

Central Institute for Human Performance Results. No Excuses.

December 2006: Volume 1, Edition 1

Enhancing CIHP



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It has been a year since CIHP has opened the doors and it has come a long way since then. We would like to thank all of our clients for helping us along the way. We are growing and learning.

We are currently in the process of updating our website, to include an events page, clients in the media, and an e-commerce section so you can buy supplements, gear and pay invoices from the convenience of your home.

We are awaiting the arrival of new Under Armour gear that we will be distributing and making available to our clients.

The doctors have received a new grant and will be conducting more research than ever in order to stay up to date with technology and new processes.

Our coaching staff is growing and in high demand. Nelson's results are being recognized on the ice, Alex is training for a fitness competition and we are looking to add a new coach to our staff.

We are proud of our clients, we want to make sure we are helping to produce results for you and we are committed to provide the best service possible.

Golf PROMotion

Local country club golf pro, Steve Hausmann, of Algonquin Country Club won a three month membership at a hockey event in October.

The three months will enable Steve to use our facilities, enhance his strength and hopefully improve his swing (if that's possible).

Congratulations Steve!

For more information on our golf program [click here!](#)





Above from left to right Roger Tepe PhD, Gil Gross MD, Pat Rekart RN, Clayton Skaggs DC, Jim George DC and Michael Nelson MD, PhD.

Medical Grant Awarded

Dr. Skaggs and Dr. George are co-investigators on a federally funded grant awarded to Logan University, College of Chiropractic and Washington University School of Medicine.

They will lead the study evaluating the benefits of manual therapy and exercise for pregnant women with back pain. This is largest clinical research grant ever awarded Logan University. Research will start January 2007.

Coach Nelson Receives Positive Feedback from his Boston Seminar

Nelson Ayotte Module III Periodizaion Seminar Follow-Up

I recently attended Nelson Ayotte's Module III Periodization seminar at One80 Sport and Fitness in Wilmington, M.A. Prior to Nelson's seminar, I had never met or spoken with him, but associates of mine had said some excellent things about him. He surely did not disappoint.

One of the main things that stood out during the seminar was Nelson's vast knowledge and ability to recall statistics and studies related to the topic we were discussing. I was very impressed with his ability to speak to the audience in a manner that allowed us to most easily comprehend the sometimes complex information.

Over the course of this two day seminar Nelson covered various topics involved in the training of athletes. Some of these topics included:

- The construction and implementation of different cycles and phases of training
- The neurological and metabolic adaptations of training
- The optimal times, settings, and conditions in which to train
- Overreaching vs. overtraining
- Peaking the athlete
- Various cycles and schemes that Nelson and his athletes have had success with.

During his seminar, Nelson did an outstanding job answering any and all of the questions we had for him. I thoroughly enjoyed it, and took some great information from him. Given the opportunity I will certainly take one of Nelson's seminars again, and strongly recommend you do as well.

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Referral Process

Your referral is the largest compliment we could ever receive. We appreciate you telling others about us so we want to make sure we show you our appreciation.

As a thank you, for every client you refer we will supply you with Under Armour and/or Northface gear. Since you are in the gym 3-4 times a week, we want to make sure you look and feel good in your armour!



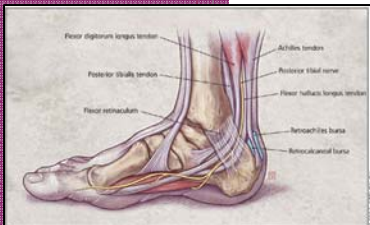
CIHP Video Debut

This past week was the debut of the CIHP corporate video, which explains the CIHP concept and includes client testimonials. The video includes cameos from Doug Weight, Keith Tkachuk, Dallas Drake, Eric Brewer and Barrett Jackman.

The Blues videographer wanted to see at first hand where the Blues were getting their off-season training, so he came to visit the CIHP facilities and was hired on the spot to create a CIHP concept video. The video is three minutes long, it can be viewed on the website and copies are given away in the CIHP marketing package. The video is a great testimonial of the services that CIHP offers. It is available for anyone who is interested, it's fun to watch and it's a good opportunity to show off your gym and show others what you're up to.

Ask the Doctor:

Q: My heel hurts every morning! Now I can't even exercise, what can I do?



A: Heel pain, often a presentation of plantar fasciitis, has become a more common complaint with the increase of physical activities in adults. This pain problem, like most musculoskeletal problems, if caught early can usually be resolved very easily. However, if the pain is allowed to persist for weeks or months, it can become difficult to resolve.

When heel pain has become chronic, one of the most important factors to relieving the pain is an accurate diagnosis and identifying mechanical sensitivities and pain behaviors. This means determining what tissue is really producing the pain and what the patient should or usually more importantly **SHOULD NOT** do to help their problem. Lastly, it is important to get quality, manual therapy on the muscles that are causing tension to the foot, leg and sometimes related hip.

Submit your Doctor questions (all submissions are liable to be posted) to:

Meddirector@CIHP.com



The Gym's Arcane Theories:

Q: Coach Nelson, You have a lot of different supplement protocols, using more than one hundred kind of products. I want to ask you, if you'd have the choice to keep only one, what would you consider the overall single best supplement? Thanks, J-F Thibault, Quebec, Canada

A: Without any doubt my first choice will be the omega 3 sources. You can find it in most oily/fatty fish such as salmon, sardines, mackerel and trout as well as in plant sources such as canola oil, wheat germ oil, flaxseed and walnuts. When you use fish oil as a primary source of omega 3, you have to make sure that the kind you buy has been tested for **HEAVY METALS**. The kind that you buy in the big chain stores are often cheaper but they are not pharmaceutical grade or **TESTED FREE OF HEAVY METALS**. You should stay away from heavy metals as much as you can. Several studies (hundreds) have revealed excess risk of renal dysfunction, cancers, under neurodevelopment of the fetus and hormonal alteration in populations living closest to several sources of heavy metals (lead, mercury, cadmium, arsenic).

A short list of the beneficial effects of omega-3 supplementation:

- Increases growth hormone levels (promotes muscle growth)
- Heart protective (pre and post-heart attack)
- Reduced blood clotting
- Promote the sensitivity of the insulin (elimination of body fat)
- Keep the hormonal system in balance
- Reduced blood pressure
- Anti-inflammatory
- Feed the brain
- Joint protection
- Has a significant role in the development of the fetus

[Click here](#) for full article and for all the benefits of Omega-3 oils.

Submit your Coach questions (all submissions are liable to be posted) to:

Coachnelson@msn.com

Happy and Healthy Holidays from CIHP

