



*"get your healthy back"*

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## Your Body Is Listening

With the holiday season upon us, it always seems that invariably the stress levels go up while the physical activities diminish.

Aaaaah stress, such a simple word by most people's definition. Often it is associated with um, say, chronic negative emotional states such as depression, anxiety, tension, or anger. Let's take a minute and expand that thought though. Stress can be perceived by the body from forms of physical overuse, misuse and abuse, immobilization, disuse, and even postural stresses as well.

I've talked about the later in some capacity in previous newsletters, but perhaps at a level that was almost imperceptible. For those of you who are new to us, and even for those of you who have heard this before,

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Gregg

Hoffman D.C. CSCS, CGFI

River North Chiropractic

401 W. Ontario Suite 100 Chicago, IL  
60654

312-943-3484

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

it bears repeating.

For the purpose of this episode, we'll talk about your body's motor-sensory (muscle and nerve) system and how when the wrong information is feed through it with the stresses mentioned above, it will abandon its normal job of protecting and maintaining balance (homeostasis) within our body's structure to creating and reinforcing what we call in the industry "conditions of medical necessity".

But wait a minute doc, you had mentioned immobilization, disuse, and posture above. How can that cause stress on the body? To help you understand, let's lay down some ground work. There is a diffuse network of mechanoreceptors (position sensors) throughout the body that are designed to keep track of where our parts are without having to consciously stop and think about it. Arthrokinetic sensors in and around the joints provide information about the joints positions and mobility (or lack thereof). Other sensors (Golgi Tendon Apparatus/Muscle Spindles) found within the muscular and tendon tissue over lapping these joints tell our nervous system how far or fast this tissue is being stretched or how hard it's being contracted. Yep, for those of you who haven't pried yourself from your work station long enough to remember, these muscles are there to propel us in a multitude of directions including upright bi-pedal repeated actions called WALKING, RUNNING, JUMPING, and MOOOOOOOVING.



Since I threw it out there, let's use this scenario of immobility or lack of "functionitis" as our reference to demonstrate the amazing ability of the body to act reflexively (without conscious effort) to its

**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**

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environment, good or bad. To do this, we need an accurate understanding of the muscles form and function, that's my job, and how it relates to the intended symmetry of the body. For example, let's use sitting at your desk, the couch, or where ever for long periods of time. Few of us sit with proper posture, and even so, the very act of sitting for extended periods of time creates a symmetry imbalance in the body

Seen this person before?



**Side Note:** *Did you know that sitting with bad posture, then adding additional stress by working with the hands extended in front of you (heavens forbid you were holding anything) increases the pressure within the lumbar spine to between 200 – 250% from a lying position. Standing upright only raises it to 100%.*

Do this with any regularity and you will have a neuro-muscular adaptation, or habituation response. Okay, okay, stick with me, this is really cool stuff. In a roundabout way, the body reacts the same to low grade chronic stress put on it as a result of sitting in that work chair above as it does to a singular traumatic event. Albeit in a slower matter, still happens.

Here is the sequence:

- Body's sensors (aforementioned) are bombarded with tons of stimulation telling it that things are not in their normal symmetrical or balanced juxtaposition
- Body responds with a defensive phase or sympathetic response. This is the fight or flight

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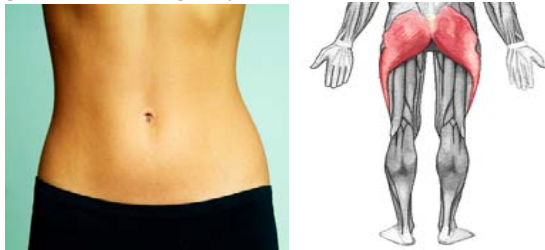
**Create a body fit for playing your best golf today!**

response of the body that increases tone in the soft tissue of the body

- Then, it tries to adapt to its condition, I know I know it sounds awful but this is what goes on. The adaptation is an increase in contraction (facilitation) of the “tonic” or postural muscles such as the deep hip flexors and low back muscle.



- Then a shutting down (inhibition) of the phasic muscles (antagonistic or opposing muscle groups that work to balance the system) happens as well. The two primary areas would be the abdominal and gluteal muscle groups. Yes the “core”.



- Metabolic waste build-up.
- Increased tone means simultaneous local oxygen deficiency (ischemia) and edema which is a major contributor of pain.
- Pain reinforces tight muscles (hypertonicity).
- The nervous system senses the distressed tissues and leaves us with the feeling of irritability, which in turn reinforces the hyperactivity

It repeats it's self!!! This is called the “pain reflex arch”. Without correction the normally soft pliable tissue develops adhesions or scare like tissue that is painful and functions poorly.

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### LINKS FOR MORE INFORMATION

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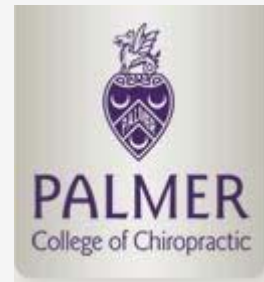
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### PROFESSIONAL STUDIES



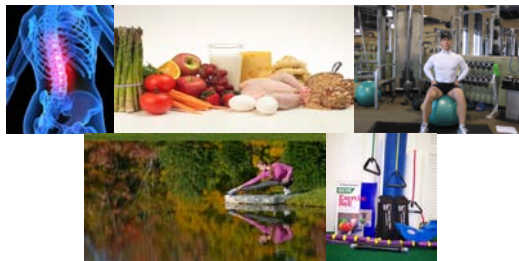
Palmer Graduate.  
Practicing chiropractic  
physician since 1996.



We have really just touched on this amazing response of the body. Check back with us next issue and we'll talk all about how to remedy the situation both with your health care provider as well as things to do on your own.

Till then, stay loose and keep moving.

Dr. G



### The 5 Biggest Fitness Mistakes

Take a walk through any gym, and you'll notice many mistakes. Mistakes that waste time. Mistakes that put people in danger. And mistakes that are just plain stupid. Maybe you even make a few of these mistakes yourself.

By avoiding these common blunders, you'll put yourself on the fast track to results. Check out the following 5 fitness mistakes and the solutions you need to avoid danger and to get fit fast.

#### Mistake 1: You use the wrong weight

The goal is to challenge your muscles, not to simply go through the motions. If you are able to complete 15 repetitions easily, then the weight is too light. On the flip side, if you aren't able to perform an exercise through its full range of motion, and find yourself cheating on form, then the weight is too heavy.

The correct weights will feel challenging by your last few repetitions, but won't force you to sacrifice form.

#### Mistake 2: You do the same routine

You may have noticed that most people do the same

Over 120 hours post doctorate studies as chiropractic sports clinician.

### CERTIFICATIONS



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



Titleist certified golf fitness professional.



exercises each time they visit the gym. Maybe you've been doing the same exercise routine as long as you can remember - if it isn't broken then don't fix it, right?

The truth is that exercise routines have expiration dates, and that is the date that they begin to lose their effectiveness. As a rule of thumb never use the same routine for more than 4 weeks.

### **Mistake 3: You don't warm up**

Most people consider warm up time to be wasted time - they'd rather jump right into the heart of the routine. What they don't realize is that a good warm up will allow you to perform at a higher intensity, which means greater results.

The point of a warm up is to increase your muscle temperature. This increases blood flow, muscle contraction and reduces muscle resistance. Your warm up should last 5-10 minutes.

### **Mistake 4: You use bad form**

Gyms are filled with people performing exercises with bad form. The two biggest reasons are that you aren't concentrating on the exercise, or you're trying to lift weight that is too heavy. Lifting with improper form almost always results in injury.

Take the time to achieve proper form, by doing so you'll avoid injury and will reap the full benefit from each exercise.

### **Mistake 5: You workout alone**

People who exercise alone are less challenged, less accountable and typically see fewer results. It makes sense, doesn't it? Why rush to the gym if no one is there waiting for you? Why push yourself if no one is watching? Exercising alone is a recipe for disaster.

The best way to avoid injury and to see results is to work with me, your trusted source on fitness. I am passionate about seeing my clients achieve results - without wasting time, energy and effort on mistakes.

Call or email today to schedule your first workout. You'll find my contact info in this newsletter.

Certified golf injury  
specialist.

## Dessert in a Cup

It's that time of year again. Coffee shops everywhere have begun to peddle their holiday beverages. With names as enticing as peppermint, gingerbread, pumpkin pie, and eggnog, it's no wonder that these drinks are top sellers. However, don't be fooled. If it smells like a dessert, tastes like a dessert and is named after a dessert...it's a dessert. It just happens to come in a cup.

Most holiday beverages contain close to 500 calories and may contain as much as 29 grams of fat.

Limit your intake of holiday dessert drinks and avoid extra weight gain this holiday season.

## Tuna & Salad Pocket



Stop drowning your tuna in mayo, instead try this light recipe. Fresh carrot, tomato and lettuce combined with a touch of red wine vinegar, give this tuna pocket a burst of refreshing flavor. Use an herb salad mix for an even better flavor.

**Yield: 2 servings**

### Here's what you need...

- 1 medium tomato, diced
  - 1 small carrot, peeled and shredded
  - 5oz can white albacore tuna, in water
  - 1 cup mixed lettuce
  - 2 teaspoons red wine vinegar
  - Dash of pepper
  - 2 whole wheat tortillas
1. In a medium bowl mix together the tomato, carrot and tuna. Add the lettuce and drizzle with vinegar. Mix well and add dash of pepper.

2. Serve half of the tuna mixture in each tortilla.

**Nutritional Analysis:** One serving equals: 188 calories, 3g fat, 16g carbohydrate, 9 g fiber, and 23g protein.

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Email: [drq@rivernorthchiro.com](mailto:drq@rivernorthchiro.com)

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River North Chiropractic 401 W. Ontario Suite 100 Chicago, IL 60654

