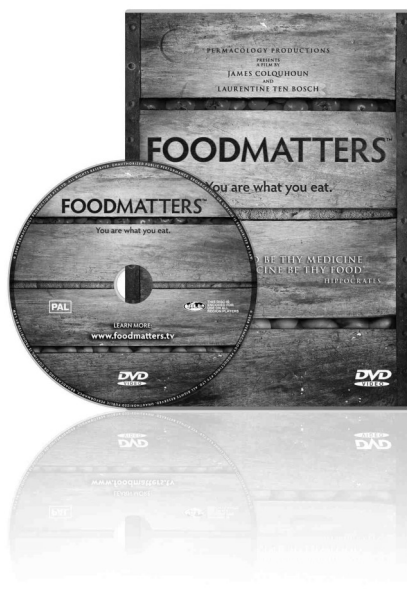
2014 Innate Lifestyle Program

NO EXCUSES THIS YEAR! Have you struggled in the past to make the necessary changes to be sure you have a healthy future? This year you will have the opportunity to gain the skills to experience all that a healthy life has to offer. The Innate Lifestyle Program will be presented one Tuesday night and/or one Saturday morning each month for anyone wishing to feel better and be healthier at **no cost** (norm. \$650). The Doctors have already paid the fees for the classes and are going to be passing on all the benefits to you!

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 current and future health! Make 2014 the year you finally take care of you. ****If you can't make the free classes we also have an online option that is all done at your own pace called "90 Days to Health Program" available now for FREE!**** If you are at all interested in learning how to "Eat Well, Move Well, & Think Well", come to one of our classes to find out more or ask the front desk for details.

**Next Class "Think Well 1" Saturday March 1st @ 10am
or Tuesday March 11th @ 6:30pm.**

Recommended DVD - Food Matters



Let thy Food be thy Medicine and thy Medicine be thy Food Hippocrates. That is the message from the founding father of modern medicine echoed in the controversial new documentary film Food Matters from Producer-Directors James Colquhoun and Laurentine ten Bosch. With nutritionally-depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong with our malnourished bodies, it's no wonder that modern society is getting sicker. Food Matters sets about uncovering the trillion dollar worldwide sickness industry and gives people some scientifically verifiable solutions for curing disease naturally. In what promises to be the most contentious idea put forward, the filmmakers have interviewed several world leaders in nutrition and natural healing who claim that not only are we harming our bodies with improper nutrition, but that the right kind of foods, supplements and detoxification can be used to treat chronic illnesses as fatal as terminally diagnosed cancer. The focus of the film is in helping us rethink the belief systems fed to us by our modern medical and health care establishments. The interviewees point out that not every problem requires costly, major medical attention and reveal many alternative therapies that can be more effective, more economical, less harmful and less invasive than conventional medical treatments.

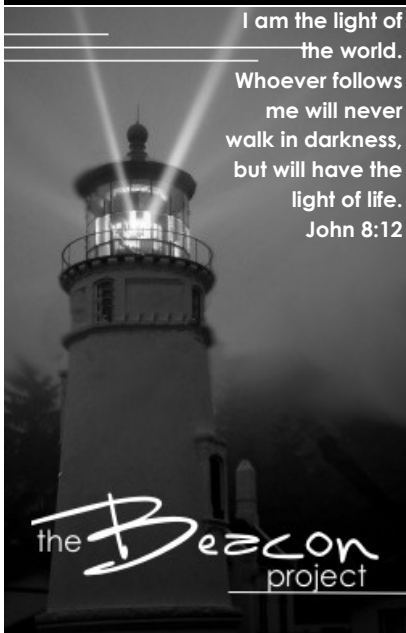
Supplement of the Month -



Ionix® Supreme is teeming with powerfully potent botanicals; nature's answer to stress and harmful toxicity. Loaded with vitamins, minerals and extracts from around the world, the natural Adaptogens help increase the work capacity of your body and brain. An ounce a day can transform your life. Ionix Supreme helps normalize the body's functions while helping your body better cope with stress as well as support mental and physical performance. Available in either liquid or powder, Ionix Supreme is free of artificial stimulants. Lastly, Ionix Supreme's unique cocktail of powerful Adaptogens works synergistically with your body to protect you against the harmful effects of stress and promote healthy aging,

- Reduces the effects of stress
- Helps balance all body systems
- Promotes faster recovery
- Helps reduce fatigue
- Supports greater overall health

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

This month we are collecting new and gently used shoes for The Shoeman Water Project. The Shoeman Water Projects collects donated shoes - any kind, new or gently used - from schools, churches, businesses and shoe drives, and exports the shoes to street vendors in places like Haiti, Kenya and South America and then uses the funds from exporting for clean water programs in communities around the world. The secondhand shoes are a valuable product for street vendors to sell at affordable prices. The end users are people who do not have shoes and cannot afford to purchase new shoes. The shoes protect the new owner's feet from foot abrasions, parasites and mites. Funds generated from the export of the shoes provide well drilling rigs, water purification systems, and hand pump repair to people who thirst to receive fresh drinking water.

So if you have any new or gently used shoes you would like to donate please bring them in to our St. Charles or O'Fallon offices and place them in the donation boxes. Thank you for all you do to help us every month to make a difference in the world.

-Health First Wellness Staff



Valentine's Special

EXTENDED ONE MORE CLASS DUE TO WEATHER

Have a loved one or friend that needs our help?
We want to give you a chance to show them how much you care. So we are offering our Valentine's special so that you can make their Valentine's Day special this year.

Free* Initial New Patient Appointment!
(Includes x-rays, consultation, & exam)

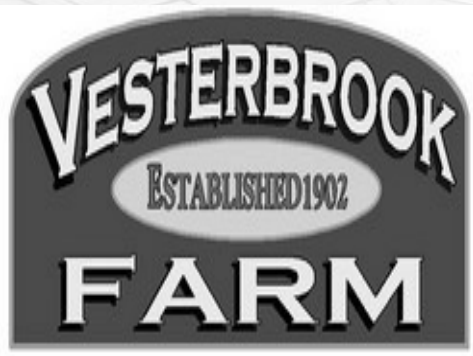
**Attend a New Patient Class at 6pm on
Mar. 4th (St Charles)**

Then call us the next day to setup your
initial New Patient appointment.

Appointment dates for this special begin on Feb 14th!

Time & Space is limited so don't miss out!

Health First Chiropractic & Wellness Center
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St Charles, MO 63301



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Next Appt: January 23rd 2014



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Hypnotherapy is now available in our O'Fallon office on Wednesdays and Thursdays.

Tap In To The Power of Positive Thinking Through Hypnosis

by Linda Weber Spradling, CHt, CCT

Our thoughts create our lives. Every day, we make decisions that impact our lives in many ways, some of which are made subconsciously and based on limiting beliefs that are stored in our subconscious minds without conscious awareness. But when we change the way we think, we will change our lives. The challenging part about this seemingly easy change is that the subconscious mind always wins over the conscious mind.

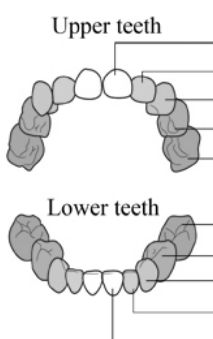
This is why many people consciously want to quit smoking, for example, but cannot seem to stop. Some people are on an endless loop of worry stemming from limiting beliefs, even though consciously they know that worry won't solve their problems. Nail biting, eating habits, sleep problems can all stem from limiting beliefs stored in the subconscious. Fears are often unreasonable from a conscious, logical point of view, yet deeply held fears can cause a brave man to tremble.

Hypnosis can help us make the changes we consciously desire become accepted by our subconscious mind. It can also help us eliminate bad habits, heal faster, sleep better, feel more confident, perform better and much more, because hypnosis helps to engage the subconscious mind and influence more positive beliefs about ourselves.

Almost everyone can benefit from hypnosis. Call and make an appointment for a free consultation to learn more. 314-520-1438 www.hypnotherapymetrostl.com

Children's Health - Tips for Soothing a Teething Infant

Your baby is teething when his or her first set of teeth, called primary teeth, break through the gums. Teething usually begins around 6 months of age. But it is normal for teething to start at any time between 3 - 12 months of age. By the time your child is about 3 years old, he or she will have all 20 primary teeth. Below is a chart that shows the average ages. Remember, this will vary a little from child to child.



		Age tooth comes in	Age tooth falls out
Upper teeth	Central incisor	8-12 mos.	6-7 yrs.
	Lateral incisor	9-13 mos.	7-8 yrs.
	Canine (cuspid)	16-22 mos.	10-12 yrs.
	First molar	13-19 mos.	9-11 yrs.
	Second molar	25-33 mos.	10-12 yrs.
Lower teeth	Second molar	23-31 mos.	10-12 yrs.
	First molar	14-18 mos.	9-11 yrs.
	Canine (cuspid)	17-23 mos.	9-12 yrs.
	Lateral incisor	10-16 mos.	7-8 yrs.
	Central incisor	6-10 mos.	6-7 yrs.

© Healthwise, Incorporated

There are many signs that your infant is teething. Bear in mind that in many infants, the process of teething is painless or nearly so. However, some infants develop tender, swollen gums, may not sleep and eat well, and may run a low fever. Some babies are also fussier than usual. These symptoms usually begin about 3 to 5 days before the tooth shows, and they disappear as soon as the tooth breaks the skin. Many babies drool more during teething, which can cause a rash on the chin, face, or chest. They may bite on their fingers or toys to help relieve the pressure in their gums. They may also refuse to eat and drink because their mouths hurt.

Here are some things you can do to help make your infant more comfortable during the teething process:

Use a clean finger, a wet washcloth, or a cold teething ring to gently rub your baby's gum for about 2 minutes at a time. Many babies find this soothing, although they may protest at first.

Distract them. The best solution may be to keep your baby's mind off his or her teeth. Try playing together with a favorite toy or rocking or dancing around with the child in your arms. Sometimes, a game of peekaboo is all that's needed to distract baby from the discomfort.

Make a remedy from frozen chamomile tea. Preparation is simple: steep 2 teabags in 1 cup of hot water for 10 minutes. Take out the teabags, add 1/4 cup apple or grape juice and freeze the liquid in ice cube trays. Then put a couple of the ice cubes in a handkerchief, tie a big knot around them, and let the babies gnaw or suck on them.

Let your baby chew on a wet washcloth that has been placed in the freezer for 30 minutes (wash after each use).

Stick a peeled banana in the freezer, and then let your infant gnaw on the soothing treat. Wrap some ice in a dishtowel and let baby suck on the towel. The cold ice will keep swelling down and ease baby's pain. But don't let her suck on just the ice, it can harm your baby's gums.

Try putting water in a baby bottle and freezing the bottle upside down (so the water is frozen at the nipple). Give it to your infant when he gets fussy, and let him chew on the cold, comforting nipple for a while.

Take a tip from the American Dental Association: stick a spoon in the fridge for a few hours, and then let baby have at it. The cold metal against her gums will give some relief.

You might try giving your infant apple wedges, or for younger babies, apple wedges placed in a washcloth that you hold.

Get a full-sized carrot, not miniature "baby" carrots, out of the fridge, wash it thoroughly or peel it, and let your baby gum it to her heart's content.

Keep a towel, or a bib, handy to wipe the saliva that can cause skin irritation which will only make your baby feel more uncomfortable.

Teething won't last forever, but while it does last, the above tips can help you comfort and calm your infant. At least for a little while!

ASK THE FRONT DESK ABOUT THE "GMO - YOUR RIGHT TO KNOW" FLYER.

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60 min Therapeutic \$60

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Emilee Kipper LMT, NCTMB

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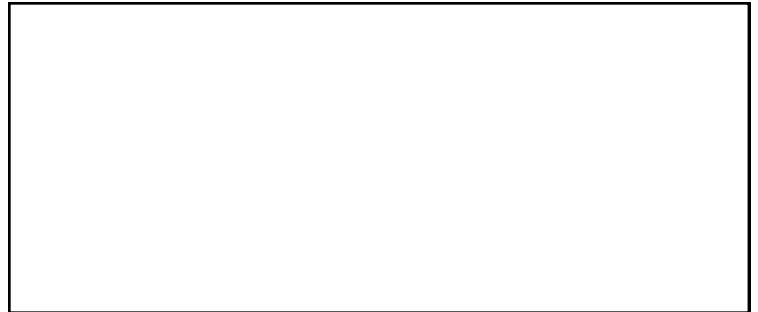


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Like us on FACEBOOK:
**HEALTH FIRST CHIROPRACTIC
WELLNESS CENTER**

March Happenings:

- **New Patient Orientation Class @ 6pm**
 - St. Charles 3/4 & 3/18
 - O'Fallon 3/11 & 3/25
- **Saturday Innate Lifestyle Class @ 10am - 3/1**
- **Tuesday Innate Lifestyle Class @ 6:30pm - 3/11**
- **Weight Loss & Detox Class @ 6:30pm - 3/25**
- **Thursday Exercise Class @ 6:30pm - 3/6, 3/13, 3/20, 3/27**
- **Thermography Exams - April 24th by appointment only**

*MARK YOUR
CALENDAR!*