

Health First Wellness Center

May Newsletter

Volume 3, Issue 9

Happy Spring! 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



May's Healthy Challenge

May's Healthy Challenge is to grow something; a plant, a vegetable, a fruit, etc. You can start from seed or buy a starter plant and watch it grow into it's full bloom.

Genesis 1:11 Then GOD said, "Let the earth produce vegetation: seed-bearing plants and fruit trees on the earth bearing fruit with seed in it according to their kinds" And it was so.



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Eat Well - Omega 3's Are Essential for Brain Development



A recent research study conducted in a population of Canadian Inuit has reinforced the importance of Omega-3 fatty acids in the early development of the human central nervous system (Jacobson, et. al., J Pediatr 2008). This study looked at the levels of DHA found in the umbilical cord blood at birth, in the mother's blood and in breast milk and examined the relationship between higher levels and various measures of infant growth and development. DHA is a component of the omega-3 class of fatty acids and is

found in significant quantities in the brain. It has been found to be critically important for vision and learning, most markedly in the third trimester when the brain and eyes undergo a rapid growth spurt.

What the researchers found was that higher levels of DHA in the umbilical cord blood correlated with longer gestational periods, better visual acuity and novelty preference (a measure of IQ) at 6 months and better mental and psychomotor performance at 11 months of age. The effect of high DHA levels in breast milk did not have the same effect, meaning that the most critical time to be sufficient is DURING pregnancy, not after. At Health First we advocate sufficiency at ALL times and this is supported by other research that shows infants supplemented with omega-3s during pregnancy and lactation periods have higher IQ scores at 4 years of age (Helland, Pediatrics, 2003).

A very important aspect of this research is that the high levels of DHA came from the mothers' diets which were high in natural, unconcentrated oils from fish and sea mammals and NOT from artificially concentrated "Pregnancy or Pediatric Omega-3 formulas". These results mirror those found in Finland where fish is also a substantial part of the daily diet. Unfortunately eating a lot of fish exposes these populations to high levels of environmental contaminants such as PCBs and mercury, something that the researchers had to take into consideration (Jacobson, et. al., J Pediatr 2008). We recommend organically filtered, contaminant-free Innate Choice Omega Sufficiency so everyone can safely benefit from a natural source of omega-3 fatty acids from fish oil.

As much as this research solidifies the importance of being sufficient in omega-3s during pregnancy, we ALL need omega-3s and it is never too early (or too late) to benefit from becoming sufficient in this essential nutrient.



Supplement Questions class

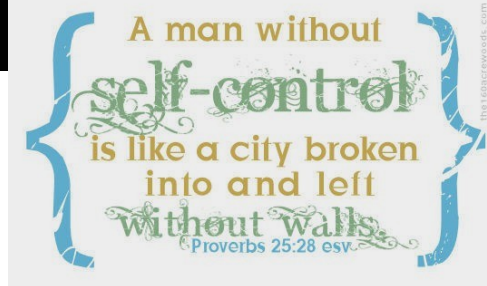
Tuesday May 20th, @ 6:30pm at the St. Charles Office

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



Think Well - Self Control

Self-control. What does that really mean? What is the “self” and why do we need to control it? When I hear the words self-control, I think of personal discipline. I think of will power. I have a visual of a perfect bodied person who says and does all the things we all know that we really should be doing. The person in “control” always exercises like they should. They always eat like they should. They always treat others like they should. People with “control of themselves” must have more time than the rest of us because they somehow can work full time, exercise, read the entire Old Testament, get the kids to practice, cook dinner and pray continually all day. They have discipline. They have the ability to keep the “self” in check.



There are differing opinions about what constitutes the “self,” but the vast majority of opinions focus on two basic concepts. One Self with a capital S and one with a small s. The portion of “self” shown with a capital S has been described as the part of our psyche that is represented by the highest of human qualities. This is the part of human consciousness that is connected to our “higher Self”. Just as your father and mother created the physical you; God created humans in His own image which means there portion of His divine essence within all of us. There is an inner drive and desire in humans to be an expression of His qualities. How can we be a more God-like expression of love? How can we be an expression of grace? Mercy? Compassion? Discipline? Somewhere deep down inside of us, we all want to be what He desires for us and to please our Father. We strive to have more than just physical life, we want to experience connection with our higher Self. *Discipline of the Self produces great character. Lack of discipline produces great sorrow.*

Self with a small s has been described by many people as the portion of human consciousness known as the ego. (EGO- Edging God Out) The small s self is our strong human need to continually show others that we are important, that we really matter. The ego is the piece of the human brain that continually *needs* to be “right.” Ego is that part of us that says I deserve status, a title and credit for what I do. “Look at me, see how great I am?” Ego is the alpha male portion of our brain that needs to show that we are better than everyone else. The ego is our short term, self-gratification center that tells us that we deserve the right to feel good all the time, no matter what the cost may be to others. The small s side of self is a very dangerous part of our personality that, if left unchecked, could end up destroying our own personal health, our peace of mind and every relationship we have. This is the portion of self that *needs* to be controlled. *Control of the self will produce great reward. Lack of self-control produces great calamity.*

How does a two ounce taste bud convince a seemingly intelligent, 250 pound man that he needs to eat a deep fried, mixture of toxic ingredients covered in neon sprinkles? Why does a powerful CEO feel like she needs to sneak around her own house in the middle of the night and silently eat from her chocolate “stash” so no one will see her. The small s. We all have discipline in the areas we see of *value*. If I value health, I have physical discipline. If I value wealth, I have financial discipline. If I value marriage and family, I have moral discipline. Anything I don’t see value in, I struggle with. It’s not that I don’t have enough will power. I just haven’t created enough value to justify my effort. The short-term gratification of comfort seems to outweigh the long term gain produced by changing my habits, so I can easily rationalize sitting and eating the entire bag of chips or spending my entire paycheck on a new X-box.

Self-control has been an issue since time began; from Cane and Abel, to Tom and Jerry there has always been “a little devil” whispering into one ear and a little angel by the other. From King David to Tiger Woods, people who seem to have self-control in many areas of life, but they falter and stumble in others. The struggle between “person vs. possession” has always been at the heart of the human condition. We waffle between the type of person we want to BE and the type of life that would make us feel “successful.” Ben Franklin, who wrote volumes on the benefits of self-control, battled with his weight problem his entire life. Nice people sometimes can’t handle money. “Healthy” people can be obsessed with body image. Good guys sometimes finish last. Bad guys sometimes win. The question becomes, what does a person consider a win? By what standard do we count it a loss? Going by today’s social standard a win or lose is judged by bank accounts, brand of jeans, style of shoes and the cost of the purse you carry. No self-control necessary. “Just win baby.”

King Solomon, who is sometimes called the wisest man that ever lived, wrote much of the book of Proverbs that give us all advice about *Godly self-control* - (side note, it is often much easier to write about self-control than it is to actually practice it.)

Proverbs 1:7 - The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline.

Proverbs 2:10- For wisdom will enter your heart, and knowledge will be pleasant to your soul. Discretion will protect you, and understanding will guard you. Wisdom will save you from the ways of wicked men, from men whose words are perverse, who leave the straight path, to walk in dark ways.

Proverbs 10:9- The man of integrity walks securely, but he who takes the crooked path will be found out.

Proverbs 12:1- Whoever loves discipline, loves knowledge and gains favor, but he who hates correction is a fool.

Proverbs 12:15- The way of a fool always seems right to him, but a wise man listens to advice.

Proverbs 12:16- A fool shows his annoyance at once, but a prudent man overlooks the insult.

Proverbs 13:3- He who guards his lips guards his life, but he who speaks rashly comes to ruin.

Proverbs 13:4 The lazy man craves and gets nothing, but the desires of the diligent are fully satisfied.

Proverbs is filled with page after page of the benefits of self-discipline of a Godly life. Proverbs warns of the danger of a man with no self-control. . Success by God’s standards or man’s?

Our founding fathers spoke of the 13 core virtues - Temperance, Silence, Order, Resolution, Frugality, Industry, Sincerity, Justice, Moderation, Cleanliness, Tranquility, Chastity, and Humility. Pretty smart guys, not a bad place to start. Choose one. “Just do it.”

Self-control of the small s (ego’s way) + **self-discipline** in the capital S (God’s way) = **a life well lived.**

The truly rich man is the one who knows he is enough and has enough.

“Be the change you wish to see in the world.” M. Gandhi

Children's Health - Outdoor Spring Activities to do With Your Child



I have talked before about the importance of children spending time outside. Life in and with nature is very important for child development. "To make the world *touchable* – that is, *livable* through all your senses and therefore *understandable* – is essential in an age when children's social and ecological frameworks are changing radically – and unfortunately seldom for the good of the children." – Irmgard Kutsch. The following are some activities for the warm and rainy days of spring.

1. Have you ever taken the time to look at the colors nature offers? Take a walk with your child around home, in a park, or even along a sidewalk and seek out the colors of nature. How many different colors can you find in flowers? Which color flower is the most common? Yellow? Blue? White? Do the flowers have visitors, such as butterflies, hummingbirds, or bees? These visitors are often pollinators which are very important to the plants because without them, the plants would not grow. Take a look at the petal shape. How many different types of petals can you find as you look at different flowers? Do all flowers have the same number of petals? What other colors can you find in nature? Look for the colors of the rainbow in order: red, orange, yellow, green, blue and purple. Now, go inside and paint, or color, a picture of flowers using all those colors.

2. There are many creatures out there to explore, and one of the most bizarre, yet ordinary is the worm. Earthworms will often surface when the ground is moist, and scientists aren't exactly sure why. Search for worms after a rainfall and watch a worm in action. How does it move? Where is it going? What is it doing? A worm in action is a worm helping the soil to be a healthy place for plants to grow. They burrow through the ground, creating airways for water drainage and oxygenation of the soil. Now, wiggle like a worm. Stretch as long and thin as you can. Shrink as short and stubby as you can. While you're outside, feel the wet earth with your bare feet. How does it feel? How does it sound? Does it feel different to walk on moist ground than dry ground?

3. Try planting grass seeds in empty eggshells. Carefully crack eggs so the top third or so of the shell comes off, leaving the bottom two-thirds as a small, open container. Wash the shells out carefully. Children can use a permanent marker to draw a face on the shell. When the grass sprouts it will look like hair! Place the shells in an empty egg carton and fill them with potting soil. Sprinkle grass seeds on top and gently press the seeds into the soil. (Con't)

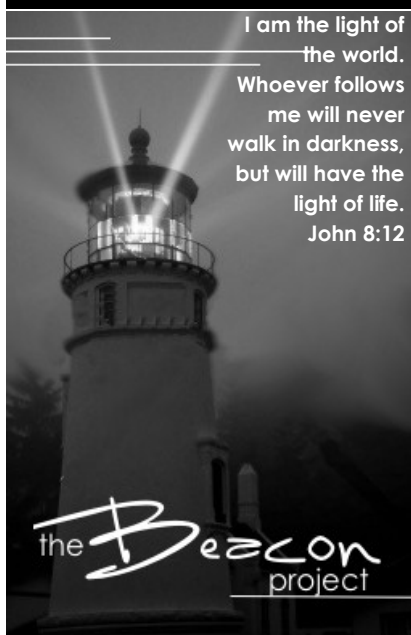
Using a spray bottle, water gently, being careful that the soil does not get soggy. You can also use this same technique for sprouting vegetable plants indoors. Vegetables such as lettuce, peppers, and tomatoes can be started in egg cartons or small paper cups. Place one seed in the center of each shell, and cover gently with soil. Mist with water to dampen soil, and then cover loosely with plastic wrap and set in a dark place for a few days. Check seedlings daily, and mist as needed to keep soil moist. When they have sprouted, move them to a sunny place and continue to water as necessary. When the plants are 3-4 inches high, transfer them outside.

4.If you decide to plant some vegetables, you can make plant markers. Collect smooth, flat stones or buy wooden tongue depressors. If you are using stones, rinse and dry them before painting. Choose a few colors of waterproof acrylic paint for decorating and labeling. Paint a picture of each plant and print its name on a marker.

5.Earth is called the blue planet because water is its main life force. Amazingly, only 3 percent of the water on Earth is fresh water. Of the fresh water, almost 70 percent of it is contained in glaciers and ice caps. Kind of makes you look at puddles with a bit more appreciation than usual. Plan a puddly day with your child. For a younger child, just have fun splashing and throwing objects in the puddle. For an older child, investigate a little further. Find a clean water puddle. Talk about it with you child. What made it? How deep is it? Why is it here? Locate a stick to use as a measuring tool. Estimate together how deep you think the puddle will be by marking a spot on the stick. Insert the stick into the puddle to see how deep it actually is. Now, stomp and jump in it, shoes and all. Make a splash! After splashing, think about it some more. Ask your child if she thinks the depth is the same as it was before she jumped in it. Use your stick and measure the depth again. Did it change? Next, locate some objects, such as pebbles, stones, nuts, pinecones, leaves or flowers. Ask your child to predict which objects will sink. Sort them into two piles: a sink pile and a float pile. Place them in the puddle and see what happens. Try making the objects that float move across the puddle. Toss them into the puddle and see if all the items make a splash. Which is the biggest, the smallest? Look at the surface of the puddle. Does it reflect? What happens to the surface when an object touches it?

All knowledge is rooted in wonder, and what a better place to cultivate wonder than in the beauty of nature. Take time to celebrate the earth with your child, to take the time to garden together, and to take journeys in your own backyard. Remember that your child's knowledge will spring from the roots of wonder you planted together.

The Beacon Project –



1 John 3:18 Dear children, let us not love with words or speech but with actions and in truth.

Our Project this month is to reach out to our neighbors, family members, people in your community or church, and lend a helping hand. Suggestions - Spring yard clean up, help plant their garden, wash windows, or whatever their need might be, Love in Action!

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60 min Therapeutic \$60

60 min Pre/Perinatal massage \$70

90 min Therapeutic \$80

Chair Massages \$1/minute

Appointments available Monday-Friday

Times vary so please call the office to make your appointment.

Innate Healing Massage

Emilee Kipper LMT, NCTMB

Trish Bruce LMT, NCTMB

636.946.3600

INNATE HEALING MASSAGE

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60-Minute Massage for \$45

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ZYTO COMPASS BIO-SURVEYS

Karen Morris will be in our office **Tuesday May 6th** to offer **free** Zyto Compass bio-surveys. Your body uses electrical energy and has a frequency to it. A Zyto Compass scan will communicate with your body to measure 72 bio-survey markers. When the bio-survey is complete, you'll find out how many markers are in range and how many are out of range. From these findings, the Zyto Compass, will be able to tell you which supplements and essential oils will bring your body's energy field and frequency back into a state of balance. If you are interested in receiving one of these free scans please sign up at the front. Thank you!



Thermography & Hypnotherapy

Next Appt: July 24th 2014



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Trial Size: \$5



Supplement of the Month -



Ageless Essentials™ with Product B™

A foundational product for your best health and longevity. This 30-day supplement of the best-selling Isagenix products includes the ground-breaking formula, Product B Antioxidants plus Telomere Support. This multivitamin pack features a proprietary blend of natural bioactive antioxidants and nutrients that target the root causes of accelerated aging.

- Helps maintain youthful function of cells and healthy telomeres*
- Provides support for total-body health*
- Easy-to-use A.M./P.M. packets

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- Helps maintain youthful function of cells and healthy telomeres*
- Provides support for total-body health*
- Easy-to-use A.M./P.M. packets

\$550- a day





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Free-Range soy-free eggs, chicken, and turkey

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100% Grass-fed, antibiotic, hormone-free beef

100% Pasture & woodland raised pork

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Discounts available for homeschooling families,

veterans, single parents, etc.

Check website for details or to register.

www.vesterbrookfarm.com

or call 573-560-0871

Move Well - Exercise of the Month: Swiss Ball Shoulder Press



Sit on a Swiss ball with your torso upright. Your feet should be flat on the floor. Hold a pair of dumbbells just outside your shoulders, with your arms bent and palms facing each other.

Next, press the weights upward until your arms are completely straight. Make sure to push the dumbbells in a

straight line, rather than pushing them up and toward each other.

Slowly lower the dumbbells back to the starting position. Start with a lighter weight to get the form under control and then advance as needed. As always, if you are experiencing any pain stop the exercise immediately.

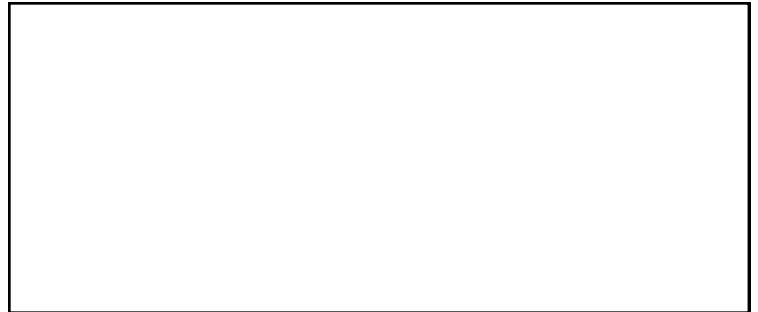


530 Madison St.
St. Charles, MO 63301

phone 636.946.3600

fax 636.946.3019

e-mail hfchiropractic@yahoo.com



Webbs on the Web!
www.webbwellness.com



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

May Happenings:

- **New Patient Orientation Class @ 6pm**
- St. Charles 5/13 & 5/27 - O'Fallon 5/20
- **Saturday Innate Lifestyle Class @ 10am - 5/3**
- **Tuesday Innate Lifestyle Class @ 6:30pm - 5/6**
- **Supplement Questions Class @ 6:30pm - 5/20**
- **Thursday Exercise Class @ 6:30pm - 5/1, 5/15, 5/22, & 5/29 (No Class 5/8)**
- **Thermography Exams - July 24th by appointment only**

Dr. Andy will be out of the Office May 5th - May 9th. There will be No O'fallon hours Tuesday & Wednesday that week. Please check with the office to find out the hours of operation that week.

****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.