



James Phelps

Hello Everyone! After nearly a year and half of helming *CHEK the Pulse*, Tristan has handed the newsletter over to me. He did a fantastic job and I'll do my best to continue where he left off by bringing you the best information and articles about health and wellbeing our community has to offer.

To my mind, C.H.E.K and HLC Practitioners really do represent the cutting edge of Holistic Health, and I would love to use *CHEK the Pulse* as a vehicle to share all of the great work that you are doing. So if you have news you'd like to share with the community, have an article that could benefit your fellow practitioners, are organizing an event, or have suggestions for future issues of the newsletter, please let me know.

In the meantime, I think we have a great issue of *CHEK the Pulse* for you this month. Happy reading!

The Four Doctors of Wellbeing – A Holistic Approach

By Paul Chek, HHP

As a person who is interested in your own health, you've probably noticed that our current medical mindset is fixated on *treatment of the symptoms*, rather than addressing the underlying cause of the issue. Prescribing a drug, altering diet or creating a new exercise program just can't solve many of today's health problems. A holistic and integrated approach is needed – an approach that helps us understand how and when the decisions we make lead to our health challenges and that guides us to make healthier choices.

If we truly want to be able to help ourselves attain a life of wellbeing, we can look at how Greek physicians such as Hippocrates (460 – 337 BC) and Galen (129 – 200 AD) based their medical opinions on the framework of the "three doctors": Dr. Happiness, Dr. Quiet and Dr.

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Featured Exercise



Waiter's Bow Stretch

Equipment Needed

None

How to Perform the Stretch

- Stand with your feet parallel and close together.
- Keep your legs straight and stick your bottom out until you have an arch in your low back.
- Bend forward from your hips while holding your low back arched until you feel a comfortable stretch on your hamstrings.
- Hold for 20 seconds.

Hint

To help you maintain the correct position, have someone run athletic tape along your back muscles, on either side of your spine, from the level of your bottom rib to the top of your pelvis while you are standing with good posture.



Taken from *How to Eat, Move and Be Healthy!*

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Upcoming CHEK Advanced Training Programs

***Note: All dates subject to change. Please visit website for up-to-date worldwide schedule**

2013 SCHEDULE (USA & CANADA)

CHEK Holistic Lifestyle Coach Level 1

- NYC, NY - April 29-May 1
- Chicago, IL - June 21-23
- San Francisco - Oct 4-6
- Toronto, ON - Nov 1-3

CHEK Holistic Lifestyle Coach Level 2

- Toronto, ON - June 5-9
- San Diego, CA - Dec 4-8

CHEK Holistic Lifestyle Coach Level 3

- USA - September 13-18

CHEK Exercise Coach

- San Francisco, CA - June 7-11
- New York, NY - July 17-21
- Dallas, TX or Chicago - August 14-18
- Calgary, BC - September 18-22
- Fort Lauderdale, FL - October 2-6
- Toronto, ON - October 25-29
- San Diego, CA - Oct 30-Nov 3

C.H.E.K Practitioner Level 1

- Fort Lauderdale, FL - May 8-12
- San Francisco, CA - August 21-25
- New York, NY - September 25-29
- San Diego, CA - Nov 6-10

C.H.E.K Practitioner Level 2

- Toronto, ON - April 24-28
- East Coast - Oct 23-27
- San Diego, CA - November 18-22

C.H.E.K Practitioner Level 3

- San Diego, CA - October 18-26

Golf Performance Specialist

- Fort Lauderdale, FL - July 12-14
- San Diego, CA - September 6-8
- Toronto, ON - November 22-24

2013 SCHEDULE (EUROPE / AUSTRALIA / NEW ZEALAND)

CHEK Holistic Lifestyle Coach Level 1

- NSW - April 12-14
- NZ - April 26-28
- Eleiko, Sweden - April 22-24
- WA - May 17-19
- Central London, UK - Aug 9-11
- Lancashire, UK - Nov 8-10

CHEK Holistic Lifestyle Coach Level 2

- Lancashire, UK - April 29-May 3
- Sweden - Nov 20-24

CHEK Exercise Coach

- VIC - May 6-10
- NSW - June 3-7
- Central London, UK - June 5-9
- NSW - August 5-9
- Lancashire, UK - Aug 14-18

C.H.E.K Practitioner Level 1

- NSW - June 17-21
- Dorking, UK - Aug 21-25
- NSW - Sept 23-27

C.H.E.K Practitioner Level 2

- NSW - July 15-19
- NZ - Nov 20-24
- Dorking, UK - Nov 13-17

C.H.E.K Practitioner Level 3

- Lancashire, UK - May 15-23

Golf Performance Specialist

- NSW - July 15-19
- Central London, UK - Aug 30-Sept 1
- NZ - Nov 20-24

Weight Lifting: How to Optimize Performance and Prevent Injury!

- April 11, Dan Hellman
Loughborough University, UK

Fitpro Convention

- April 12-13, Team CHEK,
Loughborough University, UK

Live Workshops at Place of CHI

- Scientific Back Training
April 4 - 5
- Scientific Core Conditioning
June 21 - 22

CONTACTS

North America

C.H.E.K Institute
www.chekinstitute.com
info@chekinstitute.com
Phone: +1-760-477-2620

How to register for a course in the USA and Canada

Contact one of our Admissions Advisors. They will be able to explain our educational process in detail. The Admissions Office is open Monday-Friday (8am-5pm PST).

Phone: +1-760-477-2620

Email: info@chekinstitute.com

International Affiliates

Please contact your respective International Affiliate below.

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info@chekeurope.com
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chek@placeofchi.com
Phone: +61 02 9986 0840

Sweden, Norway, Finland

Eleiko Sport AB
Ph: (+46) 035 17 70 70
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Dates and locations are subject to change. Please check with the C.H.E.K Institute or International Affiliate organizing the course before making any travel arrangements.



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Diet. They knew that if people were not happy, did not have enough quiet, or self-time in their lives, or weren't eating well their chances of illness would go up. This is a great foundation for understanding the root causes of our illnesses. There is another element that is needed however. People in Western societies just don't move enough and not moving can make you just as sick as a bad diet, being unhappy or not having enough quiet time. So I added a fourth component to the ancient philosophy - Dr. Movement. In thirty years I have not run into a patient whose problems were not grounded in poor diet, self-time, happiness or movement. Thus we have the four doctors: **Dr. Quiet, Dr. Diet, Dr. Happiness and Dr. Movement.**

INTRODUCING THE FOUR DOCTORS

Dr. Quiet assures adequate time for introspection, relaxation, rest and recovery. This doctor's wisdom protects us from overuse, abuse or disuse. Whenever Dr. Quiet is suppressed, it's easy to become too externalized, believing that we can achieve what we want through material means - cars, clothes, jewelry, money, drugs, etc. Dr. Quiet says that if you don't go within, you go without! Clear evidence of this truth is seen all around us in celebrities and business moguls that seem to have it all yet find themselves depressed and divorced after failing to find fulfillment in their life.

Dr. Diet reminds us that we are what we eat. Every second, cells in our bodies are being renewed using the nutrients obtained from food. Would you rather the cells in your eyeball be rebuilt with fast-food hamburger, or organic chicken and vegetables? This isn't a hard question to answer, but millions of people put the needs of their bodies secondary to the ease of cheap, quick meals made of processed food that bears very little resemblance to anything our bodies were designed to eat! We each have individual requirements based on our racial and genetic backgrounds. We'll benefit most from eating our ancestral foods in the same proportions. Failure to do so generally leads to dysfunction and disease. We've seen it in the health problems that faced native people when they converted to "White Man's" foods.

Dr. Movement tells us that life is movement! Everything moves and everything has an optimal pace or rate of movement. Too much or too little movement is harmful to your entire physical, emotional, mental and spiritual being. Today's lifestyle definitely makes it easy not to move – consider the average US high-school student watches four hours of TV a day! Some type of regular movement and exercise is essential to keep our bodies functioning well, but there must also be balance. Excessive exercise, particularly when coupled with other forms of stress, can lead to injury and illness.

When *Dr. Happiness* is on the job, Dr. Quiet, Dr. Diet and Dr. Movement are never over or under-worked. Dr. Happiness directs us in our quest for meaning in our lives. Recent research has upheld a centuries-old belief that success does not necessarily make you happy, but that being happy in the first place is more likely to lead you to success in whatever endeavor you undertake.

Webinars & Coaching Calls



UPCOMING!

MONTHLY WEBINARS:

Making Effective Choices to Support Your Dreams

April 24, 2013 /12pm

w/ Paul Chek, Founder of the C.H.E.K Institute

CHEK Webinars are free for C.H.E.K Institute-trained professionals and are open to everyone else for just \$24.95 each or an annual subscription of \$19.95 per month. To register, please visit: www.chekinstitute.com/webinar. C.H.E.K Institute Trained Professionals will receive email instructions on how to register for each webinar.

CHEK ITP COACHING CALLS

For Holistic Lifestyle Coaches

April 18th

w/ Donal Carr, CHEK Faculty

June 20th

w/ Paul Chek

For Ex. Coaches, C.H.E.K Pracs & Golf Perf.

May 16th

w/ Mark Stone, CHEK Faculty

These special Q&A Coaching calls with CHEK Faculty are only for C.H.E.K Institute-Trained Professionals with current status. CHEK ITPs will receive email instructions on how to register for each coaching call. If you have a particular question to be addressed by a faculty member, please send them to questions@chekinstitute.com.



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Holistic Living



8 Signs It's Time for a Work-In

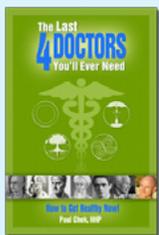
We all need a little Dr. Movement in our lives, but when you're stressed out a workout can do more harm than good.

At these times, the best thing you can do for yourself is to work-in – engage in gentle movements that cultivate energy and stimulate your rest and recovery systems.

Here are eight signs that it's time to skip the workout and work-in instead:

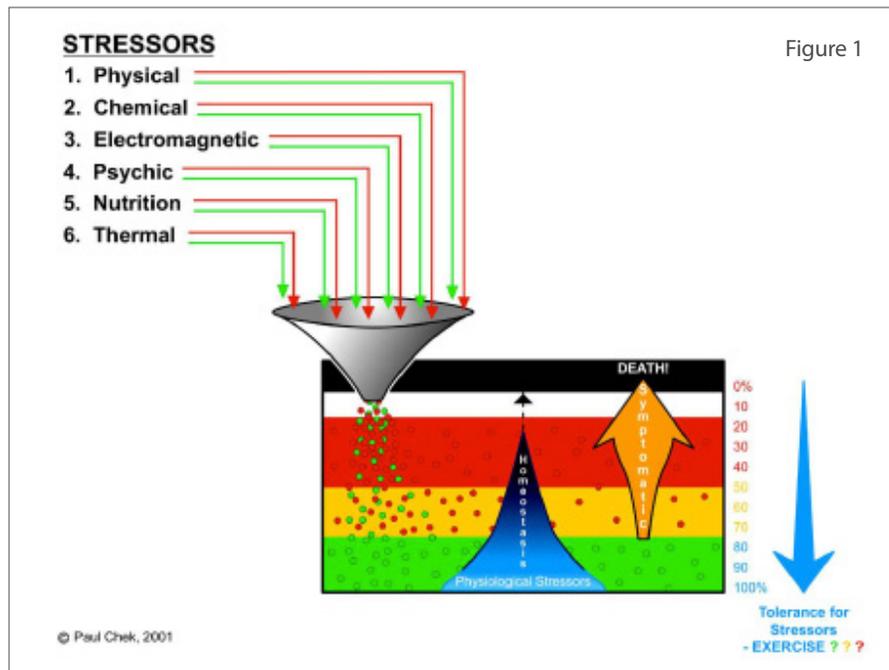
1. Exercising hurts beyond the normal strain of working out
2. Time needed to recover between workout sessions is increasing
3. Experiencing persistent fatigue
4. Body pumps aren't functioning properly (e.g. constipated)
5. Can only relax when working out
6. Suffering from 'itises' such as tendonitis
7. Fidgety or anxious
8. Can't get your mind to flow

The more you experience these symptoms, the louder the message from your body-mind. Forget the gym and take a long, slow walk, do some tai chi or zone exercises. Your body will thank you for it!



Based on **The Last 4 Doctors You'll Ever Need – How to Get Healthy Now!** eBook.

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THE ANATOMY OF STRESS

Viewing ourselves in the framework of the Four Doctors focuses our attention on different sources of stress in our lifestyles and empowers us to make smart decisions about how to relieve those stresses.

The human body is composed of an integrated *system of systems* including the hormonal, nervous, musculoskeletal, and circulatory systems. You cannot isolate and treat one system, ignoring the others, without affecting the other systems. This is particularly important since the body can't differentiate one type of stress from another. Not being able to pay your bills is no different to your body than getting punched in the nose. Every form of stress you experience, whether due to financial issues, work, exercise or your relationships, is summated in the body (**Figure 1**), which then produces stress hormones to cope with the situation. Those stress hormones always tell your body the same thing: you're in trouble, run like hell, fight like hell, do something! Our modern lifestyle is loading more and more stress onto us and onto our children. The effects of this stress overload can be nefarious and apparently unrelated to the latest insult itself. An argument with your partner may be the straw that breaks the camel's back, causing you to wake up next morning with severe low back pain.

Whenever you feel stressed your body enters a catabolic or breakdown state. This state (facilitated by aerobic training) destroys tissue, retards digestion and elimination, inhibits learning, and expends energy. If stress has been part of your life for a long time, you can experience poor digestion, constipation, anxiety, inability to sleep, and an increased susceptibility to infection, among other symptoms.

There's a quick way to tell whether you are in a prolonged catabolic state. Take your pulse when you wake up in the morning before you get out of bed. Do this for thirty seconds every day for a week and calculate your average morning heart rate. You can use this as a baseline measurement for your health.



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Any time your morning heart rate rises four beats above average, consider replacing your normal exercise program with something gentler. If it rises five beats above average you should take the day off from exercise and use the time to meditate or do some tai-chi, qi-gong or Zone Exercises such as Breathing Squats.

RESTORING THE BALANCE

As with anything worthwhile, changing from an over-stressed lifestyle to a healthy, balanced one does not happen overnight. Restoring your body to balance means changing habits and you must make these changes for yourself. You can't stick to a health program for anybody else in the long run.

Because of the way that your body is constructed, there's an order to follow when you start your path to wellbeing.

1. Eat organic food in proportions that are best for your metabolic type and drink plenty of high-quality water.
2. Manage stress. Meditation, goal setting, and time management all help.
3. Improve movement.

In short, start with Dr. Diet, then move to Dr. Quiet and Dr. Happiness and end with Dr. Movement.

Why start with food? Improving the quality of diet helps with stress management. Your food has a direct effect on your emotional and mental states because it affects your hormonal profile, which is intimately linked with the control and regulation of emotions. A poor diet means poorly controlled emotions and often an inability to cope with daily difficulties. A good diet improves nutrition, balances your hormonal profile and increases energy. All of these change your perception of stress.

Once your diet has improved, you can move on to other stress management techniques and finally to movement. Remember, exercise can itself be a stress on the body. It simply won't be effective until and unless the other life stresses are reduced to the point that the body can handle the exercise. If the best you can do is to eat right and find a way to genuinely relax and set aside your worries each day, that's fine. You'll still be doing your body a favor until you find the time to start exercising.

CONCLUSION

Wellbeing requires actively understanding and controlling the direction of your life. This is the true wisdom behind the four doctors. Fall in love with yourself, take control of your life and everyone will see you do it. When you have done that, you will be inspiring health and vitality more effectively than ever.

If you'd like a more robust discussion of the Four Doctors, I invite you to read my multimedia eBook, *The Last 4 Doctors You'll Ever Need – How to Get Healthy Now!* where I explore each of the doctors in detail and show you how to put them all together to create wellbeing.

CHEK Spotlight



Auckland, New Zealand

Michelle Owen

<http://www.michelleowen.co.nz/>

CHEK Qualifications

CHEK Practitioner - Level 3

CHEK Holistic Lifestyle Coach - Level 3

Biography

Michelle Owen has been dedicated to health and fitness throughout her life and has worked professionally in the industry for over 25 years helping people fulfill their potential and lead healthier lives.

She has studied extensively with the C.H.E.K Institute, earning advanced qualifications as a C.H.E.K practitioner and Holistic Lifestyle Coach.

Beyond her education, Michelle has years of practical, hands-on experience that has seen her develop a depth of character and ability to understand what people want and need – and how to help them achieve their goals.

Michelle's specialties include helping clients recover from long-term pain, stabilizing and strengthening their bodies, and making them fit and functional for life. Her clients come to her for many reasons, from long-term posture problems, to sports injuries, surgery, and accidents to high performance sports.

In addition to working with a team of great practitioners at her functional gym/studio in Auckland, Michelle is also a member of the National Speakers Association. She presents wellness seminars to groups and businesses, and is an experienced keynote speaker on many Health and wellness topics.

Michelle's strong commitment to her clients is complemented by her own personal dedication to ongoing learning and experience in all areas of human wellbeing. She has a program of continued study and development in place so she can always offer the best service.

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Featured Product



Paul Chek's *The 1-2-3-4 of Overcoming Addiction, Obesity and Disease*

virtual workshop is all about opportunities. That's what all health challenges really are.

Truly overcoming injury and illness requires understanding yourself backwards and forwards, and then making meaningful life changes.

That means your health challenges are your big break. If you learn from them, they're your gateway to:

- Heal yourself in a way no pill, supplement or surgery could ever achieve
- Generate more energy than you've ever had
- Discover the secret to channeling that energy as a focused, efficient, achieving machine
- Pursue your dreams with greater ferocity and tenacity
- Make more than just changes... make changes for life

If you are struggling with an addiction, an eating disorder or chronic disease, or you work with people who face these challenges, it's time to take advantage of those opportunities for transformation with *The 1-2-3-4 of Overcoming Addiction, Obesity and Disease*.

The 1-2-3-4 System is a holistic approach created by Paul to diagnose the underlying beliefs and habits at the root of your challenges, give you the insights to adjust your behaviors and the motivational tools to sustain the healthy changes you're going to make in order for you to create enduring wellbeing.

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Choosing to Choose

By Paul Chek



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Everyone has desires – it's a fact of our human and animal nature. Sometimes those desires are pretty basic, like the desires to eat, sleep and drink. Other times they're a little more complicated than that.

The nature of the desires and their fulfillment turns out to be a lot like eating. Just as the emptiness in your stomach encourages you to choose what you will put in it, emptiness in your being causes you to have desires. These desires attract will-force so that you can fulfill them. But if you don't choose your desires or how to fulfill them, you are choosing to let someone else make those choices for you. That's like going to a restaurant and letting the people in the booth next to you choose what you'll eat when you're hungry. You may get lucky and they might pick something nutritional or they might shove a Twinkie down your throat. So what experience do you want to consume?

It is each individual's responsibility to choose what experience they want to consume. If you're here and you're alive, you've reached a point in your evolution where choice is something you want to master. To begin with, that means understanding that every action you take involves a choice on your part, whether it is the choice to channel your will into creating something you want or the choice to allow yourself to be used by others as an instrument of their will. Put another way, this means you must learn to take responsibility for your creations. If you cannot take responsibility for your creations, you'll find yourself in trouble physically, financially, mentally and emotionally. You'll do things that nobody can understand. You may not even understand these actions yourself! Taking responsibility for creation means that you understand that the ultimate source of your creations is you.

So how do you take control of your desires and choices?

The first step is to take careful stock of what makes you happy in your life and what brings you pain. Often times, the pain in our lives is brought about because we've ceded control of our lives to someone else. That doesn't necessarily mean that you've consciously given yourself to some person in particular. It



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could be that, for example, you've unconsciously given your control of food choices over to commercial food manufacturers, or that you've allowed your religion to decide whom you should marry.

If you truly want the power to choose for yourself, you have to be aware of the influences on the decisions and desires that you have and to trace how those influences contribute to your happiness and to your hurts. Once you've mapped out these directing forces in your life, you'll have a better idea of which are serving you and which need to be removed.

The next step is to understand that nature is pulling for you. Part of why many people fail to take control of their lives is because they come to believe that their dreams are unattainable – that the life they want is beyond their grasp. But nature tells us otherwise. The Law of Attraction states that like attracts like. You are a living magnet, and you inevitably attract the people, circumstances and resources in harmony with your dominant thoughts. You always attract people and experiences to you that match your consciousness. This means that the most important thing you can do to make your legacy a reality is to focus your consciousness on the fact that your legacy is possible. You can realize your dreams. The Law of Attraction will work in your favor, drawing the materials and people to you that you need to bring your legacy into being. You'd be surprised how much daily affirmations such as "I have achieved my goals today" can do to reinforce your will and your desires.

As you begin to achieve your goals, know that there is an important corollary to the Law of Attraction: opposites attract as well. Females attract males, and good attracts evil. This may sound a bit counterintuitive, but the better you are, the more healthy, the more whole, the more positive you are, the more you attract the negative to you. You may find yourself challenged with the new growth and development you'll experience as you begin to realize your legacy. You may find yourself in arguments and being frustrated. This is an example of the fact that opposites attract. You are attracting these challenges.

Finally, it's very easy to become diverted from our desires and to have our choices subverted when we resist the flow of life. Your experience of life depends upon how well you move with the river of life. If you go against the current of life you will meet resistance. Where there is resistance there is heat and the more resistance there is the more heat there is. And eventually, with enough heat, there is a fire. Fire is the force of transformation, though sometimes it acts in

rather painful ways. Fire can change what you don't want into what you do want or it can enact the opposite change. The key to the nature of transformation is whether you're working with or against the flow of life.

If life is hurting, I suggest you evaluate whether or not the hurt you're going through is really benefiting you or not. Most times in my career, when I've worked with people that were in a state of mental, emotion, physical or spiritual pain, they were either paddling upstream or across stream, rather than going with the current of life.

Quite frequently, struggling against the current of life means that you're judging other people and acting on those judgments. In short, you are allowing the desires and choices of others to affect your own choices and desires. The people around them dictate the actions and directions of the reactionary. Don't be a reactionary! As I said before, as soon as you turn the boat of judgment against the flow of life, you're going to meet resistance and pain is soon to follow. It's a hard lesson to learn, but that's what the ego does. The ego keeps progressively paddling in every direction until it learns how to go with the flow of life. The more you go with the flow of life, the more quickly you'll come to achieve your goals.

In sum, every action we take comes about through three simple steps: desire, choice and will. The problem is that for most people, someone else takes the first two steps for them and this is because somewhere along the line in their life, they've chosen to hand their desires and their ability to choose to someone else. The best thing you can do to insure that you are happy and successful is to find out just which desires are your own and which aren't. Focus on those goals that are your own, nurture them and shed the judgments that will divert your energies and you'll find you have more energy to pursue your legacy than ever!



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Marie Mann
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Kamran Shedy
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Elizabeth Williams
Aron Dörner
Angela Higgins
Laura K. King

CHEK Exercise Coach

Vincent Larivee
Cathy Dutchak
Elissa Bacon
Antonio Orlandi
Elizabeth Radley-Walters

CP2

Vanessa Green

**These are the names of recently-graduated CITPs who have successfully completed their Advanced Training Program and passed their examination. Due to the constraints of newsletter publishing deadlines, we cannot guarantee that everyone will be included in the most recent issue, but don't worry; we'll get you in the next one.*

Upcoming Birthdays!

April 5 - Mandy Love, CHEK Staff
April 7 - Russ Beverley
April 12 - JP Sears, CHEK Faculty
April 22 - Alex Rybchinskiy
April 26 - Chris Maund, CHEK Faculty
April 26 - Matt Marchant

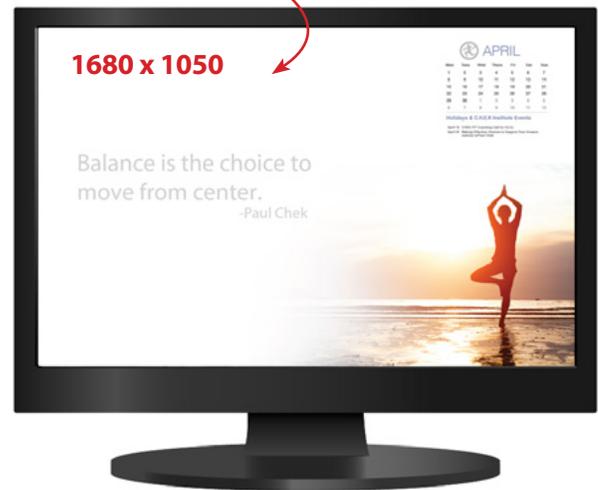
Got a birthday coming up?

Click here to let us know!

Download this Month's Desktop Wallpaper

Here's a **FREE** downloadable gift for you this month. I've put together a desktop wallpaper especially for CHEK the Pulse readers. Feel free to share with your friends and coworkers.

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CHEK Photo Album



HLC 1, UK w/Emma Lane



Morning fog



Zen in the Garden w/ Paul Chek

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