

# HEALTH FIRST WELLNESS CENTER

## September 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*

Our Annual Patient Appreciation Picnic is September 21st from 11a-3p @ Blanchette Park in St Charles. It is a lot of fun, food, and fellowship. Mark your calendar to attend, you don't want to miss it. Please bring a healthy side dish or dessert. We have a sign up sheet at the front desk.



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## Eat Well - Do you have the “Right Stuff?”



In the eighties there was a movie called “The Right Stuff.” It was a film about bringing together the “right” pilots and servicemen with the “right” mental and physical skill set to be able to handle the rigors of space travel. Extreme stress requires extreme “stuff.” Do you have the “right stuff” to be able to handle the stresses of modern day life? Are you building your body with the “right stuff?”

The human body is constructed of an estimated 70 trillion to 100 trillion cells. Every organ and tissue in your body is made of cells. You are cells. Your body can only be as healthy as the individual cells that make you up. Your cells can only be as healthy as the raw materials that you build them from. You are an ecosystem of trillions of cells working together in a coordinated effort to insure your survival. What are you constructing your temple out of? The wrong stuff?

Eating is about creating a system that works for you. We are creatures of habit. Sometimes we are creatures of good habits and sometimes we are creatures of bad habits. Look in the mirror or take the innate fitness evaluation, you’ll know quickly which habits you are following. The daily system you currently use produces the daily results currently have.

Changing your future is as simple as changing one choice at a time. One good choice after another produces a “good” day. Good day after good day produces good weeks, good months and good years. Unfortunately bad choices produce future result too. In regards to upgrading the raw materials for your temple; predetermined daily or weekly meal plans seem to be the easiest way to succeed in making sure you get the “right stuff.” Most people make eating an act of will power. This is the most difficult and most stressful way to look at your relationship to food. Think of the “will” like a muscle. If at work, your job was to exercise your muscles for 8 hours a day, 5-7 days a week, how tired would your muscles be when you got home? How would you feel about exercising your muscles when you got home from work? How likely would you be to take the easy way out and just skip a few workouts here and there? Your “will” operates just like your muscles do. You spend all day thinking and making critical decisions during work or with your children; and by the time you reach dinner your “will” is exhausted. You are drained. You are DONE making decisions. Your brain has switched OFF. You want easy. You want fast. You want simple. Enter the food industrial complex. Enter fast food. Enter processed food. Enter boxes, bags and cans. Enter the zombie kitchen. No thinking, just mindless dumping of “stuff” into pots and casserole pans. Meal cooked in a home, but not really like Grandmas home cooked meal. Just assembled there.

To win the health game, you have to predetermine your meals. Before your “will” is drained. Take your “will power” out of the equation. Set yourself up to win. Design a week of good habits. Write out your plans Sunday afternoon. You know, your day of rest. Your mind is calm. Life is slowed down. You can actually make good choices. You can think with reverence about the body you and your loved ones are creating. You can think with awe about your temple. You will

feed your body differently when you are in a mind of gratitude and thankfulness. Your meals will be different when your mind is not drained and you are not in a hurry.

There is a revolution beginning called the slow food movement. Basically it is real food, prepared in real houses, cooked by real people. Pretty simple concept. Easy to follow. No label reading degree necessary. In fact, if it has a label, it usually isn't real food. It is a food-like product. Don't eat it.

Really healthy food creates really healthy cells. Really healthy cells produce really healthy organs. Really healthy organs produce a really healthy you. A really healthy you produces really healthy relationships. Really healthy relationships produce really healthy families. Really healthy families produce really healthy neighborhoods. Really healthy neighborhoods produce really healthy cities. Really healthy cities produce really healthy states. Really healthy states produce really healthy countries. It starts with you and your daily choices. Do you have the right stuff?

Be the change you want to see in the world.

## Move Well - Swiss Ball Hip Extension

**Beginning position:** Start by lying on the floor, facing up, with your feet propped on the ball. Legs should be straight, with ankles, hips and inner thighs touching. The ball will be balanced under your calves, ankles and feet. Your arms will be out to your sides, with palms pressed down against the floor. You will use your arms for stability.

**Next step:** Contract your abs and glutes and slowly lift your hips up off the floor until your whole body forms a straight line from your toes to your shoulders. Hold this position for 5 seconds and then lower your hips back to the floor. Repeat 10 times.

You will feel this exercise mainly in your hamstrings, quadriceps, core, hips and glutes.

To make this exercise easier:

Place the ball under the knees instead of under the feet.



### Supplement Questions class

**"Nutrition for Increased Athletic Performance"**  
**Sept. 23rd @ 6:30pm at the St. Charles Office**

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



## Think Well - I want “easy” too.

Humans are interesting. That is my conclusion after 18 years of working in the wellness industry. I find it very interesting to listen to how we, as humans, rationalize our health issues. Recently, I was approached by a patient who told me she was going to stop getting her cervical spine adjusted. When I asked her why, she said she was having problems with headaches, and the ONLY thing that has changed in her life was that she started getting adjusted, so that must be what was causing her headaches. (By the way, on her intake form, the reason she sought out chiropractic care in the first place was because of daily debilitating headaches.) I told her I had never read any research or had any experience professionally that indicated that chiropractic adjustments would create headaches. On the contrary, many people actually experience great improvement in their brain and blood vessel function by eliminating stress on their nervous system. Being empathetic to her situation, I told her to forgo getting adjusted for awhile and see if anything changed. She stopped care and still continued to have her daily headaches. Realizing that the adjustments didn't cause her issue she began taking care of her spine again because she knew it was good for her overall well being. A few months later, she told me she was going to stop taking her omega 3 fatty acids, a nutrient that is a vital component for proper human cell function. When I asked her why, she said she was still having a problem with daily headaches. She said the ONLY thing different in her life is that she added fish oil into her diet about a year ago. I told her I have never read any research that would indicate omega 3 fatty acids would cause headaches. In fact, fish oil, which is a natural anti-inflammatory, is used to actually help people eliminate headaches. She stopped omega 3's. Her headaches continued....

People are always searching for “simple and easy.” I want easy too. I want the simple health recipe card to follow. I wish health were as simple as add this one ingredient or remove this one ingredient. “Drink this magical juice from Tahiti. Do this one stretch.” Staying healthy is not that easy. If health were that easy, wouldn't everyone be healthy already? If health were that easy, we wouldn't have millions of Americans putting pharmaceutical chemicals in their body everyday to change the way they feel?

The one thing that is simple is understanding the concepts of health. You are made of cells. Every organ and tissue in your body is made of cells. Try and think of an organ in your body that is not made of cells. Organ function comes down to individual cells function. You cannot be healthier than your cells are. You are an ecosystem of 70-100 trillion cells functioning, adapting, and self-regulating in order to create the most harmonious environment to perpetuate life. Health is as simple as creating healthier cells today than you had yesterday. Easy concept. But health is not easy.

Did you know one negative thought can change your overall body pH? Did you know sedentary living and lack of exercise causes “hormone imbalance?” Did you know one food industry chemical can raise your blood pressure and keep you from sleeping? Anger will create headaches. Frustration can create eye issues. Feeling “stuck” can cause a heart disease. Pretzels, popcorn and ice cream will cause insulin resistance. MSG can cause heart arrhythmias. Genetically modified foods can cause autoimmune diseases. Pessimistic thinking and fear have been shown to be causal factors in the development of cancer.

People are interesting. We all look for “miracle cures” like we look to “get rich quick.” As

most people find out, neither of those roads usually produces the results we are looking for. Instead of creating a workable, daily plan to improve our future health, we look for what will "fix" us in an instant. People are interesting. We will scrutinize the label on a multi-vitamin for milligrams of this or that and then go eat a pint of Haagen-Dazs and blame their lack of energy the next day on their vitamin A level being low and proceed to switch their multi-vitamin. Again. People are interesting. We will lounge around on the couch weekend after weekend and blame our bad knees on old age. We will strain our eyes gazing into our cell phones or computer screens all day and blame our headaches on fish oil. People are interesting. After watching her husband and her son use a cross cut saw for over an hour on a tree, a wise woman commented, "You guys are working really hard. Maybe you should stop and take a few minutes to sharpen the saw blade." To which her husband replied, "Take a break? We are too busy working to take time to sharpen the saw?"

Are you too busy each day with your "have to's" to actually take time sit down and focus on your highest priorities? Are your relationships loving and nurturing? Is your diet creating health or disease? Is your exercise program consistent enough to generate a healthy future? Are you teaching your children and grandchildren how to create a peaceful, happy future? We are a list making, plan making culture. What is on your list for today? Creating health and feeling fabulous? Creating better relationships with your loved ones? Serving God and humanity with your talents? Have you noticed if isn't in your daily plans it will never shows up in your daily life. Do you start each day with high priorities first? Try starting each day by making a list of all the things in life that are more important than your health? Short list?

**Health is your most valuable possession.** Ask someone who has cancer. Ask someone who has congestive heart failure what they would do to have their health? Loss of health is not random chance. Loss of health is not bad luck. Loss of health is not bad genes. No more blame. Take charge today. Americans spend 80% of our health care dollars in the last two years of a person's life. Is that going to be you? Where are you investing your time and energy? Your 401 K won't save you from cancer. Your new boat won't save you from heart disease? Watching other people exercise on TV won't save you from diabetes. Your kids and grandkids **need you to invest in your health now**, so you can pay "dividends" when they need you most. In the future. Restoring and maintaining health isn't easy. But neither is leaving behind a family who loves you.

I want easy too. Easy is choosing family over Funyuns. Easy is choosing God over greed. Easy is choosing exercise over heart disease, cancer and diabetes. I want easy too. "Your life changes, the day you decide it is going to."



# Children's Health - The Healthy Lunch Box



One of the most important things we can do for our children is to pack them real, nourishing foods: protein, vegetables, healthy fats, and fruit. Below are some ideas that are meant to inspire you to pack more wholesome, healthful foods, and less packaged, processed foods. Remember, it doesn't have to be hard or fancy.

Get your kids involved in picking out their foods, and packing their own lunches the night before. This makes it a lot less likely that the food will come back home uneaten.

Have fun, and keep it simple!

## **Protein**

Homemade sausage patties  
(these can be made the night before)  
Left over chicken from dinner  
Hard-boiled egg  
Meatballs  
Sliced sausages  
Organic cheese (organic and raw is even better)  
Applegate Farms ham or turkey slices wrapped around avocado slices (healthy fats), or wrapped around cucumber slices and cherry tomatoes  
Left-over soups or stews  
Nitrite-free organic pepperoni or salami  
Preservative-free beef jerky  
Left over pulled-pork from dinner  
Chicken drumsticks  
Burger patties  
Egg, chicken or tuna salad  
Bacon, lettuce, avocado and tomato rolled up in turkey slices  
Ham and cheese slices  
Meat and cheese kabobs

## **Vegetables**

Veggie skewers made from cherry tomatoes and sliced cucumbers, or olives  
Blanched carrots and/or broccoli (pack an organic ranch, or homemade ranch dressing to go with these)  
Carrot sticks  
Celery with almond butter (healthy fats) and raisins on top  
Black olives  
Pickles  
Avocado  
Sugar snap peas  
Sauerkraut  
A simple salad  
Bell pepper strips

## **Healthy Fats**

Avocado  
Nuts  
Almond butter  
Sun butter

## **Fruit**

Berries  
Make an "apple-wich" with two slices of apples (make sure to core them, and toss them in a little lemon or lime juice to prevent them from discoloring) with Sunbutter or almond butter (healthy fats) in the middle  
Mixed Fruit Salad  
Orange slices  
Bananas  
Watermelon  
Kiwi slices  
Pineapple and strawberry kabobs  
Grapes  
Dates  
Applesauce  
Mango  
Cherries  
Melon  
Fruit leather  
Peaches



## OPENING TUESDAY 9/2

**Tyler McEwen**  
**520 Madison St.**  
**St. Charles, MO 63301**  
**217-779-6225 / 636-946-3600**  
**healthworks247@yahoo.com**

*Circuit Training for All Ages!*  
*Personal one on one training and Nutritional Guidance available.*

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Increase Balance, Lose Weight  
Posture Improvement, Increase Strength, Increase Energy,  
Increase Flexibility, Increase Bone Density

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MONTHLY \$40

PREPAID 6 MONTHS \$180 (\$30 PER MONTH)

PREPAID 12 MONTHS \$240 (\$20 PER MONTH)

PERSONAL TRAINING- IN HOUSE WORKOUTS AND HOME WORKOUT  
PROGRAMS DESIGNED BASED ON YOUR NEEDS

\$30 FOR 30 MINS

\$50 FOR 60 MINS

## Innate Healing Massage

### INNATE HEALING MASSAGE

#### New Client Special

First-Time Massage Clients  
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**60-Minute Massage for \$45**



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& 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.

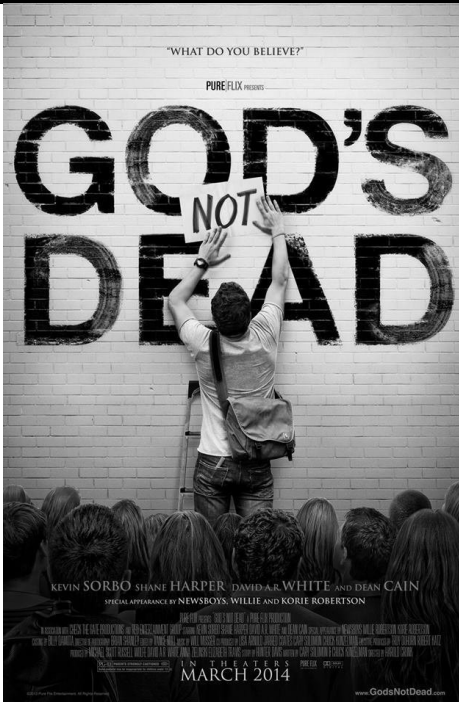
### Innate Healing Massage

**Emilee Kipper** LMT, NCTMB

**Trish Bruce** LMT, NCTMB

**636.946.3600**

## Recommended DVD - How far would you go...to defend your belief in God?



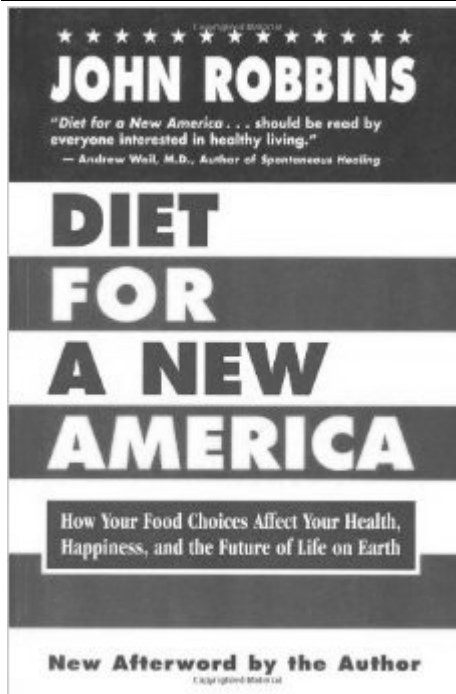
Present-day college freshman and devout Christian, Josh Wheaton (Shane Harper), finds his faith challenged on his first day of Philosophy class by the dogmatic and argumentative Professor Radisson (Kevin Sorbo). Radisson begins class by informing students that they will need to disavow, in writing, the existence of God on that first day, or face a failing grade. As other students in the class begin scribbling the words "God Is Dead" on pieces of paper as instructed, Josh find himself at a crossroads, having to choose between his faith and his future. Josh offers a nervous refusal, provoking an irate reaction from his smug professor. Radisson assigns him a daunting task: if Josh will not admit that "God Is Dead," he must prove God's existence by presenting well-researched, intellectual arguments and evidence over the course of the semester, and engage Radisson in a head-to-head debate in front of the class. If Josh fails to convince his classmates of God's existence, he will fail the course and hinder his lofty academic goals. With almost no one in his corner, Josh wonders if he

can really fight for what he believes. Can he actually prove the existence of God? Wouldn't it just be easier just to write "God Is Dead" and put the whole incident behind him?

**GOD'S NOT DEAD** weaves together multiple stories of faith, doubt and disbelief, culminating in a dramatic call to action. The film will educate, entertain, and inspire moviegoers to explore what they really believe about God, igniting important conversations and life-changing decisions.



## Recommended Book -



From John Robbins, a new edition of the classic that awakened the conscience of a nation. Since the 1987 publication of *Diet for a New America*, beef consumption in the United States has fallen a remarkable 19%. While many forces are contributing to this dramatic shift in our habits, *Diet for a New America* is considered to be one of the most important. *Diet for a New America* is a startling examination of the food we currently buy and eat in the United States, and the astounding moral, economic, and emotional price we pay for it.

In Section I, John Robbins takes an extraordinary look at our dependence on animals for food and the inhumane conditions under which these animals are raised. It becomes clear that the price we pay for our eating habits is measured in the suffering of animals, a suffering so extreme and needless that it disrupts our very place in the web of life.

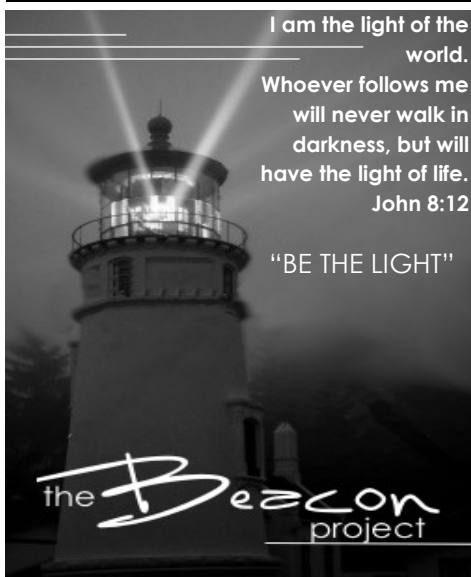
Section II challenges the belief that consuming meat is a requirement for health by pointing out the vastly increased rate of disease caused by pesticides, hormones, additives, and other chemicals now a routine part of our food production. The author shows

us that the high health risk is unnecessary, and that the production, preparation, and consumption of food can once again be a healthy process.

In Section III, Robbins looks at the global implications of a meat-based diet and concludes that the consumption of the resources necessary to produce meat is a major factor in our ecological crisis.

*Diet for a New America* is the single most eloquent argument for a vegetarian lifestyle ever published. Eloquent, evocative, and entertainingly written, it is a cant put down book guaranteed to amaze, infuriate, but ultimately educate and empower the reader. A pivotal book nominated for the Pulitzer Prize for Non-Fiction in 1987.

## The Beacon Project – Change/Box Top Collection



Our Project this month is collecting change or box tops for a local area school to use to purchase playground equipment for the kids. If you are able to help in anyway please drop off donations at the front desk in our donation jars. Thank you again for being such great patients.



## Supplement of the Month - Isagenix Cleanse for Life

### Cleanse. Nourish. Replenish.

Cleanse away toxins and impurities the natural way with Cleanse for Life®. With no artificial colors or flavors, this synergistic blend of natural cleansing herbs and botanicals nourishes your body's systems to help boost metabolism and energy levels.

When used as part of an Isagenix system.  
Cleanse for Life:

- Protects cells and vital organs from aging
- Encourages safe weight loss
- Boosts mental and physical performance
- Supports detoxification and protects against toxins



## Septembers' Healthy Challenge

This month's healthy challenge is to do something nice once a week for a neighbor. You could mow their grass, clean out their gutters, help them carry in groceries, or just sit and fellowship with them.

"A new command I give you:  
Love one another as I have  
loved you, so you must love  
one another" - John 13-34





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or call 573-560-0871

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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.

## 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**

**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)

## 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**



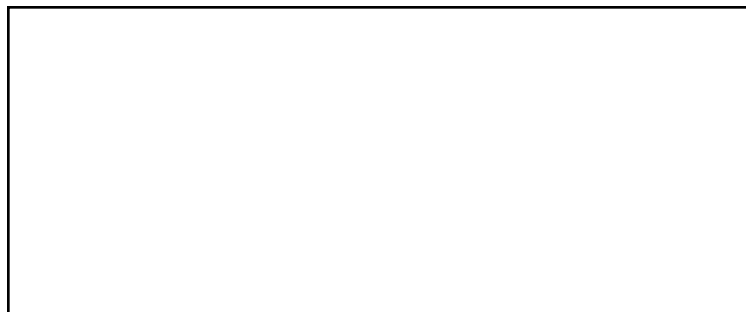


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[www.webbwellness.com](http://www.webbwellness.com)



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**HEALTH FIRST CHIROPRACTIC  
WELLNESS CENTER**

## September Happenings:

- **New Patient Orientation Class @ 6pm**
  - St. Charles 9/2, 9/16, & 9/30
  - O'Fallon 9/9, 9/23
- **Saturday Innate Lifestyle Class @ 10am - 9/6 Think Well 3**
- **Tuesday Innate Lifestyle Class @ 6:30pm - 9/9 Think Well 3**
- **Supplement Questions Class @6:30pm - 9/23**
- **Thursday Exercise Class @ 6:30pm - 9/4, 9/11, 9/18, 9/25**
- **Thermography Exams - Oct 23rd by appointment only**
- **PATIENT APPRECIATION PICNIC—SEPT 21ST @ BLANCHETTE PARK**

**\*\*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.