



## Eating your healthy fats: Part II - Supplements

By Senior Coach Bryan Sauder, B.Sc., CSCS

When trying to include more fats into a proper nutrition plan some will stumble along the way because many may not enjoy some of the foods I had mentioned in Part 1, or you might just have an allergy to the many nuts that add valuable fat to your daily intake. This is where supplements are a great way to increase fat intake in your diet. They are easy to take, easy to digest, and easy to absorb. There are many different fats one can take that come in liquid or pill form. I will explain a few of the most common supplements and the numerous benefits each can provide for you.



The first supplement I will discuss is fish oil. Fish oil comes in capsule form and in a liquid form. It is a supplement that should be on almost everyone's list of staples in their diet. Typically fish oil is comprised of the fatty acids EPA (Eicosapentaenoic acid) and DHA (Docosahexaenoic acid). EPA is known to reduce inflammation and DHA helps with brain cognition. There are so many benefits to taking fish oil I don't have enough space to list them all. Two of the major reasons are it reduces inflammation in the blood vessels and other tissues and decreases insulin resistance.

GLA (Gamma Linolenic Acid) is another supplement form of fatty acid that is a really good addition to a proper nutrition plan. GLA can be very helpful for women with PMS problems in that after taking the proper dose for a month you should see a big change in the undesired effects of PMS. Also, after prolonged use of fish oil the body's ability to burn fat is slightly comprised. Just simply switching to GLA can help the body start to reoxidize fats in the blood and liver.



The last fatty acid supplement I will discuss is CLA (Conjugated Linoleic Acid). It is a very helpful fatty acid for those trying to lose stubborn fat around the waistline. Charles Poliquin states, "CLA is a naturally occurring fatty acid that may support lean body mass, as well as healthy glucose and insulin metabolism by enhancing insulin sensitivity and glucose uptake." With all those benefits it's a wonder why everyone isn't taking CLA already.



These previous fatty acid supplements will help many people add some healthy fats to their diet without worrying about "getting fat". Still after discussing the benefits of these nutraceuticals, adding fats in the form of whole foods will help you feel full longer and add some variety to an otherwise stale eating plan.

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## Dynamic Stability Considerations in Athletic Performance

By Brandon Steele, DC

Would you ever fire a canon off a rowboat? Of course not! With regards to overall effectiveness, an athlete can perform most efficiently only with a proper foundation. In similar comparison, ask yourself this... Why would an individual strength train with insufficient stability, over-train certain muscle groups and/or continue a workout routine resulting in pain?

For better understanding purposes, we shall follow a professional baseball pitcher from his setup through delivery to explain an important concept incorporated into our evaluations and treatments at CIHP:

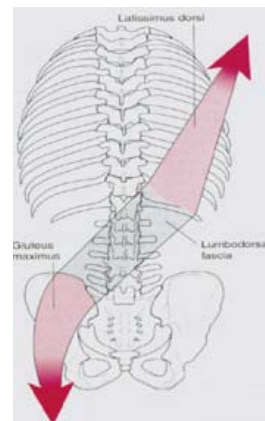


A right handed pitcher must plant and drive his left foot into the ground to begin transferring forces up the kinetic chain. He must properly stabilize the ankle with contraction of surrounding musculature before that energy can be transmitted on to the next joint. The force generated continually travels a path through the left knee, left hip, up a stiff core and through a stable right shoulder blade. Sufficient stabilization at each segment must be present to minimize energy leakage, resulting in the greatest possible force production. The pitcher is then able to incorporate his shoulder, elbow, wrist and fingers to produce a “whip” motion; creating tremendous torque and velocity. Formation of dynamic stability throughout the body allots the shoulder joint the possibility of repeatedly throwing 90 mph fastballs without injury. So by stabilizing different parts through his body; he prevents injury.

Dynamic stability, by definition, is your ability to control the position and motion of a joint to allow for optimal production, transfer and control of force to the terminal segment in an integrated kinetic chain. In the pitcher example; this is how he transfers energy from the ground, through his body, to the baseball. However, a break in stability of one joint will reap havoc on the entire system. For example, if the for mentioned pitcher were to change the position of his left foot, the ankle would be destabilized. He will throw slower and with less accuracy due to this loss of stability. Even more astounding is the role played by stabilization of the left hip. The hip contributes around 50% of the energy and force in the entire throwing motion. An overall 20% decrease in energy development at the trunk requires 34% more arm velocity or 80% more shoulder mass to deliver the same energy to the ball. If stabilization is compromised at one joint, force demands are increased at other joints. The balance of muscle and ligament stiffness is critical at each individual joint.

Loss of stabilization can result from past injury, bad posture, habitual movement strategies and/or improper anatomical development. Whether a movement task is for athletic or general activity, stabilization determines performance and injury resilience. Body movement must be evaluated and treated for pain-free optimal joint motion. So even if your weaknesses or pain might be localized, your training principles still need to incorporate whole body stability.

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## *Introducing: Dr. Pingfan Liu*

Some words from Dr. Liu himself:

I am Pingfan Liu, a Chinese medicine and acupuncture doctor and I have practiced for over ten years both in China and US. I started working at the Karel Lewit Clinic about three month ago and enjoy working here. The spring time is around the corner. While people are looking forward to the warmer weather, blooming flowers, green grass, picnics, other people may suffer from seasonal allergies. Allergies are a sign of an imbalance in the immune system. Balancing and strengthening the body can be the best thing to decrease or even rid oneself of seasonal allergies altogether.

Acupuncture not only clears these symptoms of allergies, but it also help the body come into balance: clearing the underlying condition causing allergies and improving overall health. There is often a quick response. Often patients get some relief during the first visit while lying on the exam table with their acupuncture needles in place. Most patients end up significantly reducing or eliminating their dependence on allergy medications.

If you have any more questions, please contact me.

Pingfan Liu, OMD

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## *Janet's Corner*

By Janet Stoff

I am so excited about our growth in 2010 so far! I want to welcome all of our new members and thank all of our renewals!

New clients: Kim Stading, Sam Boland, Larrye Minner, Jack Lauber, Mac Moore, Richard Galbriez, Peter Lennon, Claudia Riley, Jan Johnson, Bobby Hunyar, Andrew Barry, Ginger Andrews, and Matt Fagin. - CIHP is happy to have you!

2010 Renewals: Bobby Keppel, Steven Jackson, Dave Peacock, Bill Brennan, Bob Callahan, Robbie Shreves, Joe Buck, David Brandt, Mark & Paula Bobak, Jeff Smith, Neal Bernstein, John Hustava, Shannon Fehrmann & Jim Stoepler. - CIHP thanks you for your continued commitment!

Upcoming events: Charity dinner, summer scholarship program and golf tournament! Watch the newsletter calendar and website for dates & times for these exciting events.

Referral Rewards: If you know someone who would be interested in a CIHP performance program (3 month, 6 month or 1 year), please contact Janet about our new Referral Rewards program.

You may have noticed your coach is sporting a new color combo in the gym. If you would like to join in and show your support, CIHP t-shirts can be purchased for \$12.50 at the Service Bar. Color combo is pink & heather gray.

Quote for the month of March: "If you add a little to a little, and then do it again, soon that little shall be much."

### CIHP Calendar

#### May 2010

#### **Manual Therapy and Rehabilitation for Temporomandibular and Cervical Spine Disorders Seminar**

- Instructor: Clayton D. Skaggs, DC

#### June 2010

#### **Dynamic Neuromuscular Stabilization According to Kolar, Basic Course A**

- Instructor: Alena Kobesova, MD, PhD

- Assistants: Clayton D. Skaggs, DC & Brett Winchester, DC

#### **Mobilization and Relaxation Techniques According to Lewit Seminar**

- Instructors: Alena Kobesova, MD, PhD & Clayton D. Skaggs, DC