



"get your healthy back"

Your Body Is Listening (Cont'd)



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Gregg

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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 handicaps.

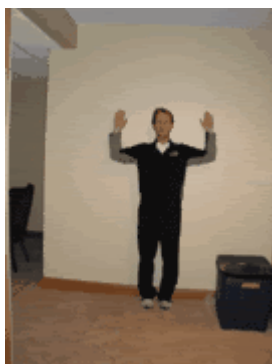
Okay, I decided it was time to invite the proverbial experts on posture in to lead us in today's message. Ha-ha, don't laugh; they've got it figured out better than we do. After all what other species keeps repeating things that are known to have such terrible affects on themselves.

It's holiday time and we've all got priorities to attend to so we'll get right to the doing. If you didn't read the preface from the last issue, you might like to take a peak to see what we're getting at here. Click this link <http://rivernorthchiro.com/Newsletters.html>, and then open the last newsletter to see what's up.

The focus here is to  the facilitated or over active and irritated tissue while simultaneously

 turning on the inhibited or muscle groups that have been shut off due to the neuro-reflexive response to the baaaad input and impulse of our "ADLs" (activities of daily living).

We'll choose a couple of the most important regions:



“Wall Angels”: Great for activating the muscles in the back and shoulders while opening up the "anterior chain" (muscles that pull us forward). Most ADLs in our Western society tend to pull us forward promoting pronation or rounding forward of the shoulders. This totally helps to negate that.

Don't want to get up from your work station. Try the

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.

"Open Book":



Opening or elongating the Iliopsoas, a big, big, trouble maker. This is the one that makes it hard to stand up straight after you've been sitting for some period of time. Stretch it forward without letting the hip open up or arching the low back to execute.



And last, let's turn on the gluteal region:



This may seem a little strange, but the low back muscles are one of the culprits that tend to be wanting to take over the work of everything in the region. So, to exclude them, tilt the pelvis backward (push low back into the ground) before extending the hips up to full range of motion. Careful, the hamstrings could be right there with the glutes leaving you in anguish.

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 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!

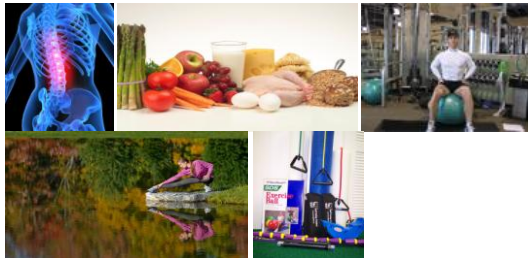


Ouch!!!

Try stretching them first.

Good luck and happy holidays,

Dr. "G"



Your Holiday Party Cheat-Sheet

Remember that kid in school who scored so well on tests that everyone got a little suspicious?

Then one day during a big exam - BAM - the teacher pulled a cheat-sheet out of the kid's pocket. It was game over for that kid and the rest of the class was able to breathe a little easier knowing that those perfect scores

Use this newsletter as a
20% off coupon.

LINKS FOR MORE INFORMATION

[MIKE GEORGE FITNESS SYSTEMS](#)

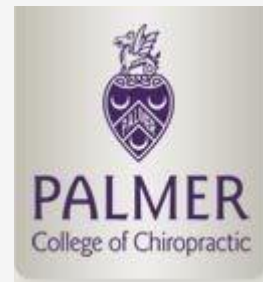
[DOC-IN-A-BOX](#)

[National Strength and Conditioning Association](#)

[Titleist Performance Institute](#)

[Golf Injury Certification](#)

PROFESSIONAL STUDIES



Palmer Graduate.
Practicing chiropractic
physician since 1996.



weren't real.

A cheat-sheet gives you an unfair advantage – it supplies you with what you need to get ahead.

How would you like a cheat-sheet for getting through holiday parties without putting on a single pound?

What if this cheat-sheet could also help you lose a few pounds before New Year's?

You're in luck, because below I have outlined the 5 shortcuts you need to avoid gaining holiday party pounds.

Your Holiday Party Cheat-Sheet

Short Cut #1: Eat a sensible meal before the party.

You should always arrive at parties with a full stomach. I realize that this goes against the popular trend of starving yourself before a party, and that's exactly why most people gain weight. Since your stomach will be full, you'll have the clarity to pick and choose the treats that you really want, rather than stuffing yourself with everything in sight.

Short Cut #2: Bring a healthy dish to share.

Don't worry if the party that you're going to isn't a potluck - the hostess will love you for being so thoughtful, and you'll have a healthy option to enjoy.

The Festive Hummus recipe below is perfect to bring to parties.

Short Cut #3: Never drink calories.

Do you realize how quickly calories add up when you're slurping them out of a cup? Alcoholic beverages and sweet holiday drinks are simply packed with calories. These calories don't take up much room in your stomach so you're left wide open for even more calories.

Your best strategy is to avoid these beverages altogether, and stick with water. Aim to drink 2-3 glasses of water at the party.

Short Cut #4: Fill your plate, but only once.

I'm certainly not going to tell you that you shouldn't eat anything at the party. By all means, go and fill up your plate. But only once.

That's right, you heard me. No going back for seconds.

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.



Since you've already eaten a sensible meal before arriving, this rule is going to be easier to keep than you think.

Short Cut #5: Taste dessert, just a taste.

The holidays are all about sweet treats, so go ahead and partake. But just a taste. Look at desserts as something to savor, not something to fill up on.

And since you ate a sensible meal before you came, then you filled up your dinner plate once you're probably going to be pretty full at this point anyway.

That's it - all you need to know to not gain a single pound at holiday parties.

But what about the rest of the year?

Wouldn't you love to make 2010 the year that you transform your body?

Wouldn't it feel great to throw out all of your fat clothes? To look forward to bathing suit season? To be given a clean bill of health from your doctor? And to be showered with compliments by family, friends and that special someone?

It's all more possible than you think.

But you'll need to take massive action.

My programs are designed to quickly and efficiently get you into the best shape of your life.

Call or email now to schedule your first body transforming workout.

Go on, do it now and secure your spot before the New Year's rush.

Your Focus this Season

The holiday season is filled with special foods. From decorated cookies to mashed potatoes, it's one food event after another. For most of us the holiday season becomes more about food than anything else...and you wonder why you gain weight. This year shift your focus from food to the things that really matter most to you. The season will mean more to you and you'll look and feel your best.

Certified golf injury
specialist.

Festive Hummus (Sun-Dried Tomato and Basil)



While the red and green speckles give this homemade hummus a jolly look, it's the taste that makes it unforgettable. This dip makes the perfect party take-along. Serve it up with whole grain pita bread or fresh cut veggie sticks. **Yield: 12 servings**

Here's what you need:

- 1 (15 oz) can garbanzo beans
 - 1 Tablespoons tahini
 - 1 Tablespoon olive oil
 - 1 Tablespoon lemon juice
 - 1 Tablespoon water
 - 2 garlic cloves, mashed
 - 1/4 teaspoon salt
 - 2 teaspoons soy sauce
 - 4 sun-dried tomatoes
 - 1/4 cup basil leaves
1. Throw all the ingredients into a food processor and combine until smooth.

Nutritional Analysis: One serving equals: 55 calories, 2g fat, 6g carbohydrate, 2g fiber, and 2g protein.

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

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