

# HEALTH FIRST WELLNESS CENTER

## October 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*

### Move Well - NOW OPEN

**Move Well** *for Life*



**Fitness Center**

BRING THIS COUPON IN TO  
RECEIVE ONE FREE  
WORKOUT SESSION  
(30 mins)

**\*\*Limited to one per person**

**Tyler McEwen**

**520 Madison St.**

**St. Charles, MO 63301**

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**Stop by and check it out today!**

# Eat Well - Why do we get sick?

The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with

## **NUTRITION.**

*Thomas Edison*



Is it sleeping with the windows open? Is it bad luck? Is it because Mary at work coughed on you? Is it because your mucous filled grandchild kissed you? Is it because the horrendous, horrific, indestructible, invisible boogie-man germs are stalking you?

I am often asked the question “why do I get sick so often? & Why can’t I just stay well?”. My answer is usually the same. It is the same answer that Louis Pasteur, the father of the modern germ theory, always gave. “It is not the seed that matters most, it is the soil.” What he meant was, it is not the bacteria, it is not the virus, it is not the fungus, it is not the

mold, it is the environment that those “seeds” are planted into that really matters. Louis Pasteur often talked about being what he called a “viable host.” Meaning, you have to create an environment within your body that those “bugs” can live in. We breathe in literally billions of bacteria and viruses every day, yet you are not sick every day of the year? Why not? If it were just the exposure to “germs” that caused illness, none of us would be alive. Bacteria and viruses; mold and fungi are called “opportunistic organisms.” They need a suitable environment to grow in and when they find it they will grow until the environment is no longer suitable.

How do you kill mold, germs, bacteria, viruses, etc? You create an unlivable environment. In the winter the perfect temperatures for killing “bugs” already exists. The colder the climate, the harder it is for germs to survive. If you want to kill mold, freeze it; if you want to kill bacteria and viruses, freeze them. How do you kill bed bugs, lice, etc? You put all your clothes and linens in the freezer. Dead. So why if the perfect temperature to kill off germs is happening all around why are we so sick in the winter? To answer this, you have to understand what makes “bugs” grow and what makes our immune system compromised. The answer is the same. SUGAR!

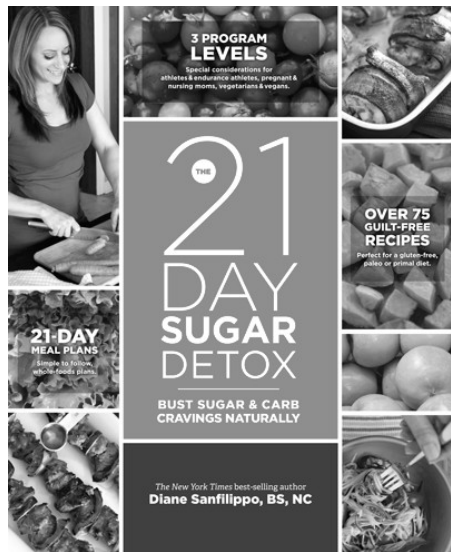
Halloween, Thanksgiving, Christmas, New Years, Super Bowl, Valentine’s Day, Easter. SUGAR, SUGAR, SUGAR, SUGAR, SUGAR, SUGAR, and some SUGAR. For opportunistic organisms to grow you must feed them. Ask any laboratory chemist, how do you grow bacteria in a Petri dish? You feed them some type of sugar. How do you grow viruses in a lab? You feed them sugar. Ask and immunologist how do you grow bacteria in a person? You feed them some type of sugar. Ask any school teacher what happens in their classroom after Halloween? Lots of sick kids. Not a mystery if you know the basics of immune system function. They are not sick because someone coughed on them or they forgot to use the anti-bacteria soap for the forty-eighth time that day. Juices, bagels, cereal, granola bars, gold fish snacks, pretzels, chips, and crackers. SUGAR, SUGAR, SUGAR. Potatoes, corn, sweet potatoes with marshmallows. Starch, starch starch. SUGAR, SUGAR SUGAR.

Sugar and vitamin C have very similar binding sites on our cells. If sugar takes up the space,

vitamin C is left out of the cell.

Winter; Less exercise, less vegetables, less out -door vitamin D activation, less sleep, and more holiday “stress and more exposure to sugar. A bad combination for wellness, great for creating a “viable host.” Next time you get sick, do the two week test. Ask yourself, “Over the past two weeks, what has been my sugar consumption? What has my exercise been like? What has my sleep been like? How much water have I been drinking? How is my stress level?” My guess is you won’t be blaming your illness of your grandkids anymore!!!!

## Recommended Book - 21 Day Sugar Detox



*The 21-Day Sugar Detox* is a clear-cut, effective, whole-foods-based nutrition action plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn!

Use the easy-to-follow meal plans and more than 90 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo/primal lifestyle.

*The 21-Day Sugar Detox* even includes special modifications for athletes (endurance, CrossFit, HIIT-style, and beyond), pregnant/nursing moms, pescetarians, and people with autoimmune conditions.

What you'll experience on this program will be different from a lot of other "diet" programs out there that promote extremely restricted eating; encourage you to consume only shakes, juices, or smoothies; or rely heavily on supplements and very-low-calorie or very-low-fat diets to ensure success. The goal of any detox program *should* be to support your body in naturally cleansing itself of substances that create negative health effects--and that's exactly what *The 21-Day Sugar Detox* does.

The effect that sugar, "hidden" carbs, and refined, processed foods have on our bodies goes far beyond our waistlines. We can't focus, we can't sleep, we have irrational mid-afternoon cravings, and we can't even make it through the day without wanting--or needing--to prop up our energy levels with caffeine or even more sugar! What can we do to break free from this cycle?

*The 21-Day Sugar Detox* is here to help.



### Supplement Questions class

**SUGAR DETOX & ALKALIZE YOUR BODY**  
**Oct. 21st @ 6:30pm at the St. Charles Office**

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



**PLEASE  
DO NOT  
FEED  
THE  
FEARS**

Let the games begin. Each year, about this time, the fear mongering commences. Fear of the flu-“They said on TV that this could be the worst year ever for the flu.” Fear of the shingles- “My doctor told me I better get a shingles shot this year or I would really regret it.” Fear of pneumonia- “I heard pneumonia is going to be really bad this year.” Fear of bacteria, fear of viruses, fear of catching a cold, etc. Not to mention the year long fears most people have, fear of cancer, fear of diabetes, fear of osteoporosis, fear of colon issues, fear of heart disease, fear of (insert your favorite negative fear mantra here.)

Fear is a motivational emotion. Fear is designed to make you uncomfortable. When you are fearful, you are designed to be so uncomfortable you will figure out what in your environment is causing

the unhealthy stress and then change it or move to a more loving, hospitable environment. But what if your fears are coming from things you can't control? Fear of invisible germs? “I hope my grandkids don't cough on me, and then I'll get sick. I hope Mary at work doesn't sneeze on me, and then I'll catch a cold from her.” What if your fear is the fear of unlucky bad genes? “Heart disease and cancer run in my family. My family has a history of xyz syndrome; I just know I'm going to get it someday.” Fear has been shown to be one of the greatest suppressors of our immune system. The more fear a person has, the greater chance of them getting sick. This is not an unknown mystery, this is a scientific fact. Go Google stress, fear and the immune system. If you want to get sick; stress and worry. If you want to get really, really sick; worry and fear for years. It's that simple.

If you want to get healthier; remove fear and stress. It's that simple. Knowledge removes fear, creates certainty and removes doubt. Knowledge is often symbolized by the “light bulb coming on.” Why? Darkness instills fear of the unknown. Light (knowledge) removes the fear and worry and inspires. Fear leads to isolation and destruction. Knowledge leads to growth and creativity.

Fear and love are opposite sides of the same coin. Fear is the emotional expression of our lack of love and lack of faith. Fear is the emotional expression of the thoughts of uncertainty and doubt that preceded it. It is impossible to express fear when you are filled with thoughts of love and gratitude. It is impossible to love when you are filled with thoughts of anxiety and lack.

In any situation, the person with the most certainty on the subject has control. The person with the most doubt shrinks and keeps quiet. If you don't understand where true health comes from, you will always be subject to fear and doubt; which always leads to suffering and sickness. The world of media continually talks in terms of negativity and doubt. Why? Is it to serve you and make you stronger? Are you really “more informed” or just more fearful and anxious? More certain or less certain?

This is what I am certain of, You were designed by a loving Creator and He designed you in his image. You are designed to be “creative and loving.” As a creative being, you are creating your

life with each and every thought. You are the sculptor of your life. Your thoughts create your behaviors. Your behavior determines your biology. Your biology determines your current and future health. Your emotions are the feedback system to your thinking.

Love and gratitude are expansive and inspirational, they are energy building and creative. Fear and guilt are contractive and divisive. Fear creates isolation and destruction. Which future would you prefer?

You do not see the world as it is, you see the world as you are. If you see the world as a bitter, angry place of lack and unfairness, it is because you are.

If you see the world as a loving, peaceful and abundant place, it is because you are.

What type of person do you want to BE? What type of world would you like to create to live in? Anytime you are willing to accept less from yourself or others, you will always get it. What are you expecting and accepting?

Expect this: I am a child of God. I am created to accomplish a great Purpose. I am worthy of Love. I am worthy of exceptional health. I give and receive love each and every moment of my life. I am happy and healthy. I am getting better with each passing day.

## Recommended DVD - FED UP



Narrated by Katie Couric, Fed Up blows the lid off everything we thought we knew about food and exercise, revealing a 30-year campaign by the food industry aided by the U.S. government to mislead and confuse the American public. Exposing the hidden truths contributing to one of the largest health epidemics in history, the film follows a group of families battling to lead healthier lives and reveals why the conventional wisdom of exercise and eat right is not ringing true for millions of people struggling with diabetes, childhood obesity and other serious conditions. Including captivating interviews with the country's leading experts, this vital information could change the way we eat forever.

## Children's Health - Outdoor Fall Fun



There are many fun activities to do with your child outdoors during the Fall. Families spend far too much time indoors, especially during the school year. During the day, most of us are penned up in offices or classrooms, and at the end of the day, we often retreat to our homes. Fall offers an ideal time to take advantage of the outdoors. The following is a list of ideas to help you and your children get outside and discover the wonders of fall.

1. Fall is the perfect time to seek out gravity in action, as leaves begin their tumble downward from the trees. Look around. What can you find that has been pulled to the ground? What objects (leaves, nuts, twigs, rain) were once in a higher place but have fallen? Ask your child what might happen if gravity didn't exist on Earth. Go on a scavenger hunt and collect different types of leaves that have fallen from trees. Compare your treasures. How many different leaf shapes did you find? How many different colors? How many different textures?
2. Enjoy the crisp fall air and find a nearby u-pick orchard to collect your own apples. Spend some time there comparing the different types of apples. Use your apples to make homemade applesauce. You can use one type of apple or a mix. Peel, core, and quarter about 3 lbs. of apples, or 10 to 12 medium pieces of fruit. Kids can help peel the apples with a vegetable peeler. Once that work is done, put the apple pieces in a large, heavy pot and add about one inch of water to the bottom. Cover and bring to a boil, then reduce the heat and let the apples simmer until very tender, about 20 minutes. Let the apples cool a bit, then mash right in the pot with a potato masher. You may want to add cinnamon, a little unrefined sugar for extra sweetness, or a few drops of lemon juice for brightness. The applesauce will keep for about 2 weeks in the refrigerator.
3. Go on a leaf hunt to find the prettiest leaves where you live. Try to gather a variety of shapes, colors and sizes. To enjoy the leaves year round, make sure they are clean and dry then remove thick stems. Lay a sheet of waxed paper out on a towel on a large, flat surface. Arrange your leaves on the paper, then lay another sheet of waxed paper over the creation. Top with another towel, then iron on high heat to fuse together the two sheets of waxed paper. Neaten up ragged edges with scissors, then hang in the window to enjoy in the coming months.
4. Take a Fall Color Scavenger Hunt. Version 1 - Pick up some fall-colored paint chips at the hardware store and try to match up the specific colors with items you find in nature. Make a book, and attach your paint chip along with a drawing of the item

that was found on each page. Version 2 - Make a list of all the colors you'd like to find (yellow, gold, tan, dark orange, brick red, etc.) on a piece of paper. Set out on a walk around the backyard, or on an excursion farther away, and observe the colors all around you, while looking for those on your list. Take photos of the colors you find that match your list. Again, your child can make a book and place each photo next to the name of the color.

5. Take a corn maze field trip. To find a corn maze, you can go to [www.cornmazesamerica.com](http://www.cornmazesamerica.com). There are several within an hour or two of the St. Louis area. Talk to your younger children about who takes care of all the corn growing in the field, and about how the farmer plants the corn seeds in the Spring in rows, and then how the seeds grow into tall stalks. Show them how the corn grows on the stalks, and is protected by the corn husks.

Use these ideas, or some of your own, to get outside and enjoy this beautiful season!

## Octobers' Healthy Challenge

  
**KEEP  
CALM  
AND  
NO  
SUGAR**

*This month's healthy challenge is to choose 2 days a week for the next month and give up sugar on those days. That means avoiding pastas, breads, starches, cereals, candy, soda, pretzels, popcorn etc. Read labels of all the food you eat. You might be surprised at how many "foods" are loaded with sugar. Give it a try and let us know how you did. If you are daring enough try a 10 day challenge. And don't forget to watch the DVD of the month!*

THANK  
YOU!!



THANK  
YOU!!

Our Annual Patient Appreciation Picnic was a blast.

Thank you to everyone that attended.

We are so grateful for all of our wonderful patients.

We APPRECIATE you. We feel truly blessed by the opportunity to serve you and your loved ones.

## Innate Healing Massage

### INNATE HEALING MASSAGE

#### New Client Special

First-Time Massage Clients  
receive a

**60-Minute Massage for \$45**



Call today to make time for  
yourself or a loved one.

Gift certificates, Birthday Specials,  
& Package deals available!

30 min Therapeutic or Geriatric massage \$30

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**

## 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 10th & 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.

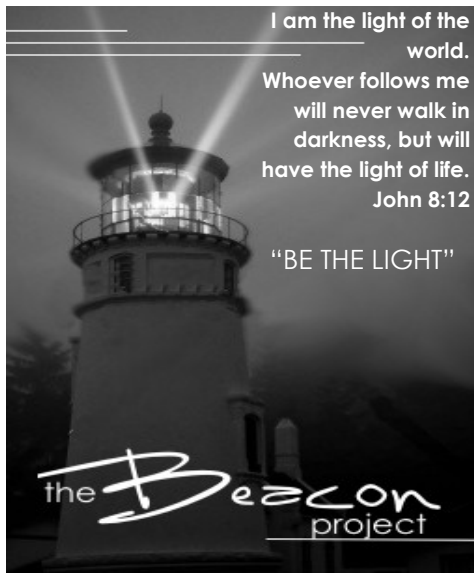
Find out your anti-oxidant levels!



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



# The Beacon Project – Auction Donations!!



**HELP KEEP ALL THE LITTLE CHRISTIAN LEARNERS WARM!** Liberty Christian Academy is in dire need of a new furnace before

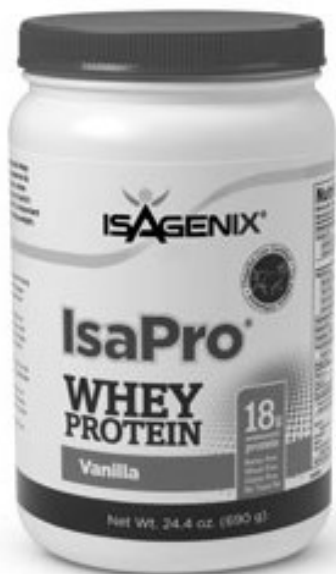
the winter. At the moment, the boiler is non functional and they have no heat what so ever, so time is short. LCA is holding an auction to help offset the large sum of money required to install a functional HVAC system to make sure they can keep the school open and the children warm. If

you are a business owner, have a talent/skill or just a heart for children, LCA desperately needs your help with auction items. Please contact the Health First office for details on how to donate. Liberty Christian Academy is a 501c3 corporation so any donations/purchases are also tax deductible. We are looking for donations for the auction to be turned in by mid October. The Auction is being held on November 1st . The school also needs as many people to bid on the donated items as possible, so if you know of anyone who likes cardinals tickets, blues tickets, rams tickets, craft items, good food, time share vacations, guns, games, etc., please let them know about attending the auction. We have such an amazing family of clients. I know that we can work together to help LCA make sure they keep their doors open and the kiddos toasty warm this winter! Thank you in advance for your generosity.

## **\*\*TAKING BIDS\*\***

**An evening at Innate Acres (aka The Webb Farm).** Have both Dr. Cory & Dr. Jenn Webb all to yourself! Eat and ask questions until you are fully satisfied. Walk the wooded trails. See where your eggs and your grass fed meat comes from. Or just relax and fish in the pond. Dr. Jennifer will be preparing a “healthy” gourmet meal for you and your family. The winner of the auction can also receive a tax deductible receipt if they would like one. 100% of proceeds will be donated to Liberty Christian Academy to pay for their HVAC system. (Bid is currently at \$100.00)

## Supplement of the Month - IsaPro



### Build Muscle and Lose Fat with IsaPro.

Whether you want to fuel muscle growth, jumpstart your metabolism, or boost the protein in your IsaLean Shake to curb cravings, IsaPro whey protein is a high-quality product for those serious about losing weight and/or gaining lean muscle mass. Regardless of your health goals, you can feel confident that you're going to get the best results possible with IsaPro.

## 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**





[www.vesterbrookfarm.com](http://www.vesterbrookfarm.com)  
or call 573-560-0871

Certified Naturally Grown and Organic Products  
Free-Range soy-free eggs, chicken, and turkey  
100% Grass-fed, antibiotic & wormer-free lamb  
100% Grass-fed, antibiotic, hormone-free beef  
100% Pasture & woodland raised pork  
Non-GMO, soy-free feed  
Innate Salad/Juicing Box also available  
Discounts available for homeschooling families,  
veterans, single parents, etc.  
Check website for details or to register.

## Thermography & Hypnotherapy

**Next Appt: Oct 23rd 2014**



### Thermography Exams BY APPOINTMENT ONLY

Medical Thermography of Metro St. Louis

"Proactive and Preventive Health Screening"

Check out their website for more info: [www.medicalthermography-stl.com](http://www.medicalthermography-stl.com)

or call: **314-566-0350** or **618-806-5220**

### October is Breast Cancer Awareness Month - do you know your Risk of Breast Cancer?

It is one of the most feared diseases a woman can get, yet the subject is very complex and controversial even among medical professionals. More women are getting breast cancer and they are getting it at younger and younger ages. Most breast cancers occur in women with no known risk factors. How can you find peace of mind?

There are many ways all women can decrease their risk. One problem is that women tend to take care of everyone except themselves. The state of your general health and how well your immune system is functioning are your strongest defenses against any disease. To quote Dr. Thomas Hudson, MD., author of "Journey to Hope", "Prevention knows no boundaries."

Western medicine is very good at fighting disease but we are on our own to bridge the wide gap between western medicine and preventive health or alternative therapies. Screening for early detection saves lives. Mammography is not effective for all women. Adding thermography as a complimentary tool to mammography offers a 98% success rate for early detection. The two tests are very different and give different information, so the combination offers the most information available. Mammograms "see" structure, like tumors. Thermograms "see" function, like vascular activity, inflammation and lymphatic activity. Thermography is the only test that can detect a problem early enough to reverse the disease without surgery or radiation. It offers breast "health" information.

More information can be found in Dr. Christine Horner's book, "Waking the Warrior Goddess". Medical Thermography of Metro St. Louis will be offering thermal breast health screening at Health First Chiropractic on October 23. Call now to reserve a spot.

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

Almost everyone can benefit from hypnosis. Call and make an appointment for a free consultation to learn more. 314-520-1438 [www.hypnotherapymetrostl.com](http://www.hypnotherapymetrostl.com)

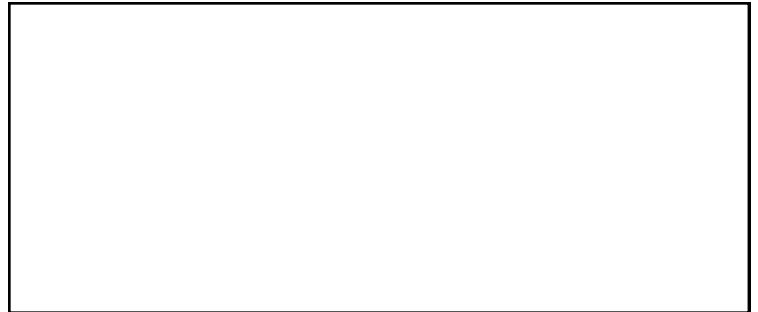


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**Webbs on the Web!**  
[www.webbwellness.com](http://www.webbwellness.com)



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

## October Happenings:

- **New Patient Orientation Class @ 6pm**
  - St. Charles 10/14, 10/28
  - O'Fallon 10/7, 10/21
- **Saturday Innate Lifestyle Class @ 10am - 10/4 Eat Well 4**
- **Tuesday Innate Lifestyle Class @ 6:30pm - 10/7 Eat Well 4**
- **Supplement Questions Class @6:30pm - 10/21**
- **Thursday Exercise Class @ 6:30pm - 10/2, 10/9, 10/16, & 10/23,**
- **Thermography Exams - Oct 23rd 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.