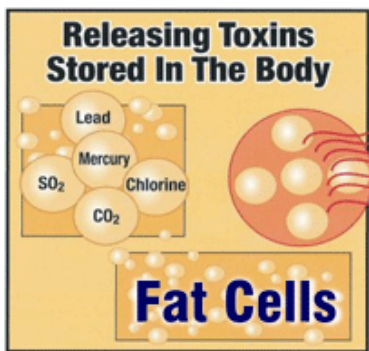




Are Toxins Making You Fat?

By Jim Neuwirth, D.C.

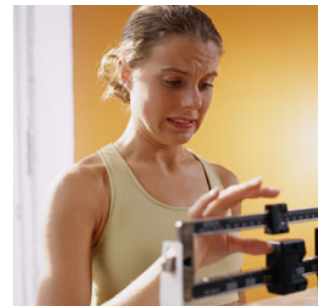
In a study published by the Environmental Working Group entitled *Body Burden II*, They found the core blood of the average baby at birth contains 200 chemicals.¹ In 2005 the CDC did a survey across America where the average citizen had the presence of 148 chemicals in their blood.² For the first time in human history, males are becoming more infertile than women. In the 1950's a woman's lifetime risk of breast cancer was 1 in 22. Today it is 1 in 7.



When told his final exam he had given to his students was the same as last years, Albert Einstein once said, "True, but this year the answers are different." In laboratory testing, we learn new things from new research every day. We find new ways of testing, new results we can interpret and better techniques of testing things we already know about. We also find new meanings about results causing paradigm shifts in treatment protocols. One such shift is the role of environmental toxins in maintaining healthy weight.

Obesity is a multi-factorial issue. There truly is no one cause of this epidemic. One important component is the presence of high levels of environmental toxicity in each and every person's blood stream. Interestingly, in the United States, the most toxic city is Houston, Texas. It also happens to be the most obese city in the country. Researchers are now showing decreased body temperatures in animals undergoing toxicity testing. Also there are a greater number of people being seen today with low basal temperatures. Could this be in response to an increase in toxic load? Lower resting metabolism = decreased ATP production = more weight gain = slower weight loss. A modest 7% reduction in the ability to convert calories to energy per day would lead to a 13.6 lb. weight gain per year on a person consuming 2,500 calories per day. That would extrapolate out to 68.09 lbs. in a 5 year period!

The bottom line is that we all have toxins in our bloodstream. We can no longer hide behind "good eating" and behavioral avoidance of toxins. It is everywhere. We need to make sure we are adequately excreting these poisons. There are several excellent tests available to help determine exposure and excretion capacity. The solution to the problem lies in finding the toxin, lowering the exposure, and helping the body excrete the toxins. This gives you the best chance to achieve optimal health.



¹ Body Burden - The Pollution in Newborns, July 14, 2005.

² Third National Report of Human Exposure to Environmental Chemicals, Centers for Disease Control and Prevention 2005.

CIHP Client Highlights

Client Name: Joe Buck

Description: He has lost 15 lbs. of body fat since the end of the holiday season. He is getting close to the coveted single digit body fat percentage.

Increasing the Bench Press

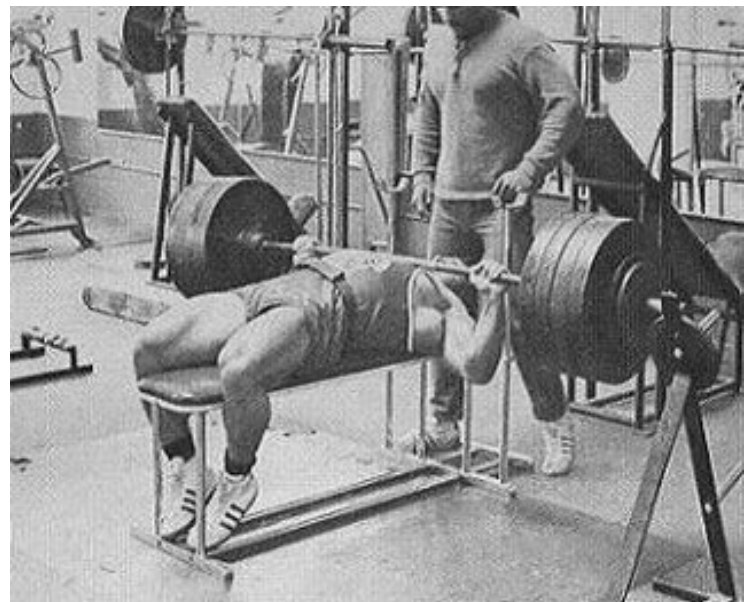
by Tony Soaib, B.Sc.

The bench press is the king of all upper body exercises. If people know that you train the first question that they ask will undoubtedly be, "What do you bench?". At CIHP we test bench press strength in the initial evaluation of all our clients. The NFL and NBA combines use the bench press to test potential draftees. So, what will it take to keep your bench moving?

Strengthen the back and external rotators. Why am I writing about the back in a bench press article? Increasing back strength is one of the quickest ways to bring up your bench. This is not a new idea. Coaches from Louie Simmons to Charles Poliquin (who are regarded as two of the best in the world) have written about the role the back plays in bench pressing. Because the bench is so revered it is often overemphasized in programs, and as a result the back and external rotators are neglected. When these areas lag too far behind, bench press strength will be neurally inhibited. The prime movers in a bench press are the pectorals, the anterior deltoids, and the triceps. If the opposing muscles are not as strong, the brain will limit bench strength to avoid injury. Prioritizing chin up, row, trap3, and external rotation variations in your program will allow you to add pounds to a stagnant bench.

Do more shoulder pressing. Today, overhead pressing and shoulder strength in general, plays second fiddle to the bench. This was not always the case. It is only in recent years that overhead pressing has unfairly been given a bad name. From weight trainings beginnings through the 1990's overhead presses have played a key role in bench strength. The old time strongmen recognized that as the overhead press goes up, so does the bench press. But, the opposite is not true. Benching will not increase overhead pressing strength. I am unsure as to why so many of today's lifters have forgotten this. Kenny Patterson, who held the bench press world record in the 220, 242, and 275 lbs. weight classes simultaneously, was known to use overhead press variations in his training. Ed Coan, who bench pressed over 500 lbs at a bodyweight of 198 lbs., used the behind the neck press as one of his key exercises. As long as you have a healthy shoulder girdle, nothing should stop you from using overhead press variations to bring up your bench.

Once you have brought your back and shoulders up to par, you can train your bench with new exercises and techniques. Everyone will have a different weak point on the bench press. Some will get stuck off the chest. Others will halt at the midpoint. A few may even miss at lockout. If you are a lifter who gets stuck off the chest, dumbbell presses and cambered bar benches will be very beneficial. Both the dumbbells and the cambered bar allow for a greater range of motion than a barbell. When you return to benching with a barbell, you will be pressing through what now feels like a shortened range. If midway is the sticking point in your bench, the isometronics bench press is a great exercise. To perform this exercise put a flat bench in a power rack. Set one pair of pins a few inches off of your chest, and another pair at your sticking point. You will perform barbell presses



through this shortened range. On the last rep of each of your sets you will perform an isometric contraction for eight seconds. This means you will press the bar as hard as possible into the top set of pins. Isometric contractions have a 15 degree joint angle carry over, so this should give your bench a quick boost. Lastly, if you miss at lockout there are a few things you can do. First you need to increase overall triceps strength. Dips and close grip benches are great for this purpose. Next, bench press with accommodating resistance. In this case, that means adding either chains or bands to the barbell. As you bench the bar will get heavier as chain comes off of the floor, or as the bands stretch. This allows for the barbell to be heaviest at your weak point, which is lockout. Another technique is top half bench presses. With this exercise you put a bench in the power rack, and set one pair of pins at the mid-point of your bench. Just pressing through the top half range of motion will specifically target your weak lockout.

Applying the tips presented here, next time someone asks, “What do you bench?” you’ll be glad to answer.



Coach Approved Recipes

By Ashley Wiltgen, B.Sc.

Broiled Tenderloin of Pork with Spicy Rub

- 1 minced garlic clove
- 1 tablespoon paprika
- 1 tablespoon ground coriander
- 1 tablespoon olive oil
- 1 tablespoon flaxseed oil
- 1 tablespoon red wine
- 1 lb very lean pork, trimmed of all visible fat

Mix garlic and dry spices in mortar and pestle. Add in oils and wine to make paste. Rub the paste on pork (1 hour before broiling) Broil pork 2-3 inches from heat source for about six minutes per side or until it is cooked to desired condition. Serves 4

Almond Chicken & Green Beans

- 2 cups almond meal
- 4 chicken breasts sliced into tenderloins and pounded thin
- 1 cup egg whites
- 2 tablespoon extra-virgin olive oil
- 1 teaspoon organic butter

Dip chicken into egg whites and roll into almond mixture
Heat pan on medium heat with olive oil and butter combined
Brown each side for about 5-6 minutes
Serve with Green beans

CIHP Calendar

April 15, 2009

NHL playoffs start for CIHP clients
Keith Tkachuk, Craig Conroy, Dennis Wideman, Barrett Jackman, Brad Boyes, and Dan Hinote.

June 6, 2009

Drs. Skaggs and George will lecture to students and physicians from around the country on the management of musculoskeletal pain during pregnancy.

June 2009

Dr. Skaggs will travel to England to lecture at Bournemouth University on cervical spine and jaw rehabilitation.

July 18-19, 2009

CIHP will be hosting a TMJ seminar where Dr. Skaggs will lecture on cervical spine and jaw rehabilitation.