



"get your healthy back"



As promised, I am serving up our first dish of “Café de Fettle”. The name literally translates into the café of healthy state of mind and body, strength, and vigor. At least in my interpretation and this is my soap box so I’m running with it.

Really, it’s a lightly veiled attempt to share with you my own trek of striving to maintain a **reasonable** balance of fun and indulgence without totally abandoning the model of healthy living. For someone who’s been told they “walk with thunder” down his chosen paths, the word reasonable in itself is a challenging concept.

Along this trek I hope you can learn about or feel more

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TESTIMONIALS

I've been a client of Dr. Gregg for 7 years. I've lost 20lb, cholesterol is down, and bone density up. As a grandmother, I can truthfully say "I am in the best shape of my life". Also, I have a chronic neck condition. With great concern Dr. Hoffman manages this problem and keeps me pain free. Next goal, reduce my handicap. Certainly we'll do that too.

Joan Olson Barrington, IL

Dr. Gregg has changed our lives. We are healthier, happier, and more active than ever. His golf-specific exercises have

comfortable in making informed food choices in your home preparations and dining out as well. I think the best way to start is by sharing my experiences throughout the city of Chicago. My focus will be to have fun, lead you in a realistic approach that we all can relate to, help educate you on the opportunity cost associated with the choices made, and hopefully encourage you to try new experiences on. I've pulled many of the most finicky eaters across the line, and you know who you are, by wowing them with fabulous preparations that don't ruin your health or waistline.

Along with some of the guidelines provided below, you'll be able to successfully raid most any menu you encounter. I'll be adding at least one restaurant experience and review each week. You'll be able to see the nutrition profile of my choices good or bad. Then, we'll break down the food preparations so you begin to understand why one entrée is better than the other. We'll be visiting restaurants that have already done the thinking for you, like Rick Bayless's Frontera Grill, fine dining such as Il Mulino, as well as everyday places.

So check the café's page on our site (<http://rivernorthchiro.com/Hardbodycafe.html>) starting this week for current reviews and features.

Bon Appetite,

Dr. "G"

"Ashley's Corner of the Cafe"



Ashley has posted [Q&A on Holistic Nutrition](#) at the "[Mike George Fitness System](#)" web site. She can shed some light on your nutritional blind spots!

made us better golfers and we have significantly lowered our handicaps.

Sharon Clifford Barrington, IL

Working with Dr. Gregg helped me to finally understand the importance of regular exercise in promoting and maintaining good health. He is a compassionate and understanding professional who encourages his clients to become the best that they can be-and shows them how to achieve that goal.

SC Barrington, IL

GOLFERS

DOC-IN-A-BOX

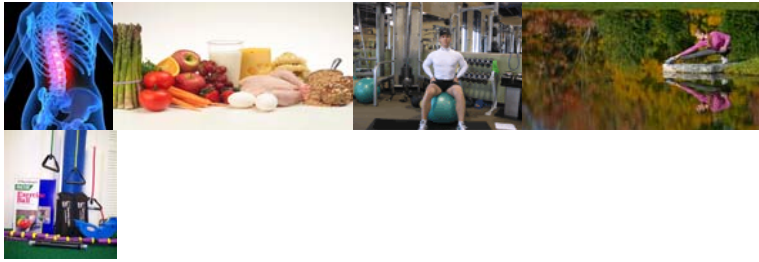
"Fore Golf"



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At risk for injury? Frustrated with swing faults? Know how to create real power in your swing?

Call or email me for your **golf performance**



The Culture of Overeating: A Survival Guide

Certain foods are powerful.

They cast a spell over the most well-meaning dieter, and cause logical people to overeat until their sides hurt.

They occupy your thoughts to the point of obsession as you try to ignore a plate of cookies.

And when it's all said and done, they accumulate on your body in the most obtrusive way as a result of dozens of unused calories.

Why does food hold such power? And, most importantly, how can you control your eating?

The End of Overeating

David A. Kessler, MD set out to answer these pressing questions in his instant bestseller, *The End of Overeating*. Despite being a pediatrician, a former FDA commissioner, and former dean of the medical schools at Yale and the University of California, San Francisco, Dr. Kessler struggles with his weight.

Observing the current obesity epidemic, he knew that he wasn't alone.

Dr. Kessler, with the insight of some of the brightest minds in medicine and science, discovered the following three reasons that most of us are compelled to overeat.

1. **An Irresistible Combination Rewires Your Brain:** Think of your favorite treat - most likely it can be broken down into the basic building blocks of sugar, fat and salt. This combination is known of as the 'three points of the

assessment

before the season starts.

My assessments include:

- Physical exam
- Video capture with biomechanical evaluation
- Titleist K-Vest 3D motion capture

Reports including:

- Physical findings, how they relate to your game, and an **18 session golf exercise program** based on your unique findings
- Your swing faults clearly identified with drills to train proper mechanics
- Your kinematic sequence (body motion) and your body's posture through all swing phases compared with **PGA** norms. Included will be drills, skills, and exercises to engrain proper muscle memory in the most efficient creation

compass', a combination that has been shown to literally alter the biological circuitry of your brain.

Sugar, fat and salt give food a high hedonic value which gives you pleasure. This pleasure reinforces you to return to your favorite foods time and time again.

2. **The Food Industry Targets You:** Everywhere you go you'll see the clever work of the food industry, tempting you with highly palatable creations. Food has become a science and your taste preferences the guiding light.

The food industry has one goal - to get you hooked. By constructing food items that are high in sugar, fat and salt they know that you will come back time and time again.

3. **Conditioned Hypereating Becomes a Way of Life:** Humans are conditioned to seek more reward. When readily available, hyper palatable food become our reward a pattern of hypereating quickly emerges. Dr. Kessler describes the cycle:

"Foods high in sugar, fat, and salt, and the cues that signal them, promote more of everything: more arousal...more thoughts of food...more urge to pursue food...more dopamine-stimulated approach behavior...more consumption...more opioid-driven reward...more overeating to feel better...more delay in feeling full...more loss of control...more preoccupation with food...more habit-driven behavior...and ultimately, more and more weight gain."

Breaking the Cycle

The good news is that you don't have to remain trapped in a cycle of overeating. The following three tips will put you back in control.

1. **Set Your Rules:** In order to resist overeating in today's tempting food environment, you must eat by a set of self-imposed rules. Predetermined rules take away the need to make food decisions in vulnerable moments.

Dr. Kessler thinks these rules should be, "simple enough to fit with your busy life, but specific enough to remove uncertainty from the food equation."

For suggestions as to what rules you should adopt, let's turn to another authority on eating, bestselling author of 'In Defense of Food', Michael Pollan:

- o Don't eat anything your great grandmother wouldn't recognize as food.

and transfer of energy through impact

- Great for your own use or share with your pro

Create a body fit for playing your best golf today!

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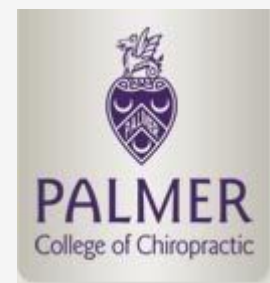
[DOC-IN-A-BOX](#)

[National Strength and Conditioning Association](#)

[Titleist Performance Institute](#)

[Golf Injury Certification](#)

PROFESSIONAL STUDIES



- Pay more, eat less. Look for quality of food over quantity.
- Eat meals. Cut out snacking, stick with structured meals.
- Don't get your fuel from the same place your car does. Gas stations are great for fueling your car, but the food they sell are not suited to fuel you.
- Try not to eat alone. Eating can become mindless when alone, leading to overeating.
- Eat slowly. Eat foods that have been prepared slowly – that means no fast food.

2. **Make Negative Associations:** When was the last time you peeled a lemon and ate it whole? Probably never. That's because your taste buds have a negative association with the sour taste.

Our taste buds have traditionally been our guide when it comes to food selection, but this must change for you to successfully avoid overeating. Since the food industry purposely crafts food items to please your taste buds (not waistline) what tastes good can no longer dictate what you eat.

It's up to you to create negative associations with unhealthy food - despite their pleasing taste. Here are some negatives to focus on:

- Those extra calories will accumulate around your waist.
- Your health will suffer.
- You will become more disappointed with your appearance.
- You'll feel sluggish.

3. **Give Yourself a Real Reward:** The bottom line is that we eat unhealthy food as a reward, even though it causes more harm than good. It's time to give yourself a truly beneficial reward – exercise.

Exercise is a healthy reward that will not only release endorphins into your system, but will also give you the benefit of weight loss and improved health.

I truly believe that you can overcome your pattern of overeating with healthy eating and regular exercise. Call or email today to get started on a program that will truly change your life.

Starting Out Right

Breakfast is the most influential meal of the day. If you start your

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CERTIFICATIONS



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day with sugary pastries or a greasy breakfast sandwich, the rest of your food choices will follow suit. However, when you start your morning with a wholesome and nutritious meal you'll be more likely to continue with good choices throughout the day. Try the Veggie Power Juice recipe below as a nutritious start to your day.

Veggie Power Juice



Remember how Popeye would drain a can of spinach and half a second later his muscles would begin to bulge? Think of this recipe as your own can of spinach. While your muscles may not instantly grow to three times their size, your body will surely experience a nutritious surge.

Yield: 2 servings

Here's what you need...

- 1 cup packed fresh spinach
- 2 green apples
- 4 large carrots
- 1 Tablespoon fresh ginger
- Juicing machine

1. Wash the vegetables, cut the ends off the carrots and peel the ginger.
2. Run each item through the juicer. Mix until combined, pour into two glasses and enjoy.

Nutritional Analysis: One serving equals: 139 calories, .5g fat, 34g carbohydrate, .8g fiber, and 2g protein.

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Your Initial Consultation and 1st treatment/workout are FREE!!!



Titleist certified golf fitness professional.



Certified golf injury specialist.

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