



"get your healthy back"



If you're a golfer, the scene above probably conjures up a variety of thoughts or emotions. Feelings such as the rapture you experienced at least once in your last round as you stroked effortlessly through the sweet spot and had enough ball flight to step back and marvel at the wonder of your efforts. At least once in your last outing, right? After all, it's the elusiveness of trying to recapture that

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TESTIMONIALS

I have 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 handicaps.

feeling that the experts say keeps us coming back. Others may already be looking toward the upcoming season, visualizing a perfect draw on your approach to eighteenth green, or something like that.

Regardless, NOW is the time to make the changes in your body that can assure you of not repeating the swing faults of the past. I'm talking about addressing the physical elements that reside within your body that are keeping you from playing to your potential, and free of pain.

Other than the lack of understanding of what your golf pro is trying to teach you, it's our body's inability to execute the swing with appropriate *flexibility, mobility, and stability* that causes the most common swing issues and injuries. Without the three factors just listed, your body won't generative the power it's capable of, transfer that energy efficiently through the ball, or be able to maintain the desired swing path that's recommended. In addition, aberrant motion in our bodies and swing path causes stress in the joints that lead to the aches and pains felt after a round, or worse, season ending injury.

Starting with this issue and well into the upcoming season, I will discuss important issues relating to everything mentioned above. In addition, I will provide tips on reducing, improving, or even eliminating these elements. This, of course, will leave you with a *"body fit for playing your best golf ever"*.

It's important to remember, that this format does not allow me to present the information in as much depth as could be accomplished working one on one or in small groups. You'll

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



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.

be shown things that can and will cause profound changes in your body so be smart about it. This is intended to be for golf performance only and not to diagnose or treat current or future condition of medical necessity. The three big rules are a known medical condition that restricts you from safely participating in these exercises, significant pain during the exercise, or residual pain after, means STOP. Seek qualified medical attention from your health care provider of choice.

For the sake of grabbing everyone's attention, I am going to start with the "KING OF POWER", the hips. The ability to rotate around this joint freely is vital for three primary reasons: The first is to generate power by stretching the musculotendon tissue that surrounds the joint to harness and store the potential energy that will be unleashed at the beginning of our downswing setting the "kinematic sequence" in motion. The second reason is the golfer needs to be able to "sit into the hip" on the backswing to reduce the tendency to sway (move away from the target). If I haven't said it I'll say it a thousand times, if the body can't get motion one way it will find another. That's where the cascade of swing faults occurs. The third reason is just the opposite. If you can't "hit into a firm left side", or shore up the target side leg (left for the right handed golfer), you'll create a slide fault and bleed all that power you've worked so hard for right out the door. Not to mention greatly reduce the consistency of striking the ball well.

The motion we're most concerned with here is internal rotation. Try a couple of these to get the "joint mobility" started. We'll come back and introduce more that will address the



Create a body fit for playing your best golf today!

THE TIME IS NOW!!!



Did you know, custom casted orthotic create stability in your foundation which adds distance and consistency to your ball striking.

LINKS FOR MORE INFORMATION

[Mike George Fitness System](#)

flexibility, stability, and power generation from this region in subsequent episodes.

You should do these consistently, at least two to three times per week.

[Glute/ITB Foam Roller](#)

[Hip Drops](#)

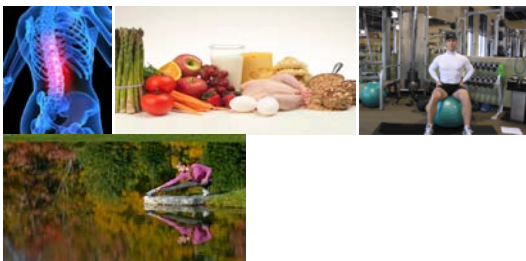
[Hip Windshield Wipers](#)

[Figure 4 Stretch](#)

These exercises were taken from the Titleist Performance Institute where Dr. Hoffman has attained his certification as a golf performance professional. The individual performing the movements is Dr. Gregg Rose, a former classmate and creator of TPI.

Get started now to have the greatest impact for this season.

Dr. "G"



What you don't know could hurt you

How much thought do you put into what you eat?

If you want to get into great shape then you'll be interested to know that 80% of your fitness results are attributed to your diet.

In our fast-paced society, eating is often done with little or no

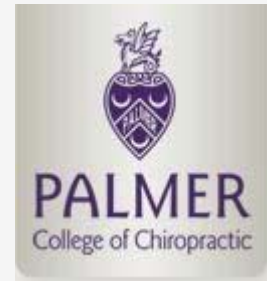
[National Strength and Conditioning Association](#)

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[Golf Injury Certification](#)

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PROFESSIONAL STUDIES



Palmer Graduate.
Practicing chiropractic
physician since 1996.



Over 120 hours post
doctorate studies as
chiropractic sports

thought as to what exactly it is being ingested. Excess body fat is a direct outcome of this hurried, poor nutrition. Even if you have the best intentions with your diet, you are likely frustrated and fed up with extra pounds.

I don't blame you for being confused about what you should eat. The media surely doesn't help. One day the talking heads want you to give up all fats. The next day carbs are the culprit, and then acai berries become the holy grail of weight loss.

The food manufacturers increase confusion by printing misleading labels and bogus health claims.

Sometimes it seems like the whole system is set up to confuse and frustrate us into buying the latest and greatest packaged food.

The bottom line is that your physique is largely a result of what you eat, so the foods that you put into your body should be carefully selected.

It's time to re-examine what you eat.

It all starts with reading nutritional labels. The nutritional content and ingredient list will give you everything you need to know about the quality of the food item.

I've outlined 5 ingredients that should raise a red flag when you turn over that package and find them listed:

Red Flagged Ingredient #1: High Fructose Corn Syrup (HFCS)

HFCS is a manmade sugar, derived predominantly from genetically modified corn. The sweet concoction has been shown to promote binges and hysterical hunger, and wrecks havoc on your blood sugar levels, promoting fat storage.

The introduction of HFCS into our food supply directly paralleled a 47% spike in Type 2 Diabetes cases as well as an 80% increase in obesity. Food manufacturers use HFCS in many mainstream products, including the following:

- Sauces (including ketchup)
- Yogurt
- Energy Bars
- Soft Drinks / Fruit Juices
- Processed baked goods
- Cereals
- Crackers
- Ice Cream

clinician.

CERTIFICATIONS



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



Titleist certified golf fitness professional.



- Salad Dressing
- Most packaged snack foods

Red Flagged Ingredient #2: Hydrogenated Fat / Partially Hydrogenated Fat (Trans Fat)

Hydrogenated and partially hydrogenated fats have undergone such extensive processing that the chemical structure has changed from a “cis” shape, which the human body recognizes and utilizes, to a “trans” shape, which is foreign and destructive to human physiology.

Check each food label for the word ‘hydrogenated’ and avoid it diligently. Cutting out hydrogenated fats is a simple set towards looking and feeling your best.

Red Flagged Ingredient #3: Aspartame

Aspartame is an artificial sweetener that was denied 8 times by the FDA before being approved in 1973. Many scientists objected the approval, claiming that aspartame hadn't been proven safe for use as a food additive.

MIT neuroscientist, Richard Wurtman, researched the effects of aspartame and concluded that it promotes cravings for foods high in calories and carbohydrates. Though aspartame is calorie-free it still causes insulin to be released, which job is to stow away sugar – when this sugar is not available, the result is often hypoglycemia and severe hunger. Not exactly a recipe for weight loss.

Red Flagged Ingredient #4: White Sugar

White sugar comes from the juice of a sugar cane plant that has undergone an intensive refining process. In this process all of the enzymes, fiber, vitamins and minerals are destroyed, rendering it nutritionally void. White sugar is also extremely high in calories, which your body loves to store away in fat cells.

Refined sugar has been linked to a weakened immune system, hyperactivity, ADD, mental and emotional disorders, dental cavities, hypoglycemia, enlargement of the liver and kidneys, and an imbalance of neurotransmitters in the brain. All that and it leads to weight gain.

Red Flagged Ingredient #5: White Flour

White flour comes from natural whole wheat that has been stripped of nutrients, vitamins and minerals. This results in a nutritionally void product that is packed with calories that release quickly into your system, creating a spike in blood sugar. As you know, this promotes fat storage and leads to hysterical hunger and cravings. You don't need that.

Certified golf injury specialist.

Once you cut these 5 items out of your diet, you'll be pleased with the results. Expect to lose weight, to have more energy and to feel better than you have in a long time.

If you're serious about looking and feeling your best through purifying your diet, then focus on eating real food items. Real foods include lean meats, vegetables, whole grains, fruits, nuts and seeds.

Would you like to expedite your fitness and weight loss results? Call or email today to get started on a fitness program that will quickly transform your body.

Remember, while nutrition is vitally important for weight loss, true results are achieved through a combination of both nutrition and challenging, progressive exercise.

Naturally Sweet Valentine

Valentine's Day is right around the corner – have you thought about what to get your special someone? This year consider an arrangement of exotic fruit or gourmet dried fruit in lieu of the expected box of chocolates. Fruit is nature's candy – sweet and packed with antioxidants. Your special someone will feel the love, and will appreciate your thoughtfulness.

Lime-Spiked Asparagus



Here's a real food item for you! If asparagus isn't a mainstay in your diet, then it's time you make it one. Asparagus is packed with folic acid, which is necessary for blood cell formation. Fresh squeezed lime makes this dish refreshing and delicious. This recipe only takes 15 minutes, perfect for weekday dinners.

Yield: 2 servings

Here's what you need...

- 1 teaspoon olive oil
- 3 garlic cloves, minced

- 1 shallot, minced
 - 1 bunch fresh asparagus spears, tough ends trimmed
 - Juice from 1/2 lime
 - Salt and pepper, to taste
1. In a large skillet heat the oil over medium heat. Mix in garlic and shallot, and cook for a couple of minutes. Add the asparagus spears, cook until tender, about 5 to 7 minutes.
 2. Squeeze lime juice over asparagus and season with salt and pepper.

Nutritional Analysis: One serving equals: 80 calories, 2g fat, 8g carbohydrate, 3g fiber, and 3.5g protein.

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