4 Doctor Athlete Management Part 2

The CHEK Approach to Holistic Management of Athletes

Presented by Paul Chek

Don't forget to grab your free gift!
***The Last 4 Doctor's You'll Ever Need* multimedia ebook. (Usually $24.95)**
www.chekinstitute.com/SWIS2015

Dr. Quiet

- Total rest or sleep
- Active rest
- Passive rest

Active and passive rest methods are also the domain of Dr. Movement.

Dr. Quiet
She is yin
Oh how she loves to bring energy in.
She teaches you how to rest
So your energy is always at its best.
Ha!

Total Rest

- Athletes need 8 hours of quality sleep each night; child and adolescent athletes need 8-10 hours. Exceptions are rare!
- Sleeping 8 hours may not be restful if sleep rhythms are out of balance with circadian/hormonal cycles; more on that coming up…

Energy

- **PHYSICS (symbol E): The capacity to do work;** the capacity of a body or system to do work.
- **BIOLOGY: The capacity to *maintain order*** in a living system/organism.
- **PSYCHOLOGY: Ability to do things;** the ability or power to work or make an effort. e.g. His divorce left him feeling drained of energy.

Dr. Quiet represents the *potential* (E) to express energy in and as yin and yang energies (tai-chi) such that life is optimally supported:

- Sex Energy: 2nd Chakra (issues?)
  - Homeostasis: functional balance
  - Allostasis: departure from balance; requires *anabolic rebound capacity or fatigue, illness and disease result as compensation.*

© Paul Chek, 2015. All Rights Reserved

You are what you eat! ...and what you don't excrete!
When parasites eat, you don't sleep well…

Dr. Quiet – Chief Anabolic Physician

Rest = Slowing / Cooling: If we don't get adequate rest from physical activities, labor, or exercise, chronic inflammation usually occurs over time.

- Inflammation produces pain, heat, redness and swelling.
- Chronic inflammation is linked with many disease processes and can usually be avoided with a balanced 4 Doctor approach
- Athletes: Motor control, joint stability, temperature regulation, energy levels, sleep quality, immunity and much more are affected by chronic inflammation!
- Anti-inflammatory pills will only suppress the inevitable without effective 4D coaching!

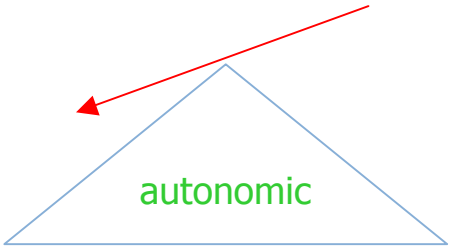
© Paul Chek, 2015. All Rights Reserved

Autonomic Nervous System Imbalance

- Sympathetic (yang) Excess Indicators:
  - Poor digestion/↓ salivation
  - Constipation
  - Anxiety
  - ↑ Respiratory/heart rate

  - Poor sleep quality
  - Night sweats
  - Orgasm/Genital inhibition
  - Waking unrested

  - Nervousness
  - Jittery
  - ↑ Muscle tension
  - ↑ Inflammatory conditions
  - ↑ Susceptibility to infection



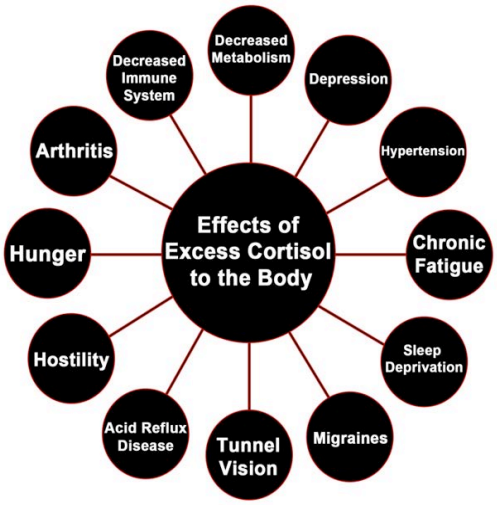
sympathetic parasympathetic

Sympathetic PUSH?

> SYMPATHETIC
=
CATABOLIC!

- Chronic inflammation elevates cortisol levels, leading to many body-mind disorders that are often treated with drugs instead of addressing the actual etiology /cause(s)!

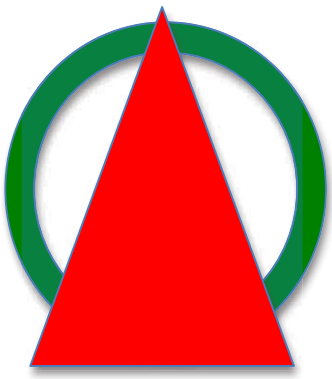
- Chronic inflammation = chronic fatigue = attraction to quick energy (usually processed) foods and stimulants a adrenal fatigue.



Primary Hormone Balance

1. Primary Hormones are essential for your survival!
2. They regulate all autonomic functions and greatly influence conscious and *unconscious choice/actions.*
3. Chronic sleep loss = excess stress; insufficient diet and lifestyle support keeps athletes catabolic. If primary hormone balances is disrupted, recovery and performance diminishes!
4. Careful consideration must be taken to be sure that "working-out" doesn't literally work the client into > imbalance; sleep is FREE anabolic medicine.
5. Imbalance stimulates Left brain dominance; harder to change 4 Doctor behaviors; magic pills often sought!

Adrenaline



Insulin **Cortisol**

© Paul Chek, 2015. All Rights Reserved

Low Energy Indicators:

- Elevated SNS tone symptoms…
- Cognitive disorder
- Closed mindedness
- Mood swings / argumentative
- Loss of motivation/depression
- Craving more food and stimulants than usual
- Menstrual challenges
- Loss of sex drive / performance
- Elevated stress hormones aadrenal fatigue!
- Chronic muscle / joint aches and pains
- Diminishing motor skills
- Water retention
- Dark circles under eyes (liver)
- Swelling under eyes (kidneys)
- Blood sugar handling challenges
- If chronic, immune suppression
  - Fungal and/or parasite infections!
- Progressive worsening of most anything ailing the body-mind!

Symptoms of Chronic Fatigue Syndrome

- Unexplained fatigue
- Persistent low-grade fever
- Muscle aches and weakness
- Insomnia or oversleeping
- Swollen lymph nodes
- Forgetfulness, confusion
- Lack of concentration
- Recurrent sore throat
- Headaches
- Joint pain
- Hormonal imbalances
- Anxiety and depression
- Fat accumulation
- Fungal and parasite infections

and many more Sx…

SYMPTOMS OF OVERTRAINING SYNDROME		
Performance Issues	***Physiological Symptoms***	***Psychological Symptoms***
• Early Fatigue • Increased Heart Rate w/less Effort • Decreased Strength, Endurance, Speed and Coordination • Decreased Aerobic Capacity • Delayed Recovery	• Persistent Fatigue • On-going Muscle Soreness • Loss of Appetite • Excessive Weight Loss • Excessive Loss of Body Fat • Irregular Menses • Increased Resting Heart Rate • Chronic Muscle Soreness • Increase in Overuse Injuries • Difficulty Sleeping • Frequent Colds or Infections	• Irritation or Anger • Depression • Difficulty in Concentration • Increased Sensitivity to Emotional Stress • Loss of Competitive Drive • Loss of Enthusiasm

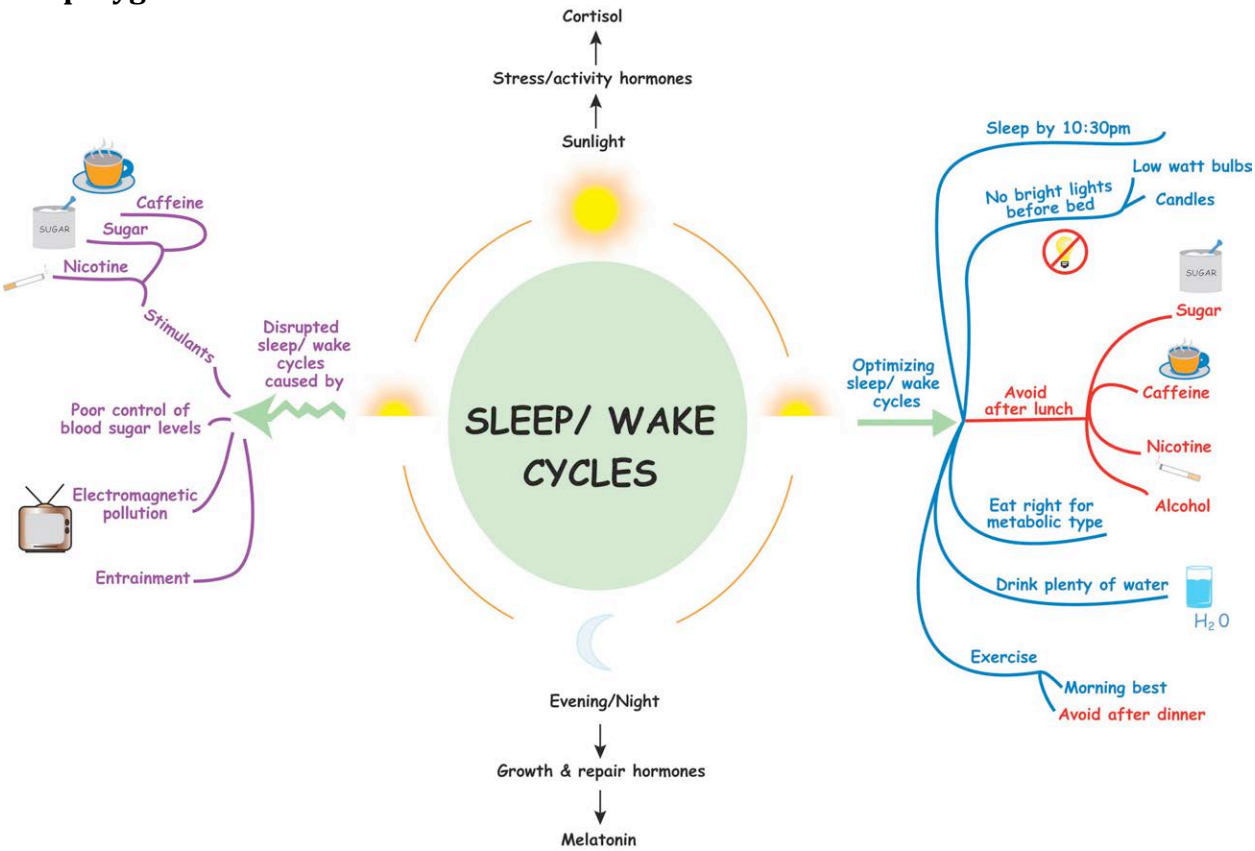
Skillful application of sleep, active, and passive rest strategies coupled with effective overall 4 Doctor management both reduces the likelihood of chronic inflammation, and can usually induce effective healing in athletes/exercisers with chronic inflammation; they are as common as shoes!

Resetting/Centering

- Dr. Quiet practices allow our vital energies to be channeled inward, enhancing our "inner-awareness"; high HAQ scores indicate a lack of inner-awareness!
- Self time/introspection and reflection are all essential to self-awareness and the cultivation of well-being.

© Paul Chek, 2015. All Rights Reserved

Sleep Hygiene



General Daily Rhythms

Circadian rhythms are the foundation of all larger cycles; **any mistake made with daily rhythms magnifies itself in successive cycles**, such as weekly, lunar/menstrual and seasonal.

- Athletes; circadian, micro-cycle (days), mesocycle (weeks), and macro-cycles (season).
- Meals/snacks/hydration
- Activities (yin/yang)
    - Work
    - Exercise:
        - Work-out
        - Work-In
    - Rest:
        - Active
        - Passive
- Sleep

Exercise After 5pm?

- Cortisol has a half-life of about 100 minutes; can be up to 350 (>5 hrs.) minutes in some people!
    - Detox capacity?

© Paul Chek, 2015. All Rights Reserved

- If you elevate blood cortisol levels in the gym at 5pm, you could easily experience sleep disruption.
- Better sleep with evening training often indicates adrenal fatigue; you are brining cortisol levels *toward normal.*

Active Rest

- Active rest is performing your usual training activities at significantly reduced intensities.
- As a general guideline, reducing intensity (actual/perceived) approximately 30% or more puts you in the active rest zone:
    - Your next regular training session *should be enhanced; active rest training should not increase catabolic load, nor decrease recoverability.*
- For runners, add 2:00 per mile to their most recent 10K pace to get active rest pacing.
- Most athletes have a poor sense of perceived effort and need coaching for optimal active rest.
- Most athletes don't know how to calculate actual intensity (2.5% rule); use breathing intensity if not sure!
    - Coaches need to carefully monitor athletes' level of exertion on active rest days!

Passive Rest

- Passive rest is performing activities that do not use the same prime movers or generalized motor patterns used in one's primary training.
- Careful monitoring of catabolic load must be used or primary training will remain diminished; 1-3% Rule?

Electromagnetic Protection Is Essential Today!
Recommended: Aires products - **http://tiny.cc/aires**
Use promo code CHEK10 for a 10% discount

Use a grounding mat

- Earthing/grounding helps restore bio-electrical balance in the body
- Typically enhances sleep quality
- Significantly decreases stress and aids healing
- Helps reduce inflammation

Recommended: Earthing products - **http://tiny.cc/earthing**

Dr. Diet

- Individualized needs:
    - Food quality
    - Food quantity
    - Macronutrient ratios
- Water basics
- Your living E.C.H.O.

© Paul Chek, 2015. All Rights Reserved

Food Before Supplements
"The root space of plants has been shown to contain almost every hormone produced in the human body. "

Ref. *Science In Agriculture,* by Arden Anderson, PhD, MD

"We define a catalyst as a factor that stimulates chemical or metabolic change. Vitamins are the catalytic factors in foods. Hormones are the catalytic factors made within the body by the endocrine glands. We would probably not be far off if we said that vitamins are the hormones of plants."

Ref: Catalysts, Hormones and Vitamins, by Dr. Royal Lee: Contained in his course titled *From Soil To Supplement.*

Energizing with Food

Farming: The capacity to *create order; to prevent chaos from being the dominant force.*

- Well-being is a state of harmony or "dynamic order"; 4D choices are reflected in the health of our body-mind.

Science: The capacity to *do work.*

- Most processed (scientific!) foods provide energy (calories), with broken vitamin/nutrient complexes (and synthetics)!
- What part of a watch tells time?
- Your body doesn't lie!!

Dr. Diet and Your E.C.H.O.

- **E**nergy
- **C**hemistry
- **H**ydration
- **O**rganics
  Organic/Biodynamic food provides significant increases in nutrient density, higher amounts of bioavailable energy, and is *clean food.*
  - The fit – sick athlete: Don't trade your liver for a pair of biceps!!

E.C.H.O. Pattern Overview - The Boomerang/E.C.H.O. Effect
We live in a closed cycle; what we do to the water, the air, or the soil, we do to ourselves!

Health or Disease?

- There are no less than 6 billion biochemical reactions per second in the human body, ***all of which are water dependent!***
- Water can carry many toxins; testing and filtration systems are often necessary.
- Foods average about 70% water!

© Paul Chek, 2015. All Rights Reserved

Water
Drink ½ your body weight in oz./daily
or 0.033 x body weight in kg = liters daily

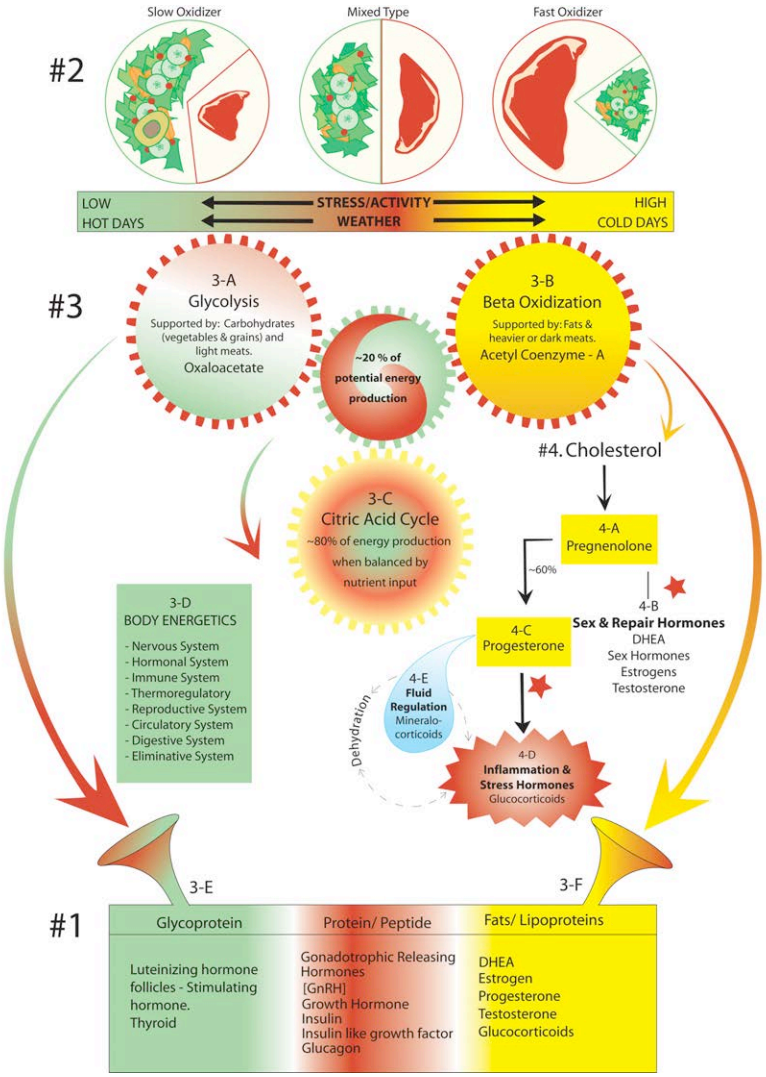
Total Dissolved Solids >300ppm

Nutrition and Primary Hormones
Diet determines:

- Quality (organic?)
- Quantity (**eyes/no eyes**)
- Availability (digestion?) -> Regular meals

Diet influences:

- Mood
- Perception
- Motivation!



Dr. Diet: Fine Tuning

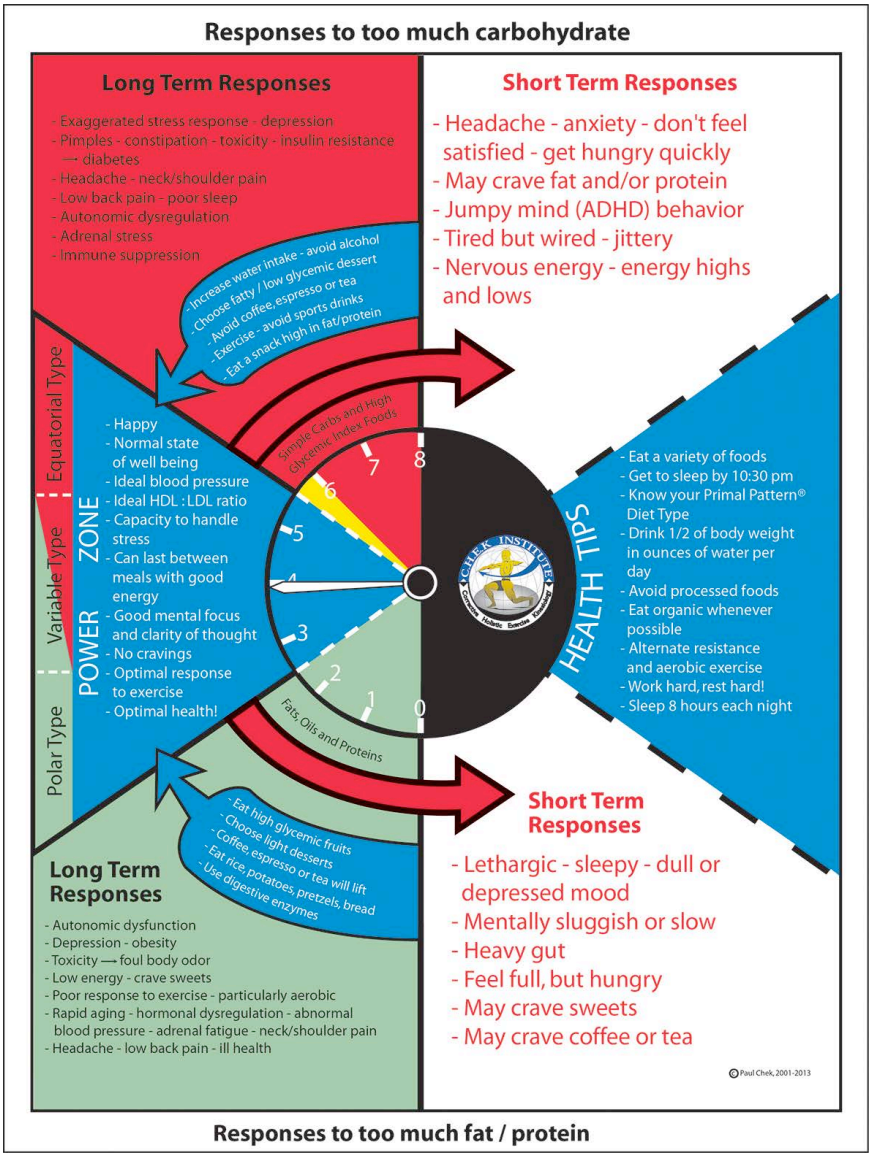
In the first hour after your meal, be aware of:

1. Satiation: Craving >< eyes/flesh or no eyes/produce?
2. Energy experience smooth/stable?
3. Mental clarity and performance?
4. Emotional stability?
5. Hydration? You may be thirsty, not hungry!
6. Resting heart rate: +10-20 BPM = Immune

Daily: Urine, feces, exercise recovery, sleep sexual performance and skin are indicators.

© Paul Chek, 2015. All Rights Reserved

The CHEK Tachometer (from *How to Eat, Move and Be Healthy!*)



The Poopie Line-up (from *How to Eat, Move and Be Healthy!*)

© Paul Chek, 2015. All Rights Reserved

Is anyone paying attention?
We are the fittest sick people ever, and soon drugs will not be able to compensate for a lack of common sense!

Dr. Diet: Chemistry: pH Imbalance

More than 90% of Americans have a pH balance that is acidic due to diet, dehydration, stress and other factors.

Symptoms of pH Imbalances:

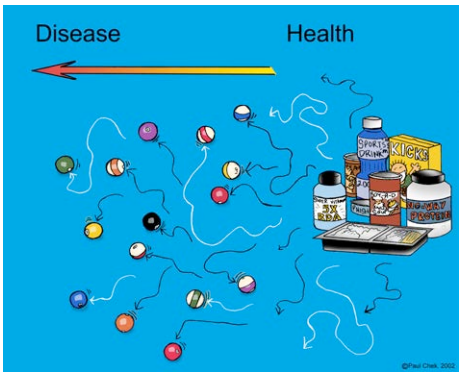
- Lethargy
- Weight problems
- Depression
- Heartburn
- Bloating
- Irritable bowel syndrome
- Acne
- Cold sores
- Muscle and joint pain
- Food allergies
- Irregular heartbeats
- Insomnia
- Lack of concentration
- As acid levels increase, our vital organs, adrenal glands and liver cannot function as they should, creating greater health issues.
- If our body tissue becomes too acidic, oxygen levels drop and cellular metabolism slows. In order to compensate, the body draws on alkaline minerals within tissues, bones and muscle in order to neutralize the pH balance.
- > acid often results in hyperventilation

Fungal and Parasite Infections!

- Are **VERY** common; about 90% of human beings today have either one or other!
- All forms of imbalance ***are potential causes of infection!***
- pH imbalances (acid or alkaline excess), as a general rule, facilitate parasite infection:
    - **Food quality** and meal-to-meal ratio (eyes/no eyes) greatly influence biochemistry, and immune function.
    - Parasites in general have favorite tissues/organs to lay their eggs; liver fluke, kidney fluke, ring worm (skin).
    - **Processed sugar** intake is the most common cause of increased acidity and a common denominator fungal/parasite infections.
        - Sugar suppresses the immune system!

Know What Your Athletes Are Eating

- Synthetic vitamins, food colorings, preservatives and additives and denatured fats and proteins are *random and radical linear inputs, creating chaos in our systems!*
- If it requires more energy/nutrition to run any foodstuff from mouth to anus than it delivers, you are creating fatigue, malnutrition, and are likely to be using coping strategies such as stimulants and drugs to compensate!



© Paul Chek, 2015. All Rights Reserved

Ref: *The Safe Shopper's Bible* by David Steinman and Samuel S. Epstein

Avoid the 4 White Devils and Fast Foods!

1. Salt (sodium chloride!)
2. Pasteurized (dead) dairy of ALL types! *Milk is unnecessary past age 2-3!*
3. White (any gluten grain) flours
4. Processed sugar(s) & commercial substitutes; try stevia first.

Fungal and Parasite Infections

Make athletes tired, sick, skinny or fat.

Do you have:

1. **Fungal Infections:** Athletes foot, jock itch, nail fungus, dandruff, vaginal yeast inf., skin eruptions, sweet cravings, blood sugar highs/lows, foggy head, and/or popping joints, swelling, weight gain, inconsistent stools, or prior **antibiotic use**?

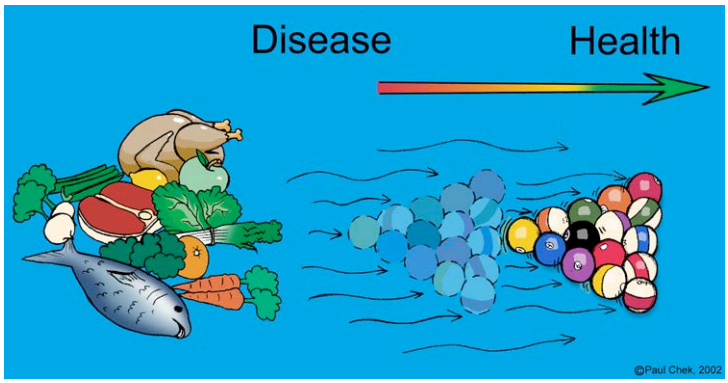
2. **Parasites: As above…and/or** nasal/eye/anal/ear itching, phlegm, chronic dry cough, increased hunger, skin sores, feeling movement under skin or in body, gurgling guts, cognitive disorder, fatigue, gas/bloating, loose or poorly formed stools, disrupted sleep; waking up sweating, bad dreams, self-destructive thoughts, emotional ups and downs, chronic muscle/joint pains, grinding teeth.

Dr. Diet Tips

Consider food allergy and/or food intolerance.

- Follow the advice in *How To Eat, Move and Be Healthy*, *Healing Fungal and Parasite Infections*, and *Your Hidden Allergies are Making You Fat* by Roger Deutsch
- ALCAT testing and other lab tests widely available.
- The culture code for female athletes with food intolerance is "spandex!"

Organic Foods = Harmonic Input



Eating organic on a budget

1. MEAT: Start with organic meats if on a budget (bioaccumulation!)
2. Use farmer's markets; many farmers farm organically, but won't spend the money for organic certification….food industry manipulation…
3. Wash/peel non-organic foods.
4. Use a 4-day rotation diet; see *How to Eat, Move and Be Healthy!*
5. Avoid pasteurized anything!
6. Keep meals simple; it is much easier to track what foods may be bothering you that way.

© Paul Chek, 2015. All Rights Reserved

7. Use water filtration and quality containers; filtered tap water is usually better than bottled water.

Monitor Daily, Assess Monthly

Dr. Movement

Tips for Athletic Management

1. Be the change you want to see in your athletes!
    - You are unlikely to truly understand (or empathize with) anything you haven't healed yourself.
    - You are unlikely to be willing to address problems in your athletes you don't want them asking you about!
    - You can't give what you don't have…*talk is cheap!*

2. Breathing is the basis of movement.
    - If breathing mechanics are faulty, performance will be diminished and injury is likely!

SPINE		UPPER EXTREMITY		LOWER EXTREMITY	
INHALATION	EXHALATION	INHALATION	EXHALATION	INHALATION	EXHALATION
Axial Extension	Axial Flexion	Flexion	Extension	Extension	Flexion
Lengthening	Shortening	Abduction	Adduction	Abduction	Adduction
↑Stability Stiffness	↓Stability Stiffness	Horizontal Abduction	Horizontal Adduction	External Rotation	Internal Rotation
		Supination	Pronation	Supination	Pronation
		Scapular Retraction	Scapular Protraction		

Ref. Dan Hellman. *Heavy Breathing.* DVD.

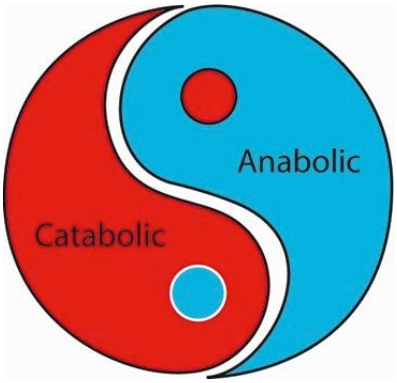
3. Infant development challenges in athletes are common.
    - Swiss ball exercises can help infant development and correct infant development faults if you don't have infant development training.

    Ref: *Advanced Swiss Ball For Rehabilitation* and other Swiss ball DVDs and courses at www.chekinstitute.com

Diet, Parasites, Viscero-somatic Relationships and Core Control
Inner unit – segmental stability
Outer unit – gross stability

© Paul Chek, 2015. All Rights Reserved

Train … Don't Drain



Test, Tune and Progress

- Lengthen what's short
- Tighten what's loose
- Mobilize first
- Stretch "top down"

Work-Out Readiness

- Lengthen what's short
- Tighten what's loose
- Mobilize first
- Stretch "top down"

Score Chart

You are What You Eat (page 29) Zones 1, 2 & 3	Stress (page 31) Zone 4	Sleep/Wake Cycles (page 32)	You are When You Eat (page 33) Zone 3	Digestion (page 34) Zones 1, 2 & 3	Fungus & Parasites (page 35) Zones 3 & 4	Total Score
88	81	90	50	130	195	634
40	40	50	20	50	60	260
20	20	30	10	30	40	150

Caution! Must select exercises/activities to stimulate anabolic response; breathing/Work-In intensity recommended

1-3% gain unlikely…Carefully balance catabolic/anabolic stressors with intent to stimulate anabolic response! Breathing and form development; A/P rest approach

Can freely choose catabolic exercises based on client needs, abilities and conditioning level

Score 1 Date:
Score 2 Date:

Name: _____

© Paul Chek, 2015. All Rights Reserved

Working In: Red Zone Recovery and Daily Practice

Work-In Criteria:
1. No elevation of respiratory rate.
2. No elevation of heart rate.
3. Breathing and movement are synchronized.
4. Can do on full stomach.
5. Tongue stays moist.

PUMPING! and healthy bio-rhythms - biological oscillators

The Danny Way Test – Assessing Neuromuscular Readiness
Kneeling on a Swiss ball: The athlete should be able to stabilize without struggle for 30 sec or nervous system fatigue may put athlete at risk when performing exercises of high neuromuscular complexity.
- How many times do they fall off?
- How hard is it for them to stay on?
    - Sluggish balance reactions?
    - Emotional reactivity?

Things You Can Easily Monitor
- Musculotendinous junctures; particularly of the (active) insertions
- Trigger point dev.
    - Repeated patterns?
    - Organ reflex pathways?
    - Meridian pathways?
    - Atrophy signs (measure)
    - Chakra mind-body correlations?
        - Emotional guarding
- Recruitment asymmetries
- Standing weight shift (<5 lbs.)
- Posture
- Swelling
- Inflammation signs
- Recovery times (1-3% Rule, C. Francis)
- Sleep quality
- Bowel and bladder function
- Hydration (pinch test)
- pH of urine and saliva
- Morning heart rate
- Beats > Average:
    +3 = ½ volume
    + 4 = **Work-In**
    + 5 = Total rest!
- Immune function
- Recovery from exercise
- Cortisol levels
- Thyroid/metabolic rate
- *Thyroid = Throttle!*
- *ANS/ENS functions in general…*

Conclusion
- Dr. Happiness is *the dream-weaver.*
- Dr. Happiness knows long-term happiness, health, and success come from holistic management of:

© Paul Chek, 2015. All Rights Reserved

    - Dr. Quiet
    - Dr. Diet
    - Dr. Movement
- Each dimension of awareness offers greater body-mind freedom.
- *There are no short-cuts to wisdom!*
- With effective coaching and practice, you can improve management of ALL the major stressors; listen to the **Pain-Teacher**!

Key Resources

1. Chek, P. *How To Eat, Move and Be Healthy!* C.H.E.K Institute. Available at www.chekinstitute.com/shop
2. Chek, P. *Healing Fungal and Parasite Infections: The Absolute Essentials.* DVD correspondence course. C.H.E.K Institute. www.chekinstitute.com/shop
3. Chek, P. *You Are What You Eat.* Audio Program. C.H.E.K Institute. Available at www.chekinstitute.com/shop
4. Deutsch, R. *Your Hidden Allergies are Making You Fat*. Prima Lifestyles.
5. Hellman, D. *Heavy Breathing.* DVD. C.H.E.K Institute. www.chekinstitute.com/shop
6. Chek, P. *Advanced Swiss Ball For Rehabilitation.* Correspondence Course and DVD. C.H.E.K Institute. www.chekinstitute.com/shop
7. www.ppssuccess.com - PPS Success Mastery offers 12 lessons to help you and your athletes through the most common roadblocks to success. Students have access to live biweekly Q&A coaching calls.
8. www.paulcheksblog.com is where I offer a free vblog lesson each week and share my life.
9. www.chekconnect.com - find a C.H.E.K Institute-Trained Professional.
10. www.chekinstitute.com - the CHEK Academy program and many books, audio programs, correspondence courses, DVDs and the C.H.E.K Institute blog

For a complete list of resources please e-mail the C.H.E.K Institute.

C.H.E.K Institute
800.552.8789 or 760.477.2620 Fax: 760.477.2630
www.chekinstitute.com info@chekinstitute.com
TheCHEKInstitute @CHEKInstitute

Paul Chek
www.paulcheksblog.com vidya@paulchek.com
PaulChekSr @paulchek

© Paul Chek, 2015. All Rights Reserved