



"get your healthy back"

Our new web site is up. Please visit us at rivernorthchiro.com. More fun tabs will be added soon. A couple of these include the online "Fit Store" and "Hard Body Cafe". More on these later.



doc in a box

Your Peak Performance Coach

Featured Exercise: "THE FOAM ROLLER"

We're going to get right to the point this episode. I've demonstrated some tissue mobilizing and stretching techniques below using a fabulous little device called the "foam roller". Despite its simplicity, it can be used in nearly all regions of the body to help restore your musculotendon tissue back to its normal soft and pliable state.

It is liable to be rather tender at first as you roll over "active/latent"

Refer a Friend - Click Here



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[My Site](#)

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 made us better golfers and we have significantly lowered our

trigger point formations, contracted or fibrotic connective tissue, or regional and localized spasticity found in the muscles.

We've all got them. It's just a fact of life for a culture bent on poor working environments, stressful lives, bad postural habits, and dominating muscle groups that tend to pull us forward and round our shoulders.

Let's start with the most simple:



Rarely Even on our worst day we can drum up the energy for this. Start by lying length wise on the foam roller with your feet wide enough to stabilize you. This aligns everything back into a neutral posture.



Next, try moving your arms away from the body to 90 degrees at the shoulder and elbow. Just relax and let the weight of your arms open the chest and shoulders. Aaaaah, you start to feel the weight of the world just dissipate.

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"



Titleist Certified

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 assessment** before the season starts.

My assessments include:

- Physical exam
- Video capture with



This is a favorite of mine. Support the head and neck with the fingers behind the ears. Curve the spine forward to expose the back muscles, and then roll from low to high focusing on the areas that feel like they need the most kneading. Take it a section at a time. Low back first, and then move on up.



The stretch over movement can have a profound effect on our ability to extend the thoracic spine. It can really help in reducing forward rounding of the upper and middle back. As a result you need to be careful. If there is pain in the region or you have a known condition such as degenerative joint disease or osteoporosis for example, check with your doc before using this one.

Again, support the head and neck with fingers behind the ears. Start in the lower middle back region in the forward arched positions, then slowly lean back and allow the arms to fall open. Breath into the stretch, hold for 30-60 seconds, then pulls the elbows back together and pull you back forward. Then, move up a couple of spinal segments and repeat. Keep working up the spine.

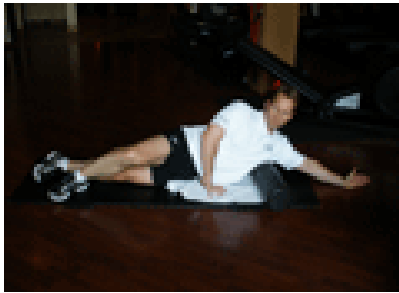
biomechanical
evaluation

- 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 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!



The Lat muscles are the strongest pronators (turn it inward) of the upper arm. These are often tight and cause forward migration or rounding forward of the shoulders. Try lying with the roller in the arm pit to start. From there, roll forward and back, then slide up and down. This is a tender one. We hold a lot of tension here.



As with anything, frequency is the key. Start light and slow, then progress to tolerance. You'll feel **amazing results** after your first time.

Make sure to purchase a dense foam roller. You can find them at some sporting good stores or on our fit store starting next week.

In our next issue, I'll show you how to strengthen the back and shoulder muscles using a thera-band to complements what we've gone over today.

Take action, leave others moved and inspired!

Sincerely,

Dr. "G"

Use this newsletter as a **20% off** coupon.

LINKS FOR MORE INFORMATION

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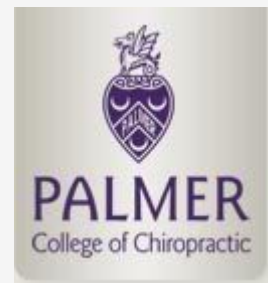
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PROFESSIONAL STUDIES



Palmer Graduate.
Practicing
chiropractic physician
since 1996.



Over 120 hours post
doctorate studies as
chiropractic sports
clinician.

The Deep Fried Disaster

I am often asked how to lose weight quickly and easily.

Of course no one wants to listen to a lecture on the importance of healthy eating coupled with a solid exercise routine. That would preclude the quick and easy part.

So in a world where two thirds of all adults are overweight or obese, and some doctors predict that we will soon see a generation with a lower life expectancy than their parents due to obesity related diseases, I've come up with a solution that is both quick and easy. (Drum roll, please.)

Stop eating fried foods. (Gasp!)

Fried foods, despite having little to no nutritional value and being loaded with fat and calories, have become an accepted indulgence in our society. So accepted that many restaurants serve fries or chips alongside every meal.

It's no wonder that fried foods are the number one thing that most people crave – they are salty, addictive and plentiful.

Are Fried Foods Really That Bad?

In a nutshell, yes, fried foods really are that bad for you.

Take an average potato, bake it and you have 110 calories and 0 grams of fat. Take that same potato, turn it into French fries and you have 380 calories and 18 grams of fat.

Frying food is the easiest way to dramatically increase the calorie and fat content. And you know that extra calories and fat end up as extra body fat.

Other disasters that fried foods put you at risk for include:

- Heart Disease
- Diabetes
- Clogged Arteries
- High Blood Pressure
- Obesity
- Acne

Fried foods have also been known to trigger Acid Reflux and IBS (Irritable Bowel Syndrome).

Need I say more?

CERTIFICATIONS



Certified strength and conditioning specialist. "National Strength and Conditioning Association"



Titleist certified golf fitness professional.



Certified golf injury specialist.

Going Fried-Free

Giving up fried food may not be easy, though it will arguably be one of the best things you do for your health and appearance. You will lose weight and improve your health by eliminating fried food from your life.

Keep in mind that, like all habits, the first thirty days will be the toughest. Make things easier by staying away from situations that place you in front of a big basket of fries or plate of doughnuts.

New Foods to Love

Instead of fried foods, enjoy the following:

- Substitute a salad or fruit instead of fries
- Baked potato – but pass on the butter and sour cream
- Baked chicken instead of fried chicken
- Baked chips instead of fried chips
- Raw veggie pieces

You may be surprised how delicious these healthier options taste.

Help, I'm addicted!

If your diet has consistently included fried foods - multiple times a day or several times each week, then giving it up may take more work than simply trying healthier options.

You'll need to use some mental strategies as well.

To do this focus on all the negative things about eating fried foods:

- Think of how bloated and heavy you feel afterward
- Remember the heart burn you've experienced
- Focus on the extra pounds you want to lose – imagine doughnuts and French fries sticking to your belly and thighs
- Look at your acne
- Feel the discomfort of being out of breath doing normal activities

You didn't think I was really going to skip telling you how beneficial exercise is to achieving your health and weight loss goals did you?

The bottom line is that exercise plus healthy eating will give you the body that you want.

What are you waiting for? Drop that bag of chips and call me for a workout that will change your life!

The Trans-Fat-Free Decoy

You've probably heard that many restaurants and food manufacturers have stopped using trans-fats. Don't get too excited. While trans fats aren't as bad as other fats, fried items are still loaded with fat, calories, and sodium – all things that you want to avoid when trying to lose weight.

Before you eat a trans-fat-free item check the overall nutritional content. Does it contain saturated fat? What is the total fat and calorie count? What about sugar and sodium? Don't let a trans-fat-free label distract you from the overall nutritional content of the food.

Summer Time Gazpacho



Gazpacho is a tomato based, raw vegetable soup that is served cold. This recipe makes a light and refreshing summer meal, and is quick and easy to make. Feel free to simply chop the ingredients for a thicker soup if you'd rather not use a blender.

Yield: 4 servings

Here's what you need...

- 1 pound ripe tomatoes
 - 1 1/2 cups cucumber chunks, peeled and seeded
 - 1/2 cup chopped red bell pepper
 - 1 clove garlic
 - 1/4 teaspoon cumin
 - 1/2 teaspoon salt
 - 1 teaspoon red wine vinegar
 - 1 teaspoon light honey
 - 2 teaspoons fresh lemon juice
 - 1 Tablespoon olive oil
 - * Optional * Cayenne pepper to taste
1. Core the tomatoes, and cut into large chunks.
 2. Place all ingredients, except cayenne, into a blender. Puree until smooth.

3. Transfer to a container, add cayenne. Cover and chill.
4. Serve cold.

Nutritional Analysis: One serving equals: 71 calories, 4g fat, 9g carbohydrate, 2g fiber, and 4g protein.

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

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