

HEALTH FIRST WELLNESS CENTER

NEWSLETTER

FROM THE DOCTORS

Welcome to our monthly newsletter geared towards helping you and your family restore and maintain your highest levels of health. We will be including information on Innate Lifestyle Program—How to Eat Well, Move Well & Think Well; Office Events, Topics on children's health, Massage Therapy, IsaGenix weight loss and body detoxification, Stress relief, and Recommended Reading. Have an awesome day and God Bless!

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

PATIENT APPRECIATION PICNIC

We are so excited for this years picnic. If you didn't get to join us last year we would love to have you be there this year. We will be having T-Bones Meats again this year, some fun games for the kids, face painting, a visit from a fire truck, and a lot of great healthy dishes supplied by our wonderful patients. The picnic is at Quail Ridge Park in Wentzville, MO. If you need directions please contact the office. We look forward to seeing you and your family there. **SEPTEMBER 25TH, 2011 11AM—4PM QUAIL RIDGE PARK**

Please contact the office to sign up today!

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INNATE HEALING MASSAGE

How we react emotionally to the stresses that come our way in life is up to us, however God so masterfully designed our bodies to respond physically to stress to protect us and keep us alert. This is known as the "fight or flight" response. When we are confronted with a stressful situation, our brain, through a series of nerve impulses, releases specific hormones which increase our heart rate, respiratory rate, blood pressure; quickens our impulses; slows our digestion, and a host of other stimulating responses all of which prepare us for survival. This response is designed to last between 2-5 min, but many people are in a chronic state of stress. When we are continually being challenged by stresses, without relief or relaxation between these stresses, our bodies become stuck in the "fight or flight" response which causes a negative effect on our bodies leading to a plethora of health issues: physically, emotionally and spiritually. Massage therapy will activate your parasympathic nervous system causing your muscles to relax, your respiratory and heart rate to slow, your blood pressure will decrease, your circulation will increase and your digestion will improve. These are just a few of the positive affects massage can have on you. You are worth it! 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
—Trish Bruce & Emilee Kipper LMT, NCTMB
636-946-3600

THINK WELL



As a man thinks...

An old American Indian proverb says, “If you would like to see your thoughts of yesterday, look at your body today. If you would like to see your body of tomorrow, look at your thoughts today.” We are literally the accumulation of a lifetime of thoughts. Some thoughts produce action. Some thoughts produce non-action. Some thoughts are constructive and some thoughts are destructive. The wonderful thing about life is God loved you enough to let you make choices for yourself. It’s physiologically impossible for another person to make you sad or make you angry without your permission. You have to allow yourself and your thoughts to be controlled by another person. You have to give up your power. You have the ability to choose how you react to any situation in life. We are faced with thousands of choices each day. The reality is I am exactly where I am and you are exactly where you are in life because of the choices you have either made or not made in the past. Emerson famously said, “Circumstances do not make the man, Circumstances reveal the man.” It is not what happens to us in life that matters, but it is how we react to what happens in life that matters most. The great thing about having all this control is if you don’t like where you are, you just have to decide to make better choices for yourself. One choice at a time.

The most stress-relieving quote I have ever read was, “What you think of me is none of my business.” When you liberate yourself from living according to the opinions of others and you start guiding your choices by your own internal compass, life takes on a higher Purpose. One of the best things you can ever do for yourself and your children is to live congruently with your own internal value system.

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

A very dangerous trend in our culture is “I’ll be happy when...” or what I call the “Someday Syndrome.” People say, “I’ll be happy when I retire.” “I’ll be happy when my kids are in school.” “I’ll be happy when my kids are out of school.” “I’ll be happy when my husband picks up his dirty clothes.” “I’ll be happy when I have this much money, or this car, or this house, or wear this size the list is never ending. The reality is you will be happy when you choose to be.

The saying goes - “There is no way to Happiness, Happiness is the way. There is no way to Joy, Joy is the way. There is no way to Peace, Peace is the way. There is no way to love, Love is the way.” No one is in charge of how you think unless you willingly give up your power. Don’t settle for just being fine or just getting by. Life is for living. Start with one day at a time, one choice at a time. Keep things simple and manageable. Don’t be sucked into the vortex of “multi-tasking.” Enjoy each moment and know that having the ability to choose for yourself is His gift to you. Don’t give your gift away, live in gratitude. God bless you on the journey down *your* path.

MOVE WELL

DOCUMENTED BENEFITS OF WALKING:

These benefits are based on a 30 minute brisk walk and the research shows that the benefits of exercise are dose responsive meaning that the more you do the better.



- Prevent up to 91 percent of cases of obesity and Type 2 diabetes
- Prevent up to 50 percent of all cases of heart disease
- Reduce risk of stroke by 25-30 percent
- Prevent up to 50 percent of all stroke deaths
- Reduce congestive heart disease deaths by 63 percent
- Reduce hospital readmission for heart failure patients by 70 percent
- Normalize blood pressure and reduce risk of developing high blood pressure
- Restore or maintain heart and blood vessel health
- Restore and maintain normal cholesterol triglyceride levels
- Reduce risk of breast cancer by up to 60 percent
- Reduce pancreatic cancer in overweight people by 50 percent
- Reduce lung cancer, even in smokers, by 72 percent
- Reduce melanoma, that's right, skin cancer apparently from the sun, by over 72 percent
- Prevent up to 50 percent of colon cancer
- Reduce risk of developing, and improve outcomes of those with, rheumatoid arthritis and osteoarthritis
- Prevent osteoporosis and increase new bone formation
- Increase strength, flexibility, and balance
- Decrease gallbladder removal by 20 percent and decrease gallstones
- Improve digestion and decrease indigestion
- Improve bowel function and elimination
- Increase immune system function
- Increase macrophage (anti-tumor) activity and antioxidant levels
- Decrease all causes of mortality by 67 percent in the general population
- Decrease all-cause of mortality by 50 percent in the 61 to 81 year old age group
- Prevent up to 47 percent of cognitive impairment, prevent up to 62 percent of Alzheimer's and 52 percent of dementia
- Improve physical function in older adults
- Decrease chance of ever being in a nursing home
- Decrease rate of aging
- Enhance learning by 12 times
- Increase dopamine and serotonin levels
- Decrease depression by 20 percent, including relapse
- Increase growth and healing hormones
- Decrease stress and body breakdown hormones
- Decrease body fat, obesity, and weight gain

(Dr. James Chestnut B.Ed., M.Sc., D.C., C.C.W.P - The Wellness & Prevention Paradigm Book)

EAT WELL

Organic and Local Fruits and Vegetables if possible.

Keep it Simple—"Fresh Fiber First" (Organic & Local if possible).

Don't shock yourself or your family by changing too much too soon. Start by committing yourself to starting each meal with one serving, one piece or one stalk of fresh fruits or vegetables at each meal. Before digging in to the main course, just put out a small portion of nature's best, first. The fruit/veggie is a great way to introduce small amounts of nutrition at a time without creating a major drama in the family. Fresh produce provides more vitamins, minerals, and phytochemicals than any supplement can ever come close to. The fiber in produce is the best there is on the planet and will go a long way to helping you stabilize your blood sugar, maintain good bowel function, and increase metabolism. Start with what you like! Don't force yourself (or your family) to eat fruits and veggies they don't enjoy. Ask each person what their favorites are and start with those. You can get adventurous with your choices later.



CHILDREN'S HEALTH by Dr Jennifer Webb



The Importance of Rhythm - Part I

Everything has rhythm, the day, the week, the seasons, the year.....everything. You and your children have it, too, even though you may not know it. Rhythm simply refers to the ebb and flow of your days.

Life today for most families is characterized more by randomness and improvisation than rhythm. We impose the rhythms of our children's lives. The busier your life, the more your children need and will benefit from the establishment of a sense of rhythm.

Why do we need rhythm? Rhythm allows our children (and us) to know what to expect. Young children thrive on a simple, flexible rhythm that carries them through their day, through each week and through the slowly unfolding years of their lives. They benefit from dependability and regularity throughout childhood, but especially in the first three years, when the greatest learning takes place unconsciously. Many problems we experience with our children can be addressed by setting a simple daily rhythm that allows their needs to be met in a timely way.

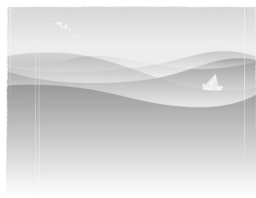
Increasing the rhythm of your home life is one of the most powerful ways of simplifying your children's lives. By surrounding a young child with a sense of rhythm and ritual, you can help them order their physical, emotional, and intellectual view of the world. As little ones come to understand, with regularity, that "this is what we do," they feel solid earth under their feet, a platform for growth.

The good news is that you can start small, gradually establishing little islands of consistency in your daily life. Look for ideas on how to start establishing rhythm in the next post.

Sources:

1. *Simplicity Parenting* by Kim John Payne, M. Ed.
2. *Heaven on Earth* by Sharifa Oppenheimer
3. *A Journey Through Waldorf Homeschooling Grade One* by Melisa Nielson

STRESS RELIEF



Just Breathe...

Researchers now know most of us are only getting 1/3 of the oxygen we need for optimum physiological function. Oxygen feeds our cells. It is the most important element in our bodies. We tend to take quick shallow breaths instead of inhaling fully and naturally, filling the lower, middle, and upper lobes. This is effecting our digestion, cardiovascular system, lymphatic system, and immunity. One study showed 70% of the toxins we take in are released through the breath. Obviously, if we're not inhaling fully, we are not removing the toxins as efficiently as we should be.

We were all born breathing with a full natural breath. Have you noticed a baby's tummy rise and fall as they breathe? We learned from those around us to breathe in the opposite way. Add this to years of experiencing the stress response and we create short frequent breaths. It is our body's way of trying to get more oxygen!

Those who have relearned to breathe using a full natural breath improved their heart health significantly. They have increased energy, sleep better, and many times pain is eliminated. Studies have shown that conscious breathing can also relieve hypertension and anxiety.

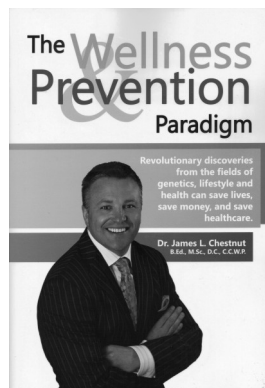
Jean Radtke

Meditation Breathwork Biofeedback

"Restore Health & Inner Peace"

636-293-9655

RECOMMENDED READING



The Wellness & Prevention Paradigm

by Dr. James L. Chestnut B.Ed., M.Sc., D.C., C.C.W.P.

Excerpt from the book—"The research is unequivocal; we are in the midst of a chronic illness pandemic that threatens not only our health but the very fabric of our society and the very existence of our species. We are, literally, the sickest species on the planet. We have the sickest children, the sickest teenagers, the sickest adults, and the sickest elderly in the history of our species - in the history of any species. Over half of our entire industrial population has a chronic illness and over 80 percent of our adult industrial population has chronic illness. Chronic illness is the leading cause of death and suffering; 80 percent of our population is dying and will die from chronic illness. Despite ever increasing medical spending and medical procedures the rates of chronic illness have been steadily rising for over 50 years. **The current system is not working. We don't need more debate about who should pay for healthcare, we need to start debating about what kind of healthcare we should pay for.**" You can purchase this book at Our Office or online at www.thewellnesspractic.com

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FAMILY HEALTH IS OUR FIRST PRIORITY!

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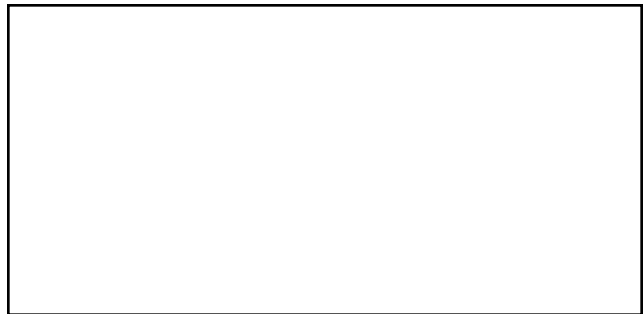
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We are on the Web!

www.webbwellness.com



SEPTEMBER HAPPENINGS

- **“SEPTEMBER NEW PATIENT SPECIAL”** - To celebrate the birthday of chiropractic we are offering you the opportunity to refer a friend or loved one who has never been a patient in our office a complimentary new patient examination (orig. \$300), Call our office for details!
- **“SEPTEMBER MASSAGE SPECIAL”** - To celebrate the opening of Innate Healing Massage in our office and the birthday of chiropractic we are offering a One Hour Massage for \$45, (normally \$60) Call our office to make your appointment today!
- **New Patient Orientation classes**
 - St Charles office 6PM 9/13 & 9/27
 - O'Fallon office 6PM 9/20
- **Weight loss and Detoxification Class**
 - Oct 4th @ 6:30 PM
- **Tuesday Night Wellness Class**
 - Living at Your Highest Potential Sept 20th @ 6:30PM
- **Patient Appreciation Picnic**
 - Sept 25th 11AM-4PM Quail Ridge Park, Wentzville

WEIGHT LOSS AND DETOXIFICATION



IsaGenix improves health, while their Management and Compensation Systems help set our Associates free financially. Cleanse, Replenish and Revitalize is the founding principle behind their cutting-edge products. Cleansing helps keep the body healthy and is the missing link to supporting health and successful, long-term weight loss. Replenishing the body with nutrients helps to revitalize the body's systems, leading to vibrant good health. Their Cleansing and Fat Burning System: 30-Day Supply includes revolutionary products that have helped hundreds of thousands with reaching their health and weight-loss goals. If you would like to find out more about weight loss and detoxification please attend our next class:

Tuesday October 4th at 6:30 pm.

Call the office today to reserve your seat.