

HEALTH FIRST WELLNESS CENTER

NEWSLETTER

FROM THE DOCTORS

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 any verification of the research that is cited in this newsletter, please call the office for any references. I 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

RETURNING PATIENT SPECIAL:

Ready to re-start?

If you know a friend or loved one who has not been in our office for more than a year and they have been wanting to "re-start" care, please let them know we are running a reactivation special from November through the end of the year. Normally our new patient fee (exam/consultation/films) is \$300. As our "Thanksgiving" to you and yours, for the next two months anyone who has been a patient in the past and who wants to reactivate, it will be only \$100. This special will end on Dec. 31st, 2011.

Inside this issue:

THINK WELL	2
EAT WELL	3
STRESS RELIEF	4
INNATE HEALING	5
THERMOGRAPHY	5
CHILDREN'S HEALTH	6-7
EAT WELL, MOVE WELL, THINK WELL PROGRAM	8
WEIGHT LOSS & DETOXIFICATION	9
RECOMMENDED READING	9
NOVEMBER HAPPENINGS	10

MOVE WELL



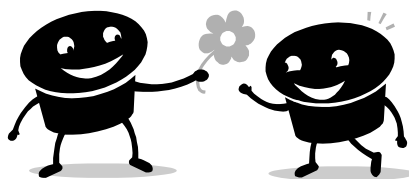
Two of Five Principles of Exercise

There are five types of exercises that will turn your peak fitness regimen into a truly comprehensive exercise plan, this month we are spotlighting the second one Aerobics.

Aerobics: Jogging, using an elliptical machine, and walking fast are all examples of aerobic exercise, which will increase the amount of oxygen in your blood and increase endorphins, which act as natural painkillers. Aerobic exercise also activates your immune system, helps your heart pump blood more efficiently, and increases your stamina over time.

Just don't make the mistake of using aerobic as your primary or only form of exercise, as you'll forgo many of the most potent health benefits exercise has to offer if you do....

THINK WELL



Live to Give

It has often said that the Universal Purpose of humans is “to serve God by serving our fellow man.” We are created to serve. Serve what? Serve hamburgers? Serve pancakes? Serve what? Serve just enough to get a paycheck? Serve just to the ability that is comfortable? Serve just well enough so the boss doesn’t ask questions? To whom are you serving? How and what are you serving?

Each person on this planet is created with a specific, unique skill set that no other person anywhere has. You have passions and abilities that are unique to you. You can do things that no one else can. The question is, are you using those skills everyday with the *intent* to serve God or to serve your fellow man? We are designed to share our talents and our treasure (love is your treasure- NOT your money.) The more of your talents you give to others IN LOVE, the more you and the receiver will both be blessed. Mother Theresa said it best, “It is in the *giving* that we receive our reward.” The world is a better place when you are using your talents to serve others.

We have to be called the “ME” generation. That does not sound too much like we are in the “serving others” mode to me. The greatest thing you can ever do for yourself is to use your talents and skills to uplift another person. We have millions of people in this country who are depressed and melancholy. Drug companies say we are depressed because of “body chemistry imbalances.” Apparently everyone in country is low in serotonin or dopamine. Serotonin has been called in laymen terms the “peace” hormone and dopamine has been labeled the “joy” hormone. If we don’t have enough serotonin or dopamine, it is not because our body is dumb or just randomly stops manufacturing correct body chemistry at a certain age. We don’t release serotonin or dopamine, because we don’t have enough peace and joy in our daily lives. Period. If you want to immediately begin balancing your body chemistry, start by balancing your life. Peace and joy come from service to God and to humanity. Begin by *giving* of your talents and your love without expectation of personal reward and you will immediately start balancing your chemistry. When you live each day by your “Higher Purpose,” you immediately start to balance yourself and the world around you. Ask yourself what can I really *give* to this world to make it a better place? Start with one kind gesture a day. Don’t wait, start today.

“Be the change you want to see in the world.”

EAT WELL

Follow the Food Pyramid Experts?

Have you ever asked yourself, where did the recommendation on the “food pyramid” to eat 9 to 11 daily servings of grains, bread and cereals come from? Several years ago, researchers asked that very question. After an exhaustive literature search, the best answer they could come up with was that the recommendations came from a group of marketing directors and lawyers that represented General Mills and Quaker Oats. (Companies who make cereal products, how strange.) Although the food pyramid was altered slightly in recent years, to this day, there have never been any scientific studies showing that humans were ever designed to eat large quantities of grains.

We have a major diabetes and weight crisis in this country. In fact, in this country, we have been waging a war against fat consumption for almost 50 years now and the results are easy to see if you just look around at our culture. We are not winning. According to the July 2010 edition of the Journal of Obesity, they estimate that **86% of Americans will be considered overweight or obese by the year 2030!!!** The problem is NOT fat consumption; the problem is eating too many sugars and too many starches that convert to fat in our body. Any time your blood sugar levels rise above a certain level, insulin is released with the purpose of storing the “extra energy.” The sugars are stored as fat. Ask any farmer, how do you make an animal gain weight? Feed them fat? No, feed them corn and grains! Most people in our culture consume their sugars in the form of cereal, toast, sandwiches, muffins, pretzels, and other wheat/ grain based products. Those grains are then converted and stored as fat in our body. Why? *Humans are NOT designed to live on high levels of grain products.*

As humans, we are considered an omnivore. An omnivore is a species designed to eat raw vegetables, raw fruits, raw nut & seeds, and animals that eat vegetables, fruits, nuts and seeds. Humans are NOT herbivores, (plant eaters only) Humans are NOT strictly carnivores, (meat eaters only) We are designed to eat a large variety of raw veggies, fruits, nuts, seeds and free ranging, grass-fed meats. The people who follow this way of eating create immediate changes in their health. Lower cholesterol, lower blood pressure, blood sugar regulation, better bone density, better sleep, better energy, decrease in allergies, and less joint/back pain, etc.

Challenge - Do your own experiment. For two weeks, eliminate grains and dairy from your diet. Consume the diet you were created to eat. Drink mainly water, get 20 minutes of moderate exercise each day and monitor your results. Keep us posted. We look forward to hearing from you.



U.S. Government's Guidelines



Genetically Designed Guidelines

STRESS RELIEF



Just Breathe...

Insufficient oxygen means insufficient biological energy that can result in anything from mild fatigue to life threatening disease. The connection between insufficient oxygen and disease has now been firmly established.

Researchers have also found a direct connection between breathing and our emotional and mental state. Our emotions are stored not just within our brains, but also all throughout our bodies as neuropeptides. We are able to alter our outlook by changing the depth, rate, and rhythm of our respiration. There are many techniques to use, with a variety of results.

For example, *try this*;

1. Sit comfortably. Take a few normal breaths.
2. As you inhale, count to 5. ("In, two, three, four, five")
3. As you exhale, count to 3. ("Out, two, three")
4. Continue and notice how the body responds. This increase one's energy level, but may also create agitation.
5. Bring the breath back to normal.
6. As you inhale, count to 3. ("In, two, three")
7. As you exhale, count to 6. ("Out, two, three, four, five, six")
8. Continue and notice how the body responds. This relaxes the body and calms the mind. Therefore, if one wishes to experience peace and tranquility, the fastest and easiest technique to use is to simply make the exhales longer than the inhales.

Meditation Breathwork Biofeedback

"Restore Health & Inner Peace"

Jean Radtke

636-293-9655

THERMOGRAPHY

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

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

Non Invasive

No Radiation

No Contact with the Body

F.D.A. Approved

Implant Screening

Endorsed by the United Breast Cancer Foundation

Breast Scan \$175 (30 Mins)
Half Body Scan \$275 (40 Mins)
Full Body Scan \$395 (1 Hr)

Full and Partial body screenings available!

Call our office or check out

www.medicalthermography-stl.com

Next Schedule Visit : Nov. 29th by Appt Only

INNATE HEALING MASSAGE



Massage Relaxes Tense Muscles & Increases Blood Circulation

Muscles can become tight and ineffective for many reasons. Stress, injury, poor circulation, overuse, and misuse, can all cause you pain and discomfort as well as restrict your normal range of motion. When left unattended, these conditions can become habitual and hamper the quality of your everyday life.

Massage therapy stretches and loosens tight muscles, and connective tissue, breaking down and preventing further formation of adhesions, freeing your range of motion and reducing the dangers of fibrosis.

When your muscles become tight, the muscle cells cannot hold much fluid nor can the vessels allow much fluid to pass through the muscles. This decreases the circulation of blood and increases the strain placed on your heart. Among the obvious problems that this can cause are muscle fatigue, swelling and the lowering of your energy levels.

Massage therapy releases contracted muscles and pushes venous blood towards the heart, thus easing the strain on the vital organ. This increase in circulation brings essential nutrients and oxygen to your cells as well as carries away metabolic waste products that can make you feel sluggish and drained.

In addition, massage therapy increases your body's oxygen to your body's oxygen carrying red blood cell count helping to bring even more oxygen to your body's cells.

Call the office today to make time for yourself.

Also don't forget a massage is a great gift for someone you love. Gift certificates available.

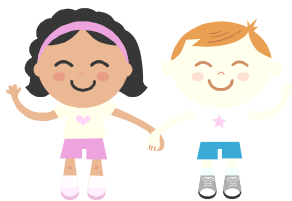
Innate Healing Massage

636-946-3600

Trish Bruce & Emilee Kipper, LMT, NCTMB

M.W.F. 9:30 —3:00 pm T. TH 11:30 —7:00pm

CHILDREN'S HEALTH by Dr Jennifer Webb



Rhythm Part III - Daily Rhythms

Rhythm is finding our balance, finding our way to breathe through the day, to be calm and present and bring attentive awareness to our lives with children. We begin to find our rhythm by taking baby steps, one at a time. Ask yourself, what is the structure of our life right now? Do we go to bed around the same time? Do our children? Do we rise around the same time every day? Do we have regular meal times?

We talked about bedtime routine in the last issue, so now let's talk about day time routines. The day begins with your morning routine. The key to establishing your rhythm for the day is to wake up before your children and shower and/or get dressed, think about the meals for the day, organize them, and have your own time before the children wake up. This could be tea, meditation, prayer, yoga, reading, knitting, or a walk. You set the mood for the day for yourself and for your children.

I love this description of rhythm from Melisa Nielsen on her blog, www.alittlegardenflower.com: "When you take this time to be present, then things can come into your day that are unexpected - you can even have relaxing weekends and holidays, visits with family, etc. How? Imagine a plate spinner at a circus, lol... as long as he keeps his presence and keeps his hands weaving in and out of those plates then all is well, he can keep them all spinning - he is holding the space just by paying attention to the plates. The minute he stops caring for one plate then it wobbles, oh no! He now has to put more energy into that wobbling plate than he did when he was just offering a slight spin... while he puts his attention there, then three others start to wobble because his energy is tied to the first wobbling plate. Pretty soon, all the plates are wobbling, he is running frantic between each plate and things begin to crash. Soon all the plates are on the floor. This happens with rhythm. While it seems like this huge expanse of energy to keep the plates all going, it really isn't because once they are going he is just placing his hand in here or there to give it a spin, he is then floating between the plates vs. watching them all crumble. When we parent from chaos, then the plates are never all spinning, when we don't get up and get into a good place, it is just like us coming into the game with wobbly plates to begin with and if they are all wobbly then we can't possibly keep them spinning, they crash and before we know it, so do we. It is MUCH LESS energy to keep a good rhythm, but it is more WILLING to keep a good rhythm. Once your rhythm is set, you know what you'll eat, what time you'll get up, etc. then you can tend to the plate that starts to wobble while still holding the space with the others."

Once you have settled into the rhythm of getting up before your kids, and are ready to "hold the space" in your home, focus on waking up times, rest/nap times, bedtimes and meal times. When we think about meal times, the most important element is planning in advance. Try thinking of seven categories of meals, like: soup, Mexican, chicken, pasta (whole wheat or brown rice), casserole, etc. Think of four variations in each category. Now you have 28 different meals, which is enough for one month with no repeats. Plan the same way for breakfast, and make a chart. Make your grocery list and shop for the week in one trip.

When it comes to the actual meal, try starting with a blessing like one of these:

"Blessing on the blossom, Blessing on the fruit, Blessing on the leaf and stem, Blessing on the root".

"Earth who gave to us this food, Sun who makes it ripe and good, Sun above and Earth below, to you our loving thanks we show. Amen."

"God we thank you for this food, for rest and home and all things good, for wind and rain and sun above,

Light a candle while saying the blessing or prayer to set a reverent tone, and set a pretty, uncluttered table. (Look at the weekly meal planners and the recipes at www.webbwellness.com for meal ideas.)

Moving onto the rest of the day, make sure to include at least these four basic activities for good health and well being in your children.

1. Healthy Meals
2. Plenty of Sleep
3. Free play
4. Fresh air

Here is what a simple schedule may look like:

9:00-10:30 Outdoor play. Begin the day with fresh air! No matter what the weather. Dress your children appropriately and let them experience every season to the fullest.

10:30 Snack. Light and simple is all that is needed. Think fruit, raisins, whole grain crackers, or tea.

11:00-12:00 Indoor play, clean up.

12:30 Lunch. Consider letting your children help wash dishes. Everyone wants to feel useful and contribute - even children. When kids help out with daily tasks, they feel useful and it is also a time for you to connect. Run outdoors a little after lunch to get some of "the wiggles" out.

1:00-3:00 Nap (or quiet time for older ones.)

3:30 Snack. Give them a snack with some protein, such as a nut butter, organic cheese, or hard-boiled egg, and cut-up veggies with a good yogurt-based dip.

4:00 Take time for a walk, craft or art activity, outdoor play, or a weekly chore. A weekly chore could include: Mon: polish wooden toys (a few each week), Tues: bake, Wed: water plants, Thurs: fold towels or washcloths, Fri: dust or change sheets.

5:00 Dinner preparation. Try including your child!

Use songs and verses to move children through transitions into different activities. There are many gentle ways to ease children along without talking. These include songs, rhymes, or games instead of giving orders. For example, sing "I've been working on the railroad..." when getting ready to go, and getting into the car. It is a long song, and will keep them engaged.

Remember to start with one area of your day at a time. Once you have started to establish your rhythm, you can then ask yourself: What does our rhythm look like? Where are my challenges? How do we move through the transitions? Rhythm will look different in every home, and the rhythm in your home will change and evolve over time. Rhythm is not a tight schedule, but rather an idea of what occurs when and a way to keep a balance in your day of in-breath and out-breath.

These books are excellent resources if you would like to read more about rhythm:

1. Heaven on Earth by Sharifa Oppenheimer
2. Simplicity Parenting by Kim John Payne
3. Sanctuaries of Childhood by Shea Darian
4. The Rhythm of Family by Amanda and Stephen Soule
5. You Are Your Child's First Teacher by Rahima Baldwin Dancy

These books are filled with great verses and songs to use throughout the day, and they come with CD's:

1. Seven Times the Sun by Shea Darian
2. This is the Way We Wash-a-Day by Mary Thienes-Schunemann
3. Sing a Song of Seasons by Mary Thienes-Schunemann



Eat Well Move Well Think Well®

The Innate Lifestyle™ Program

ARE YOU READY TO MAKE THE CHANGES YOU'VE BEEN DREAMING OF?

THE 2012 CLASS WILL FILL UP FAST

SCHEDULE A REAL HEALTH ASSESSMENT NOW AND BE READY TO IMPROVE YOUR LIFE!

WOULD YOU LIKE TO:

- *GET TO YOUR IDEAL WEIGHT AGAIN?
 - *REDUCE THE STRESS IN YOUR HOME?
 - *GET OFF SOME OF YOUR MEDICATIONS?
 - *LOWER YOUR CHOLESTEROL/BLOOD PRESSURE?
 - *BALANCE YOUR BLOOD SUGAR?
 - *SLEEP THROUGH THE NIGHT AND WAKE UP RESTED?
 - *INCREASE YOUR VITALITY?
 - *LOVE WHAT YOU SEE IN THE MIRROR AGAIN?
 - *GET YOUR FAMILY TO EAT BETTER?
 - *SERVE GOD TO THE BEST OF YOUR ABILITY?
- BE A BEACON OF HEALTH TO EVERYONE AROUND YOU?

For details: eatwellmovewellthinkwell.com or 636-946-3600

Have your entire family evaluated to see your true level health! The assessments will be complimentary through the end of the year. Normally they are \$75.00 each.

We are the only certified wellness clinic in Missouri.

Health Assessments can be done in a group or on an individual basis by calling the office.

The next group assessment is scheduled for: November 29th at 6:30 pm.

Don't miss your chance call the office today to schedule your assessment.

We would love to see you and your family there.

WEIGHT LOSS AND DETOXIFICATION



Cleaned your filters lately?

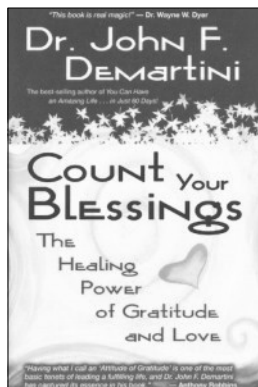
Your body is made of filters. Your lungs are filters. Your kidneys are filters. Your liver is a filter. Your digestive system is a filter. Whatever you eat, drink, breathe, or put on your skin goes through those filters. Ever thought you might need to clean the filters out? The Environmental Working Group says there are over 70,000 synthetic chemicals in public use today. Less than 7% of those have ever been tested on humans for long term effects! Just like a furnace filter in your house or an air filter in your car, the more toxins that go through the filters, the more it affects the entire house or the performance of the engine. Our body does NOT have replacement filters. The ones you have are the only ones you get.

I recommend doing nutritional cleansing on a regular basis. The worse your diet, the more frequent you need to cleanse. Like living on a gravel road, you need to clean the filter more often. I have done 15-20 different types of cleanses over the years, but the nutritional cleanse I usually recommend is the 30 day IsaGenix fat burning and weight loss system. If you don't need to lose weight the system is easily modified to make sure you get a great cleanse and maintain lean muscle mass. The reason I recommend IsaGenix is that it is easy to do, doesn't taste like tree bark and has a no questions asked money back guarantee. No other company backs their product up like this. We do a one hour class each month on how the system works and how to get the most out of the program.

To enjoy a happy healthy life, everyone needs cleansing. I hope to see you at the next class! If you would like to find out more about weight loss and detoxification please attend our next class:

Dec. 13th @ 6:30pm
Please Call and Reserve your seat!
636-946-3600

RECOMMENDED READING



Count Your Blessings: The Healing Power of Gratitude and Love

Are you really living or barely breathing? Do you feel sick, run-down, anxious, or low? In this remarkable book, Dr. John Demartini reveals the connection between health and state of mind. The old adage about making the most of what you've got forms the basis of 25 principles that will help you live a healthy and fulfilling life. Through real-life examples, exercises, meditations, and affirmations, Dr. Demartini shows how you can use and develop your own inner resources, just by living in the present moment. You'll find out how to:

- Turn any stressful situation into an inspiring learning experience
- Transform the negativity of your fears and problems into positive actions
- Discover your goals and stick to them
- Learn to love what you do
- Create more loving relationships

Count Your Blessings will be the source of inspiration that you'll come back to again and again!

**HEALTH FIRST
WELLNESS CENTER**

FAMILY HEALTH IS OUR FIRST PRIORITY!

530 MADISON ST
ST CHARLES MO 63301

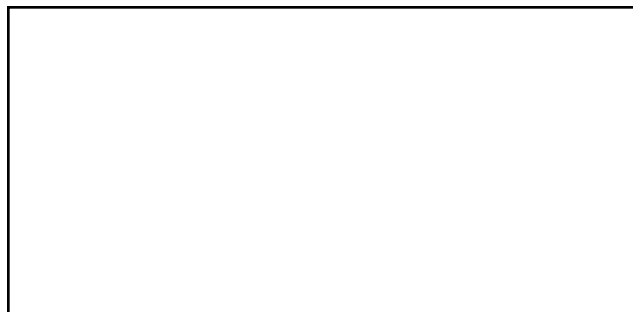
Phone: 636-946-3600

Fax: 636-946-3019

E-mail: hfchiropractic@yahoo.com

We are on the Web!

www.webbwellness.com



NOVEMBER HAPPENINGS

- **New Patient Orientation classes —**

St Charles office 6PM 11/8 & 11/22

O'Fallon office 6PM 11/1 & 11/29

- **Weight loss and Detoxification Class —** Nov. 1st @ 6:30pm & Dec. 13th @ 6:30pm
- **Tuesday Night Wellness Class —** Nov. 15th @ 6:30 pm Home Exercises with Weights & Bands—Basic Strength Exercises to Build Stronger Bones & Muscles
- **Thermography Screening—** Nov. 29th - Call to schedule your appointment!
- **Holiday Office Hours —** Our Offices will be Closed Nov. 24th & 25th for Thanksgiving.
- **EW-MW-TW Lifestyle Assessment —** Nov. 29th 6:30pm Group Assessments