

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

PATIENT APPRECIATION PICNIC—THANK YOU ALL!

We are truly blessed to have you as part of our family. Each year we like to take time to tell you how much we appreciate the opportunity to serve you and your families. Our summer picnic is our way to show you how much you mean to us. In a time when our world seems to have "something scheduled already," it is always nice to see everyone slow down for an afternoon and just take time to enjoy a beautiful day with wonderful people. Again, thank you to all who came to "your" picnic.

Inside this issue:

THINK WELL	2
EAT WELL	3
CHILDREN'S HEALTH	4
THERMOGRAPHY	5
INNATE HEALING MASSAGE	5
EAT WELL, MOVE WELL, THINK WELL PROGRAM	6
WEIGHT LOSS & DETOXIFICATION	7
SEPTEMBER HAPPENINGS	8
RECOMMENDED READING	8

MOVE WELL



One of Five Principles of Exercise

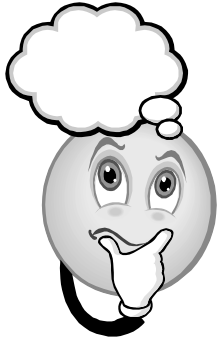
There are five types of exercises that will turn your peak fitness regimen into a truly comprehensive exercise plan, this month we are spotlighting the first one Interval Training.

Interval Training: The BEST way to condition your heart and burn fat is NOT to jog or walk steadily for a hour. Instead, it's to alternate short bursts of high-intensity exercise with gentle recovery periods. This type of exercise, known as interval training or burst type training, can dramatically improve your cardiovascular fitness and fat-burning capabilities.

Another major benefit of this approach is that it radically decreases the amount of time you spend exercising, while giving you even more benefits. For example, intermittent sprinting produces high levels of chemical compounds called catecholamine's, which allow more fat to be burned from under your skin within the exercising muscles. The resulting increase in fat oxidation increases weight loss. So, short bursts of activity done at a very high intensity can help you reach your optimal weight and level of fitness, in a shorter amount of time.

THINK WELL

Evaluate your day- (E-value-ate)



We are a scheduling society. Every day we are coming out with new and better ways to get more done in less time. I want you to sit back and ask yourself, “What am I really trying to accomplish today?”

When asked what is most important in our lives, people almost always respond “My highest priority is my health and the health of my family and loved ones.”

Now I ask you, look at your schedule again, does what you have planned for the week reflect your highest

priorities? As author Steven Covey would say, “Are you putting First things First?”

Very simply, our lives and our health are relationships. The 3 primary relationships we all have are:

Our relationships with our Creator (Spiritually)

Our relationship with ourselves (physically, chemically and mentally)

Our relationship with humanity (everyone else)

So again, in your smart-phone calendar do you have scheduled time for your relationship with God? Are you blocking out specific time for exercise, food preparation, and at least 15 minutes for your mental vacation today? Is your spouse making the itinerary? Play time with your kids? One -on-one time with your teenager to let them know they are loved and that they really matter to you?

They say if you want to know what a person’s value system is, look at their calendar and their checkbook. People DON’T spend time or money on things they don’t see value in. Are your highest priorities First on your list? Or are you just going to try and “fit that that stuff in sometime, somewhere.” Take a look. Re-evaluate.

If you were told you only have a week to live, would you spend it the way you scheduled last week?

Put First things First. Life is too short to waste. Enjoy the relationships you have been given. Be grateful for each day. Call a loved one and let them know they matter. There is no guarantee of tomorrow. Today is the only time you will ever get to have today. Don’t waste it on the small stuff.

Think Big, Live BIG. Schedule it NOW!

EAT WELL

Supplements - Yes?- No? Which ones?



I am asked almost daily whether it is necessary to take supplements and if yes, what supplements should a person be taking in order to stay healthy? The basic answer is if you are eating the perfect diet, exercising daily and have no stress in your life, then you do not need to supplement. If you are not quite at that level yet, then the answer is yes, you need to be taking something to help you stay healthy. OK, what should I take? Quite simply there is no one single easy answer. The problem is not that it is difficult to know what nutrition the human species requires nutritionally to stay healthy, but the issue is all the “extra” non-requirements (stresses) that we choose to put into our body-mind that muddies the water quite a bit. The human species has what is called a “species specific diet.” Just like there is a perfect diet for a lion, a horse, a cow, a dog or a cat. Most people would not feed their dog a Big Mac, fries, soda, and some twizzlers and expect Fido to remain healthy would they? Would a sane person then blame Fluffy’s symptoms on “bad genetics” when he gets sick? What I mean by all this is that humans have a very specific diet that our body (our genes) requires in order to express optimal function. When those requirements are met, in the absence of toxicity, our body will always function in a manner that leads us toward health. The opposite is also true, if those requirements are not met or we have created a body that is dealing with chronic toxicity, our system will always head away from health. This is NOT to say that our genes are somehow programmed to “just get a disease.” Your genes are like a recipe card. Recipes can only produce the proper end product if all the ingredients are combined in the correct manner and nothing else “extra” is added. Any ingredients that are missing or any “extras” added in cannot later be blamed on the “bad recipe.” (Simply meaning our genes are really NOT the issue, and all the current research is proving that.) So what is on the recipe card for healthy cells? When I look at supplements, I look at what our body requires, and what is the most difficult for the average person to consume in modern day life. What do we need, and what are we not getting? The research shows that our culture is “dangerously deficient” in several areas, and many of our modern day disease processes are either caused by or affected by those deficiencies. I recommend based on the current research, that just about every American should be taking 4 basic supplements. NOT to treat a disease, but just because our cells require them.

1. Pharmaceutical grade Fish oil- >3-4,000 mg/day
2. A multi-probiotic containing Lactobacillus Plantarum
3. Vit. D (from a naturally occurring source- ie., cod liver oil/lanolin) 5,000-10,000 units/day
4. Organic whole food supplement- from raw fruits and vegetables- (Greens First, Juice Plus, Isagenix)

Again, a health supplement is NOT designed to treat anything. Just like water is not designed to be a “treatment” for wilting plants. Water is essential to insure healthy plant cells. These supplement recommendations are designed to move your cells toward better health. If you are currently taking medications to treat symptoms of ill health, please consult your doctor to ask him/her when you can begin to take supplements to promote better cell function. If your doctor doesn’t know why these supplements are necessary, you should do one of two things, either try to educate them on why our body requires the supplements or find another doctor that is more concerned with creating health and not merely managing your diseases.

If you need help finding a “good” supplement, we carry what I take at the office, but if you are looking for something different -Locally contact the Nutrition Stop or O’Fallon Nutrition.

CHILDREN'S HEALTH by Dr Jennifer Webb



The Importance of Rhythm - Part 2

The day starts with the night before, so establishing an evening and bedtime rhythm is a good place to start. Today many children, and adults, are sleep deprived. Parents must understand that children do best with twelve hours of sleep per night, unless your child takes a nap. What does this mean? An early bedtime around 7:30! Try starting the evening ritual right after dinner, around 6:30. You want your evenings to have a predictable, easy flow of movement. Make a ritual and do it the SAME WAY every night.

Here is one way to do it:

5:30 - Early dinner

6:30 - Bath time (Let your child, or children, have fun and don't worry about water on the floor. Keep a mop nearby.)

7:00 - Healthy bed time snack (Try some fruit, or a piece of whole wheat toast with butter and a little honey. Keep away from processed foods containing additives.)

7:10 - Brush teeth, lay out clothes

7:15 - Story

7:30 - Candle

Hugs and kisses

Lights out

The bedtime story is the most important story of the day. Tell just ONE story. Let the image or theme you have chosen remain singular for them. If your child wants more, go back and look at the pictures carefully with them, talk about them, and wonder about them. Try making up your own stories! With infants and babies do some finger and toe rhymes, lullabies and rocking rhymes. For 2-4 year olds read stories of home, yard, and animals. For 5,6, and 7 year olds read fairy tales or stories with images of fine human qualities. For 8 year olds and up read adventure stories. After the story, light a candle and say a verse or prayer, or sing a song.

Bedtime Blessings

*Guardian angels whom we love,
shine on us from up above.*

Now I lay me down to sleep,

I pray the Lord my soul to keep.

In the morning when I wake,

show me the path of love to take.

Amen.

Blessings on our sleep.

OR

Blessed, Heavenly Sky that be,

Spirit of Christ who dwells in me,

O, like the stars that shine this night,

So may I shine with wisdom's light,

So may I glow with love for all,

So may I help the great and small;

And now, as I lay down to rest,

May this good sleep be Spirit-blessed.

A candle-lighting moment will bring the magic of fire into your child's inner life. You want to evoke a sense of calm, of quiet joy and protection. Then your child may blow or snuff out the light, and get tucked in for the night.

This bedtime ritual, including bath, snack, story, candle and prayer, should take about one hour. If you focus on not deviating from the ritual, bedtime can be an easy, relaxing meander toward sleep.

An early bedtime for you child will also mean giving yourself a little time to enjoy an adult life! You will have time for some adult conversation or simple relaxation. Remember that many daytime difficulties can be addressed most effectively by giving your child the opportunity to sleep deeply and well. In upcoming posts we will discuss daily rhythms, meals or food rhythms, weekly rhythms, and play rhythms.

Sources:

Heaven on Earth by Sharifa Oppenheimer

Sanctuaries of Childhood, Nurturing a Child's Spiritual Life by Shea Darian

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 : Oct 12th 1-5:30pm by Appt Only

INNATE HEALING MASSAGE



Massage Reduced the Effects of Stress

Up to 90% of all visits to primary care physicians are for stress related complaints such as headaches, backaches, neck pain, eyestrain, poor concentration, anxiety, depression, irritability, anger, high blood pressure, heart disease, ulcers, as well as, physical and emotional exhaustion.

Massage therapy has an amazing effect on your body's nervous system. When massage therapy activates your body's parasympathetic nervous system, it reverses your body's negative response to stress, causing your muscles to relax, your heart rate to slow, your blood pressure to lower and your circulation to increase.

Massage therapy also helps you become more aware of your body and tension you may not be aware of. As you become more aware of your body, you will begin to recognize tension as it builds during the day so that you can consciously release it before it can have a negative effect on your body.

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



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. We would love to see you and your family there.

Nutritional Cleansing increases the health benefits you'll receive from the ancient health practice of cleansing. The herbs, vitamins and minerals that aid cleansing do two things:

- A cleansed and revitalized body is stronger, resists illness better, is more efficient and performs at a higher level than one that is filled with impurities. Many people notice an ability to reach and maintain their ideal weight.

Nutritional supplements are more important today than ever. Our bodies are forced to deal with greater environmental pollutants (impurities) and we're undernourished because over-farming has depleted the nutrients from our land and produce grown on the land.

- To replace the nutrients missing from food
- Made with the highest quality raw materials
- Nutrients that enhance absorption
- Nutrients that naturally cleanse impurities

The 30-day supply of the Cleansing and Fat Burning System helps you create a cleansing and nutrient infusion routine to optimize health, help you feel younger and more energetic. Each pack is a full 30-day supply. Stimulant-free.

- Energy boost
- Consistent weight loss over time
- Reduced cravings for unhealthy food
- Improved muscle tone
- Balanced digestion

Tuesday November 1st at 6:30pm
Call the office today to reserve your seat.

HEALTH FIRST WELLNESS CENTER

FAMILY HEALTH IS OUR FIRST PRIORITY!

530 MADISON ST
ST CHARLES MO 63301

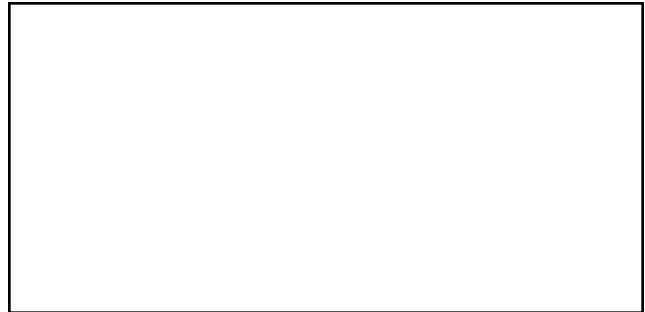
Phone: 636-946-3600

Fax: 636-946-3019

E-mail: hfchiropractic@yahoo.com

We are on the Web!

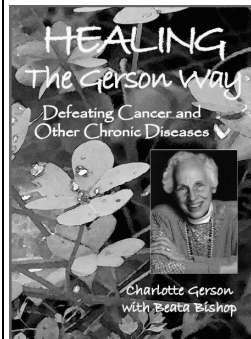
www.webbwellness.com



OCTOBER HAPPENINGS

- **New Patient Orientation classes**
 - St Charles office 6PM 10/11 & 10/25
 - O'Fallon office 6PM 10/4 & 10/18
- **Weight loss and Detoxification**
Class—Nov 1st @ 6:30 PM
- **Tuesday Night Wellness Class** —
Increasing Immune System Function—
Avoiding Colds & Flu —Oct 18th @ 6:30 PM
- **Breast Screening Thermography**—
St. Charles Office—Oct. 12, 1-5:30pm, call for
appt.

RECOMMENDED READING



Healing- The Gerson Way- By Charlotte Gerson

This book is an amazing look at the power of juicing and detoxification as applied to many of our modern chronic diseases.

This book goes into how to protect your family from the ravages of heart disease, diabetes, bowel issues and many types of cancer. It is a must read for anyone who is experiencing loss of health or has a loved one who has developed a "Western lifestyle disease." If you value your health enough to make a few minor changes, this book will change your life. I highly recommend it. If you would like further information on Gerson therapy, we have several videos available for checkout at the office.