



# THE CENTRAL INSTITUTE FOR HUMAN PERFORMANCE

RESULTS. NO EXCUSES

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## “Poliquin Strength Institute Semi-Private Hypertrophy Internship”

By Stephane Cazeault, B.Sc.

The week of June 22nd to the 26th I received an invitation to undergo the most strenuous 5 days of my life. Charles Poliquin, one of the most renowned strength and conditioning specialist in the world, organized a 40 hour boot camp on the exciting yet underrated topic of muscle hypertrophy. We were 7 strength coaches from around the world with a purpose: to learn training methods in a theoretical and practical fashion. We spent half the time in the classroom learning the fundamentals behind the methods and the other half in the weight room actually training using these protocols.



It was awesome, but extremely brutal. In that 5 day period we did 15 full 1 hour workouts. The atmosphere at the Poliquin Strength Institute was phenomenal, very intense and we were all pushing each other hard. Not to say that it's quite a motivating experience to train under the supervision of Charles Poliquin and André Benoit (remember him at CIHP). By Friday 6 pm, I was spent and definitely ready for a day off.

The whole week was packed with a lot of information very relevant for the CIHP clientele. All the different parameters that lead to hypertrophy (training, nutrition, supplementation and recuperation) and the intricacies and nuances that were brought up during the week can also be applied to a host of training modalities. From improved rehab training to better body composition or from detailed nutrition to improved rest and recuperation, we can compound results even more than ever before.

That week was a great learning experience for me and I'm very excited to bring back more knowledge to the CIHP clients. I would like to end by thanking Charles, André, the P.S.I. staff and the other 6 coaches that were great motivators and teachers as well. We can never stop learning.

## “Dr. Skaggs lectures in the UK”

By Clayton Skaggs, D.C.

Dr. Skaggs is on the post-doctoral faculty of Anglo-European Chiropractic College and has lectured to Doctors of Chiropractic and Physical Therapists at its location in Bournemouth, England for over 8 years. This summer he lectured to students and practitioners in their Masters in Applied Musculoskeletal Rehabilitation.

In his workshop Dr. Skaggs covered the important evaluation and management strategies for treating musculoskeletal pain and injuries. He emphasized the contributions from the Charles University professors, Drs. Janda, Lewit and Kolar.



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## “Why Choose Pharmaceutical Grade Fish Oil?”

Fish oil contains the omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), precursors to eicosanoids, that reduce inflammation throughout the body. Since inflammation is the leading cause of a wide host of diseases and chronic conditions, fish oil has become the most beneficial supplement on the market today. Dr. Tanya Edwards – Director of the Center for Integrative Medicine says “Chronic inflammation is a leading marker for conditions such as stroke, Alzheimer’s, diabetes, rheumatoid arthritis, Crohn’s disease and many more diseases associated with aging. Every disease has inflammation as part of its process – even heart attacks.”(1)

DHA is critical for normal brain function since 40% of the fatty acids found in the brain are DHA. It is required for the production of serotonin, the “feel-good ” hormone. Low levels of serotonin have been associated with ADHD, Alzheimer's disease, cognitive decline, poor stress management, depression and other diseases.

The biggest concern regarding fish oil supplementation is contamination. Traces of mercury, lead, arsenic, bacteria, yeast and mold are just a few things that can be found in cheap discount fish oil. Pharmaceutical grade fish oil is tested for contaminants and is produced in a way that protects the integrity of the oil i.e. the oil will not be rancid. Look for **Purity Certified** products.

So why can you buy fish oil anywhere from \$5 to \$65? Quality and purity. Your local Wal-Mart or grocery store can not carry pharmaceutical grade because those can only be sold by certified Biosignature and Health Practitioners. So the next time you want to save a few dollars just remember this... You get what you pay for!!!



### WHAT SEPARATES OVER THE COUNTER FISH OIL FROM PHARMACEUTICAL GRADE?

1. It should be Purity Certified-Mercury and Pollutant Free
2. It should be made with small fish like Herring, Sardines and Anchovies
3. The bottle should be opaque so that light does not come through.



1. Charles Poliquin Institute
2. Tanya Edwards, M.D., Director of the Center for Integrative Medicine, discusses managing inflammation using fish oil and an anti-inflammatory diet.
3. Docosahexaenoic acid (DHA) and cardiovascular disease risk factors. Holub BJ. Department of Human Health and Nutritional Sciences, University of Guelph, Guelph, Ontario, Canada N1G 2W1.
4. Silent Inflammation- Dr. Barry Sears