

HEALTH FIRST WELLNESS CENTER

November 2014 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.

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

Novembers' Healthy Challenge

This month's challenge is to try a new exercise; it could be yoga, walking, lifting weights Pilate's, Zumba, etc. We have a new Move Well fitness center open next door if you need some ideas go check it out. Tyler McEwen is the Personal trainer and is willing to help you come up with a plan to get started.



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Eat Well - Simple Rules for Treat Day



Treat Day- One of my favorite topics. Yes, I am just like you. I really, really, really like food. Especially yummy food. Unashamedly, yummy sweet food. Treat day!!!

One of the conveniences of modern culture is that for most of us we have enough to eat each day. (For some of us, *more than* enough.) Never in the history of man has there been a time when the availability of food in one country has been so

abundant. In the United States, we have more access to more calories and more “foods” than anywhere else on the planet. That said, just because we can, doesn’t mean we should. What I mean is just because the food is there, doesn’t mean it is in our best interest to eat it. Americans have the most variety of calorie sources to choose from. Is it a coincidence, that Americans have also created the most number and most variety of diseases seen in the world today?

I am sure you have heard, “you are what you eat.” What does that really mean? Does that mean your eye cells are sodium benzoate? Does that mean your brain cells are partially hydrogenated soybean oil? Does that mean your kidneys are made of sodium lauryl sulfate? Does that mean your liver is high fructose corn syrup? Yes, that is exactly what that means. You can only create your cells from the raw materials you provide on a daily basis. You are creating your future body from the nutrition you consume today and tomorrow. Heavy responsibility huh?

So let’s talk light and fluffy. The subject of treats is the same as the subject of other foods. Eat real food with real ingredients that you can pronounce. The rule at the Webb house is simple. If you have a treat, you make it. You make it with real ingredients and you ENJOY it. No guilt. If you’re having treat day, have it.

For example, cookies, cakes and pies. Pumpkins are a vegetable, go find one. (Or better yet, next year grow one!) Pumpkins do not grow in a can. Use real butter. Mill your own flour from real whole grains. Use real unwashed, unbleached, unbaked sugar. You will never have a better pie. Guaranteed.

Remember how amazing grandma’s home-made cinnamon rolls tasted. Remember watching her roll out the flour, mix it and put it in the oven. Use treat day as a teaching moment. Get your kids and grandkids to participate. We have a generation of people growing up who don’t know where their food comes from or how to cook it.

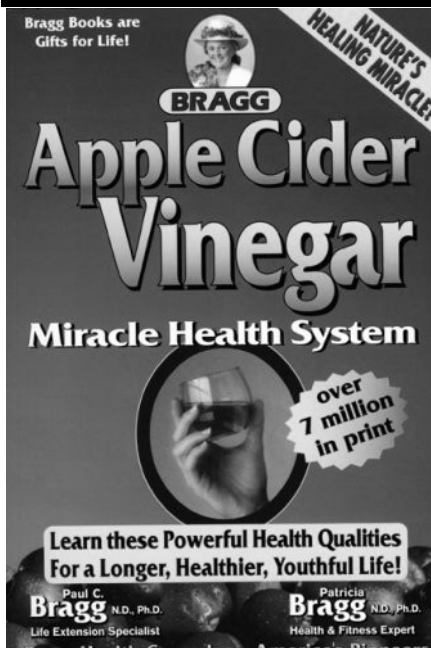
Kids don’t know eggs come from chickens. Kids don’t know vegetables and fruit grow from the earth. They think everything just comes from the store. Some new homes are being built with no stoves or ovens in them. Apparently all they need is an outlet for the microwave.

Humans love food. Humans love sweets. Treat day is a great opportunity to teach and bond with your loved ones. Use it for more than just filling your tummy with yummy.

Rule- If you want cookies, you make them. If you want bread grind the wheat and mix the dough. If you want ice cream, you get the raw milk, you do the work. If you want cake, you bake.

My wife just made a banana cream pie in our kitchen for a fund raiser. I ran into the recipient of the "prize." He said it was the best pie he had ever eaten in his life. Find out for yourself. Happy treat day!!!!

Recommended Book -



Paul C. Bragg, originator of health stores in America, and his daughter, Patricia, are world-renowned health crusaders. They have changed millions of lives through their books, teachings, lectures and media appearances. In this book, the Braggs reveal the legendary health-and life-giving versatility of apple cider vinegar. As a nutritive drink it is a powerful agent for health and wellness. It is also used for dozens of other purposes, including as a beauty aid, for skin treatments, in recipes, as an anti-biotic, anti-septic, hair-revitalizing shampoo, headache reliever, and weight reducer.

The book is entertaining and will inspire you to better health! It chronicles the history of ACV from the time of Hippocrates (the Father of Medicine) who discovered its multiple uses in 400 B.C. The authors explain, in layman's terms, the nutritive value of apples, which are rich in potassium, enzymes and other life-extending elements. The authors reveal the miracle health-boosting elements of potassium, and how modern food refinery processes rob our food of needed nutrients. The Braggs also share motivational stories from their own lives crusading for health and wellness. The book includes the Bragg Healthy Lifestyle Blueprint for Health and encourages readers to realize it is "Never too late to seek and build radiant health!" It explains how readers can use ACV to eliminate joint pain, improve digestion, treat ear aches, infections, warts, skin tags, sore throats and normalized blood sugar levels. Once readers learn about the incredible number of uses for ACV, it usually becomes a fixture in their medicine cabinets! The book contains intriguing photos of famous ACV devotees, and shares vital information for your healthy body! The Apple Cider Vinegar Book is well-loved worldwide, with millions of copies in print.



Supplement Questions class

Sugar Detox Follow-Up

Nov. 18th @ 6:30pm at the St. Charles Office

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



Think Well -The mystery of a watermelon

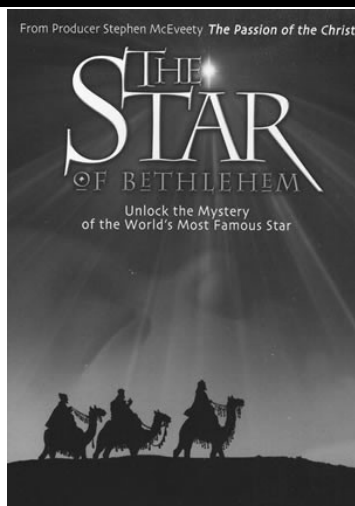


“I have observed the power of a watermelon seed. It has the power of drawing from the ground and through itself 200,000 times its weight. When you can tell me how it takes this material and out of it colors an outside surface beyond the imitation of art, and then it forms inside of it a white rind and within again a red heart, thickly inlaid with black seeds, each one of which in turn capable of drawing through itself 200,000 times its weight—when you can explain to me the mystery of a watermelon, you can ask me to explain the mystery of God.” William Jennings Bryan (1860-1925)

Whenever I read these words, I am in awe of the amazing intelligence that God has placed in all living things. Try as it might, science cannot explain the “know-how” within this one simple seed. 90 years after Mr. Bryan’s famous speech, science still struggles with its basic questions of life. Regardless of where you stand on the Darwinism vs. Creationism, one thing still stands, the “Innate Intelligence” within your body cannot be matched by anything designed by man. Your heart beat 100,000 times per day. You never have to think about it. Your brain processes 3 trillion bits of information per second, every second of your life. Your innate intelligence is always on the job; even when you are not. When you’re tired, Innate knows what to do. When you are stressed out, Innate knows what to do. When you are hungry, Innate knows what to do. When you are cold, Innate knows what to do. Just because you aren’t thinking about how to digest your meal and regulate your hormones, doesn’t mean Innate stops knowing how to do it. You create tens of millions of cells per day; every day of your life. You never have to read a book to find out how.

I am continually in awe of this amazing inborn intelligence. I think about it every time I see a baby. Their perfect skin; their tiny fingers and toes, their eyelashes, their everything... At the office, I think about this incredible intelligence every time I get the privilege of working with your “temple.” The same intelligence that continually builds your liver cells, your heart cells, your skin and your fingernails, is the same intelligence I am counting on to correct your ills. The Power that made you from two “seeds” is the same Power that heals you when you are hurt or sick. That Power never leaves you. Your entire life, up to your very last breath, innate intelligence is working constantly to try to keep you well. No drug can ever do that. No surgery can do that. In fact, your innate intelligence has to work even harder to keep you well when you fill your body with man-made chemicals or remove vital organs. I have never seen any research to show humans are born with “extra parts” or we get sick because we are low on drugs. So clearly, organ removal and daily pill popping will never address the cause of why humans get sick. Innate knows why you are sick and exactly what you need to be well. Innate needs **No interference**. Innate needs you to get out of the way and do what God designed your body to do. Heal. If you eat, move, and think the way you are designed to. Your body heals and stays healthy the way He designed it to. Simple. Don’t complicate what God has made simple for you.

Recommended DVD - The Star of Bethlehem



For centuries, skeptics and seekers alike have pondered the star of Bethlehem. The Bible describes unusual or even impossible astronomical events at Christ's birth. Was it a miracle or mere myth? This compelling DVD - from producer Stephen McEveety ("The Passion of the Christ") - examines Scripture, ancient writings, indisputable astronomical facts and more. Learn nine specific features of the star recorded in the Gospel of Matthew, how it established a date for Jesus' birth and death . . . and its significance for you today! Running time is approximately 65 minutes.

Move Well—Swiss Ball Superman

Step 1(a): Lie face-down on a Swiss Ball with your feet straight behind you and your arms fully extended in front of you, hands on the floor. This is your starting position.



Step 2: Extend your back and raise your arms so they form a straight line with your torso. Hold, then return to the starting position. You can hold this position for a variety of seconds depending on your level. You can also do a number of repetitions of these or just hold.



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

Children's Health - Ideas for Reading to Young Children



We are told all the time that it is important for children to read, and important for us to read to young children. Why is that? There are many practical benefits of reading, and there are also many less tangible rewards. For starters, reading helps children develop vital language skills. Reading is necessary for survival in the world of schools, but is also necessary for adult life as well. The more young children are read to, the greater their interest in mastering reading. Reading out loud exposes children to proper grammar and phrasing. It enhances the development of their spoken language skills, their ability to express themselves verbally.

Reading also enriches children's lives because they can learn about people and places from other parts of the world, improving their understanding and concern for all people and animals. Reading can also improve children's social skills, can improve hand-eye coordination, and can provide hours of fun! Try some of the following ideas compiled by Anita West, to make reading time more enjoyable for both you and your child.

- If your child tends to be squirmy when you're reading, try using your own words instead of the text. Point to objects on the page while you or the text "talks" about them.
- Put "life" into your reading. Be expressive. Give different voices to different characters.
- Introduce new objects a few at a time, pointing them out whenever you see them, both in books and in daily life.
- Start with "easy-to-read," bright, and simple picture books. Children often need to be taught to appreciate the classy, beautiful art in so many books. Introduce these often among favorites, and when s/he's about 12-18 months old, teach your child to turn pages.
- Use the book the way you want to use it. You don't have to teach numbers to a one-year-old with that beautiful counting book. Just talk about the pictures, and don't stay on one page too long. (Four seconds is often long enough for the inexperienced listener.) Don't even have high expectations of reading the entire book! Soon enough, you'll no longer be talking about single objects on the page, but about relationships of characters on the page, for instance, or what caused this or that. You may be pleased to find a little "story" tucked away in a corner -- put there by the artist for the observant.
- You might find that your child enjoys book-time more if, each time you "read" a book, you talk about the same things using the same words. Children love repetition and enjoy it when you say something they expect you to say and they adore the sound of your voice.
- When you don't feel like reading, remember that many requests for book-time are merely indications that your child wants to sit and cuddle. Pick a very familiar book and let the child space out on the illustrations, having him indicate when to turn the page. He may repeat all you've ever said, and you just say, "uh-huh."

There are so many ways in which reading continues to be both a vital skill for children to master, and an important source of knowledge and pleasure that can last a lifetime. Nurture it in your children. As you help your kids appreciate the magic of reading, you'll find that there's a whole wonderful world full of children's literature out there that YOU may enjoy too.

Thermography & Hypnotherapy

Next Appt: Jan. 22nd 2015



Thermography Exams BY APPOINTMENT ONLY

Medical Thermography of Metro St. Louis

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Check out their website

for more info: www.medicalthermography-stl.com

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Are your supplements working?

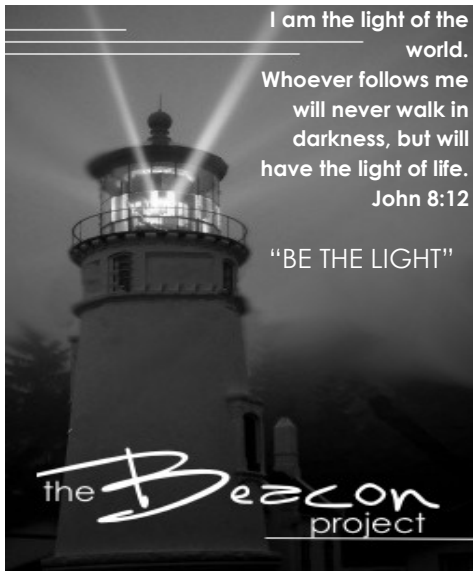
Todd Wright of Pharmanex will be in our St. Charles office from 8am-12pm and the O'Fallon office from 1:30pm - 5pm November 3rd & November 24th, to evaluate your anti-oxidant levels with a Biophotonic scanner. There will be a \$20 fee for this scan (normally \$30). Call our office or see the front desk to schedule your time today.

Find out your anti-oxidant levels!



See if your diet and
supplements are doing
what they should.

The Beacon Project – Can Food Collection and Operation Christmas Child.



This month we are doing double the work. We are collecting canned-food donations for local families and we have Operation Christmas Child boxes to be taken and filled with Toys, books, or other fun things—see list in office for ideas. These are shipped to kids around the world that don't receive Christmas presents without the help of Operation Christmas Child.



Canned-Food
Drive

Supplement of the Month - Coconut Oil



10 Practical Uses for **Coconut Oil**

In the Kitchen

- 1.) **Cooking** - use in place of other oils for sauteing. Try expeller pressed in order to lose the coconut flavor.
- 2.) **Baking** - use as a healthy alternative to vegetable shortening



TheRoadto31.com

Around the Home

- 3.) **Furniture Polish** - use in place of toxic dusting sprays to provide a clean sheen to your furniture.
- 4.) **Car Detailer** - use to condition the leather, vinyl, plastic parts of your vehicle.

Bath & Body

For the Outdoors

- 5.) **Sunscreen** - coconut oil provides a natural SPF. Healthy alternative to toxic sunscreens.
- 6.) **Insect Repellent** - mix with some peppermint essential oil and rub on the skin to scare the mosquitoes away

- 7.) **Cleansing** - if you have sensitive skin, use this instead of soap and then wipe off with warm wet rag
- 8.) **Conditioning** - use on a dry scalp or brittle hair for an easy {and cheap} conditioning treatment
- 9.) **Moisturizing** - use in place of lotion, just a little goes a long way
- 10.) **Oil Pulling** - swishing coconut oil around in the mouth daily is an old tradition for cleaning teeth and bacteria control in the mouth.

Move Well *for* Life



Fitness Center

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(30 mins)

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Looking for a
personalized workout
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Tyler McEwen
520 Madison St.
St. Charles, MO 63301
217-779-6225 /
636-946-3600
healthworks247@yahoo.com

THE 21 DAYS SUGAR DETOX

brought to you by: BALANCED BITES

Join us November 3rd

as we kick off our Sugar Detox.

**Our staff and many of our patients
are all taking part.**

**If you are interested in joining us please
ask the staff for more information.**

**We also have an email sign-up if you want
daily emails with encouragement,
ideas, and recipes.**

**Check out balancedbites.com/21DSD
or pinterest—The Official 21 Day Sugar Detox
for more recipes and ideas.**

21 Days No Sugar!

Break your sugar addiction!

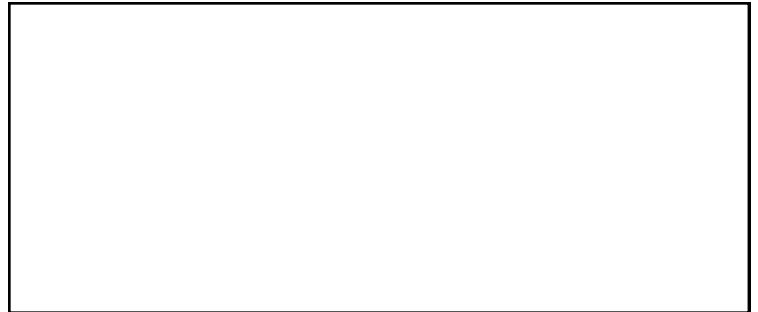


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November Happenings:

- **New Patient Orientation Class @ 6pm**
 - St. Charles 11/11, 11/25
 - O'Fallon 11/4, 11/18
- **Saturday Innate Lifestyle Class @ 10am - 11/8 Move Well 4**
- **Tuesday Innate Lifestyle Class @ 6:30pm - 11/4 Move Well 4**
- **Supplement Questions Class @6:30pm - 11/18**
- **Thursday Exercise Class @ 6:30pm - 11/6, 11/13, 11/20**
- **Thermography Exams - January 22nd 2015 by appointment only**

****REMINDER:** Children are welcome to attend our classes only if they can remain quiet 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 quiet during classes. Thank you for your understanding.