



Happy Holidays From All of Us at the C.H.E.K Institute!

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## Around the Institute

Since this the final *CHEK The Pulse* issue for 2012, we want to close it out by saying, "Happy holidays and a we'll see you in 2013!" We are having our end of year party on December 17th, so the Institute will be closing early at 1pm on Monday.

Why not give the gift of health this holiday season! We have gifts for everyone on your list and to suit all budgets. How about a C.H.E.K Institute gift certificate for those hard-to-shop-for people, so they can choose their own gift? [Click here](#) to shop online.

For delivery by Christmas choose UPS 3-Day when you order before Monday 17th end of day or UPS 2-Day when you order by Tuesday 18th end of day. After that, please call us and we'll let you know if we can get your order rushed to you.

## Movement That Matters

By Paul Chek

For many, winter is their favorite time of year because it means that they get to ski, snowboard, snowshoe, ride snowmobiles, and some of you may even play league hockey. To improve your performance and prevent unwanted injury, it is a good idea to start conditioning your body for your favorite winter activity.

As you are probably well aware, there are a great number of books on conditioning for almost every sport. Unfortunately, most of them are based on the use of machines or modern bodybuilding techniques, which have little carryover to functional activities like winter sports. Many of these books often provide contradictory information as well. The result is that people from all over the world contact the C.H.E.K Institute asking for guidance.

For those of you wanting to get the edge on your competition, or simply develop an effective conditioning program, we can avoid the confusion of this book and that book and this expert says "X" And that expert says "Y." By simply applying some very basic, yet very reliable and time

## Featured Stretch



## Low Back Stretch

### Equipment Needed

None

### How to Perform the Stretch

- Lie on your back and bring both of your knees to your chest until you feel a comfortable stretch in your lower back
- Grasp your legs below the knees, inhale and press your legs into your hands, resisting the movement with your hands.
- Hold pressure for five seconds.
- Exhale, relax and immediately increase the stretch by bringing your knees even closer towards your chest.
- Repeat three to five times.

### Results

- If you find the double knee to chest stretch uncomfortable, use a single knee to chest stretch instead and follow the same protocol.



Taken from the Golf Fitness Card Set

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## 2013 SCHEDULE (USA & CANADA)

### CHEK Holistic Lifestyle Coach Level 1

- San Diego, CA - March 22-24
- NYC, NY - April 29-May 1
- Chicago, IL - June 21-23

### 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

- Tampa, FL - February 22-26
- Toronto, ON - February 25-March 1
- San Diego, CA - March 13-17

### C.H.E.K Practitioner Level 1

- San Diego, CA - Feb 1-5
- Toronto, ON - March 20-24
- Fort Lauderdale, FL - May 8-12

### C.H.E.K Practitioner Level 2

- San Diego, CA - March 4-8
- Toronto, ON - April 24-28
- East Coast - Oct 23-27

### C.H.E.K Practitioner Level 3

- San Diego, CA - October 18-26

### Golf Performance Specialist

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

## CONTACTS

### North America

**C.H.E.K Institute**  
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### 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).

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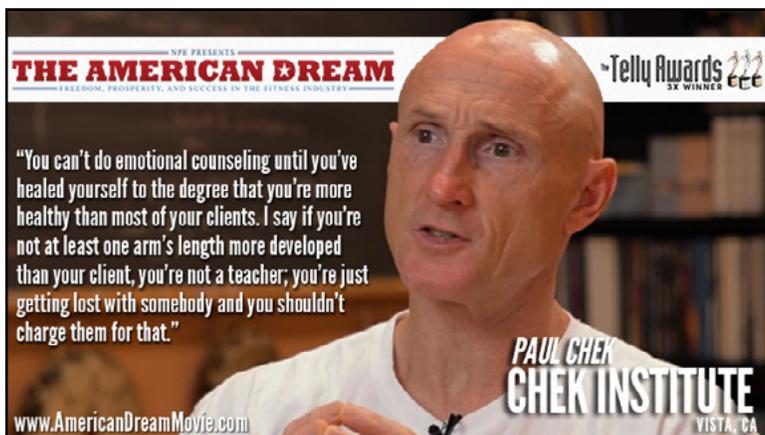
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Dates and locations are subject to change. Please check with the C.H.E.K Institute or International Affiliate organizing the course before making any travel arrangements.

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tested technology from my book *Movement That Matters* you'll have plenty of insight into how to develop your own winter sport conditioning program.

### The Lowest Common Denominator

All movements, regardless of the activity or sport, simple or complex, can be broken down into component patterns, which I call Primal Pattern® Movements. I call them this because my research has shown that there are seven key movements we had to do proficiently to survive long enough to evolve. These patterns are:

- Squatting
- Lunging
- Bending
- Pushing
- Pulling
- Twisting
- Gait (walk, jog, sprint)

Just stop and think about it for a minute. Which one of these movement patterns could you have survived without in the wild? Well, unless you were fortunate enough to have grown a set of wings, the answer is quite simply, "none of them!"

What you will find is that, with the exception of a few movement patterns that are very unique to a given sport (some of the jumping movements in figure skating for example), any of your winter sport movements can be broken down into their lowest common denominator. Let's look at down-hill skiing for example. You spend a great deal of time with your feet parallel while lowering your body toward and away from your feet to absorb shock and carve turns. This is squatting! In addition, the mere fact that you have to turn while skiing guarantees that you are also performing a twisting pattern. Some of us (myself included) who are not at the expert level will also find ourselves performing a lunge pattern while skiing (which is often entertaining to friends and family to watch, but that's another story). If you are a cross-country skier, the lunge pattern takes on a much more dominant role. The use of poles is a definite part of skiing, particularly for cross-country skiers and novice down-hillers and requires that you perform pulling movements with your arms while maintaining your balance on your feet. This is something for which no machine in the gym can prepare you (other than a cable machine which is actually classified as a free weight).

What I have just demonstrated to you is how easily you can identify the key primal patterns in any sport you choose to train for. I am also sure some of you are saying, "Yeah, right Paul, but my sport is much more complicated than that. I do several of these movements at the same time." Yes, indeed. I can hear that and indeed most all of you do. But, we must think of building a movement foundation, much the same way a construction worker must build a foundation under any building to keep it from falling over.

To get the most out of your preseason conditioning program, you must first identify the primary movement patterns and master these movements, developing adequate strength before moving on to secondary movement patterns. For example, to ski you must first learn to stand on your skis and effectively squat while maintaining your balance so that you can quickly and

# Webinars & Coaching Calls



## UPCOMING!

### MONTHLY WEBINARS:

#### Primal Pattern® Movements

Wednesday, December 12, 2012

#### January Dates Coming Soon!

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](http://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 Ex. Coaches, C.H.E.K Pracs & Golf Perf.

Jan 17<sup>th</sup>

w/ Dan Hellman

#### For Holistic Lifestyle Coaches

Feb 13<sup>th</sup>

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](mailto:questions@chekinstitute.com).



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# Holistic Living



## 3 Sneaky Tricks Food Manufacturers Use to Hide Sugar

As consumer health awareness increases, food manufacturers have become more elusive in their attempts to conceal factual information from the inquisitive eyes of consumers. Here are three “tricks of the trade” food manufacturers commonly use to draw attention away from the high amounts of sugar in their foods.

- 1. They conceal the total amount of sugar by naming it something else.** Food manufacturers know there’s an increased awareness with regard to the negative health effects of sugar. To throw you off, they use big words to hide total sugar content. For example, instead of just listing sugar as the first or second ingredient on the list (the order in the ingredients listing indicates relative quantity), they’ll include words like sucrose, maltose, dextrose, fructose, galactose, glucose, arabinose, ribose, xylose, deoxyribose, lactose, trehalose and the like. In reality, all are sugars. Seeing “-ose” on the end of ingredients listed on the label of any food is an indicator of how much sugar the product contains. Quite often, you’ll see as many as five or six different types of sugar in one product. When you add all the sugars up, sugar is frequently by far the greatest source of calories.
- 2. They make you believe that “natural” sugar is healthy.** Beware of the term “natural,” especially when it comes to sugar. After all, a natural sugar is still sugar. You must be aware of how much sugar you’re consuming, particularly with regard to your metabolic type.
- 3. They make you believe that their juice is a healthy choice.** Avoid all sweet drinks, including juices that are not freshly juiced! The biggest mistake people make, particularly parents, is falling for the marketing hype from juice manufacturers. They want you to think their “fresh orange juice” is actually good for you. If you read the package you’ll see from concentrate, which could easily be translated to mean from syrup.



Taken from *You Are What You Eat*  
[Click Here](#)

effectively negotiate terrain changes. Although twisting your body and shifting your weight effectively is important, if you can’t perform the squatting functions, trying to turn only results in entertainment for onlookers! Therefore, we could say that squatting movements are primary and twisting are secondary with regards to skiing, and therefore the same is likely to be true of your selection of conditioning exercises. If you need more strength in your pole work, pulling movements would also be part of your program.

If you are an accomplished skier or athlete, you can simply mimic all the commonly used movements in your sport and self analyze, determining which primal pattern movements represent your weak areas. You simply prioritize them in order of importance and develop your conditioning routine around your primary movement needs – the lowest common denominator, the foundation. In this way, you can master your weak areas and then progress into more complex movements. In skiing, this may be something like squatting with a lateral hop and a twist – just like you will have to do on the slopes. Now, you are building up, atop a solid foundation of movement skills having addressed your weak areas first! As you master each of the primal movements and combined movements such as squatting and pulling, which will carry over to poling, you can progress to more challenging and sport specific movements.

If you start now, you will have time to reach your potential performance capacity this season. Have fun and remember if you’re going to condition for your winter sport, focus on movements that matter!

For more information on Primal Pattern® Movements and how to incorporate primal pattern training into your conditioning program, I recommend the following C.H.E.K Products (available at [www.chekinstitute.com](http://www.chekinstitute.com)):

- 1) *Movement that Matters* (book)
- 2) *How to Eat, Move and Be Healthy!* (book)
- 3) *Primal Pattern® Movements* (correspondence course)
- 4) *Gym Instructor Video Series* (video)
- 5) *Advanced Program Design* (correspondence course)

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## Vaccines, Kids, the Elderly & Avoiding the Flu

By Dr. Sherri J. Tenpenny

Over the last few months, the Centers for Disease Control (CDC), along with numerous city and state health departments, have been doggedly reminding the public to get flu shots. But are flu shots really necessary? Are they effective? Understanding more



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about the flu and flu vaccines will help you make informed decisions, now and in the future.

### What is the Flu?

The flu is a respiratory disease caused by an influenza virus. Compared with the adenovirus, which causes the common cold, influenza viruses are often associated with more severe symptoms. The viral particles bind to the surface of the respiratory tract and then bury themselves into the cells of the lungs. Following an incubation period of about 48 hours, flu symptoms that abruptly appear include cough, fever, chills and body aches.

### Picking the virus

Each year, a vaccine containing three influenza viruses is developed. Researchers select the viruses based on those prevalent during the previous flu season in China, Australia and Southeast Asia. The CDC admits that the viruses for the new vaccine are selected by an “educated guess” because there is no definitive way to determine which strains will reach the U.S. during our flu season.

### What’s in a Flu Shot?

Initially, the influenza viruses are grown in eggs. During the manufacturing process, antibiotics are often added to kill stray bacteria found in the mixture. The final solution contains small amounts of the following additives: Triton X-100 (a detergent); polysorbate 80 (an allergen that can cause anaphylaxis); gelatin (which can cause allergic reactions); formaldehyde (a known carcinogen) and re-sidual egg proteins. In addition, many flu shots still contain thimerosal, a preservative that contains mercury. The flu vaccine can also contain chicken viruses that were in the eggs in which flu shot viruses are incubated. Ultimately, what’s coming through the needle can have serious consequences.

### Will the Shot Protect Me?

There are no guarantees that the three viruses selected for the vaccine will be the strains circulating during the flu season. Moreover, more than 85 percent of flu-like symptoms are not caused by influenza viruses but by other viruses and bacteria not covered by the flu vaccine. Called “influenza-like illnesses,” the CDC admits that a person can get the flu shot but still get the flu.

### Targeting the Elderly

The CDC recommends the flu vaccine to persons aged 65 and older, particularly for those with medical conditions who could experience serious complications from the flu. Last fall, (September 2005), The New York Times published a ground-breaking report of a review published by the Cochrane Collaboration, an international consortium of scientists who perform systematic reviews of research data. The group reviewed 64 existing studies on the effectiveness of the flu vaccine published over 96 flu seasons. The authors concluded that its effectiveness—particularly in the elderly—was “wildly overstated,” and the runaway 100-percent protection touted by its proponents was nowhere to be seen.

### Flu Shots for Healthy Adults

In January 2006, the Cochrane Collaboration released another report that evaluated the effectiveness of vaccinating healthy middle-aged adults and found the results equally as dismal. Twenty-five studies involving nearly 60,000 people

# CHEK Spotlight



UK, Oxfordshire

**Henry Maitland**

[www.core-evolution.co.uk](http://www.core-evolution.co.uk)

### CHEK Qualifications

CHEK Practitioner - Level 3

CHEK Holistic Lifestyle Coach - Level 3

CHEK Golf Biomechanic

ptEnhance™

### Biography

I have always been interested in health and fitness. I competed in athletics, rugby, basketball and hockey throughout my childhood and enjoyed regular weight training from the age of 16. As I grew older, however, through inappropriate management of both my physical and psychological being, I fell into patterns of injury and pain.

This pain and dysfunction triggered a quest to understand how to rehabilitate myself from what had become pronounced physical disability.

In 1994, I studied human biology and sports science, and this led to my qualification as a masseur in 1996.

My need to understand a more complete approach to health and fitness led me to a teacher called Paul Chek, a world-renowned specialist in corrective exercise and holistic health.

After eight years of studying Paul’s work and immersing myself in the application of my new knowledge, I find myself not only largely free of pain, but also with a very different perspective on physical training, nutrition, health – and the very nature of being.

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CHEK *The Pulse Newsletter* is seeking high quality articles for use in our publication on a continual basis. Share your expertise with an international readership who are committed to health and well-being the CHEK way. *CHEK The Pulse* is published twice a month and is sent to approximately 30,000 subscribers by email.

## Submission Guidelines

- Articles with emphasis on: health, nutrition, organic foods, exercise/kinesiology, corrective exercise, holistic lifestyle, business-building, stress management and functional exercise.
- We only request non-exclusive rights to reprint article in our newsletter and on our website.
- 750-1500 words in length
- E-mail submissions or queries to: [editor@chekinstitute.com](mailto:editor@chekinstitute.com)

## Resource Box

As compensation for providing us quality content, a resource box will be provided at the end of your article where you can describe your qualifications and promote your business. Here are some general recommendations:

- Include a short author's biography (150 words max)
- Include a head shot of yourself (300 DPI)
- Products/service promoted must adhere to CHEK philosophies and are subject to approval.

For further information or for manuscript email: [editor@chekinstitute.com](mailto:editor@chekinstitute.com)

were included in the analysis. Overall, vaccination reduced the risk of influenza by only six percent and reduced the average number of missed work days by a negligible 0.16 days over those who had not been vaccinated. The reviewers concluded that the benefits of universal immunization of healthy adults were not supported by the information in the medical literature.

## The Flu Shot and Kids

The Cochrane Collaboration released a third report, also in January 2006, that concluded there was no evidence that injecting children 6 to 23 months of age with the influenza vaccine was any more effective than injecting them with a placebo to prevent the flu. After a review of 51 studies involving more than 260,000 children, including 17 papers translated from Russian, the study concluded that mandates to vaccinate babies are based on very little evidence that the shot will keep them healthy during the flu season.

Furthermore, the reviewers found no evidence to back claims that vaccines prevent deaths from influenza or other serious complications in babies. As for "safety studies," essentially none existed. "We were astonished to find only one safety study of inactivated vaccine in children under 2 years of age; that was carried out nearly 30 years ago and only in 35 children," stated study co-author of the *Cochrane Review*, Dr. Thomas Jefferson.

## What to do Instead

If you take proper care of your body, you will decrease your chances of falling prey to the flu. The simplest, most effective ways to prevent the flu are:

- Wash your hands often
- Avoid refined carbohydrates that suppress the immune system
- Exercise regularly
- Get adequate sleep.

Supplements such as Sambocol™ (elderberry extract), Vitamin C and zinc can boost your immune system during the flu season.

If you come down with flu-like symptoms, in addition to rest and fluids, the best treatment is a homeopathic medication called oscillococcinum, the number-one flu medication in Europe. Clinical trials have shown that when it is taken at the first sign of flu, 63 percent of oscillo users exhibited improvement within 48 hours. There are no side effects and no drug interactions, so it is safe and wise to keep a box on hand. If this product is not available at your local health food store, it is readily available through the Internet. Although flu shots are government endorsed and federally funded, the greatest benefit seems to go to the companies making them and the medical personnel who administer them. Keep yourself healthy, and remember that health does not come through a needle.

## About the Author



Sherri J. Tenpenny, D.O. is the director and founder of OsteoMed II, a clinic currently located in Middleburg Heights, Ohio. Since 1996, the clinic has served patients from 29 states and five foreign countries. Dr. Tenpenny is respected as one of the country's most knowledgeable and outspoken physicians regarding the impact of vaccines on health. For more information, or to make an appointment, please visit [www.drtenpenny.com](http://www.drtenpenny.com).



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# Pot Roast: The Crock-Pot Method

by Chef Andy Cowing, CP2, HLC3, GPS

Yield 4-6 servings

Clarified butter or ghee	1 tablespoon	15 milliliters
Boneless chuck steak	3-3 ½ lbs	1 ½ -1 ¾ kilograms
Onion, chopped	1 large	1 large
Garlic, minced	1 large clove	1 large clove
Beef stock or broth	2 cups	480 milliliters
Whole clove	1 each	1 each
Parsley, chopped	¼ cup	60 milliliters
Bay leaf	1 small	1 small
Potatoes, peeled, ¾ inch dice	4 large	4 large
Carrots, scrubbed and quartered	5 each	5 each
Arrowroot	1 ½ tablespoons	22 milliliters
Cold water or beef stock	1 ½ tablespoons	22 milliliters
Sea Salt	to taste	to taste

## Directions:

- Pre-heat crock pot on low if you are going to be gone 6-9 hours. Place crock pot on high if you are going to be gone 3-4 hours.
- Heat a heavy bottomed skillet on a medium burner for 2 minutes. While pan is heating pat beef dry to prevent sticking and spattering. Immediately add clarified butter or ghee, and then add beef and brown on all sides.
- Add onions and garlic, stir, cover and cook for 1 minute.
- Place beef, onions and garlic in crock pot.
- Add beef stock or broth to skillet and stir with wooden spoon scrape bottom to release fond (the concentrated juices that are stuck to the bottom of the pan), and then pour into crock pot.
- Add whole clove, parsley, and bay leaf. cover and cook.
- Carefully transfer beef to a plate. Remove bay leaf and discard (stir liquid from bottom to top until you locate it).
- Transfer liquid to a medium heavy bottomed sauce pot; add potatoes and carrots simmer on stove top for 40 minutes. Check vegetables for tenderness if not quite tender simmer 5-10 minutes longer and re-check.
- Pour cool water or stock into a small bowl then whisk in arrowroot. When arrowroot is completely incorporated add arrowroot mixture to simmering pot while stirring. When sauce returns to a simmer cut beef into serving sizes and add to sauce. Turn burner to low for 5 minutes enough to reheat meat.
- Season sauce to taste with sea salt and serve.

## Notes:

- This method deviates from traditional crock pot methods that add the vegetables with the meat. This traditional method too often produces mush. Adding the vegetables when you get home from work produces a better tasting pot roast. Transferring liquid to pot on the stove top allows you to shorten the vegetable cooking time by increasing the simmer temperature. If time is not a problem skip the stove top method and add the vegetables to the liquid in the crock pot turned to high and cook until tender.
- It is important to remove the bay leaf because it could easily get caught in someone's throat.
- When professional chefs are preparing large batches of stews, sauces, and soups they place the bay leaves, cloves and any other flavoring ingredients they do not want to be served into a sachet bag (piece of cheese cloth made into a bag and tied with butchers twine), the sachet bag is easy to find, remove and discard.

## Bio:



Andy Cowing is a C.H.E.K Practitioner and Chef based out of Seminole, Florida. Andy is recognized by many strength and conditioning coaches as one of the worlds experts on Exercise, Rehabilitation, & Nutrition for Peak Performance.

Visit his website at [www.correctivepersonaltraining.com](http://www.correctivepersonaltraining.com).



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Renata Facchini  
Jackie Small  
Nici Scott-Savage  
Rebecca Williams

*\*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.*

# Download Your December 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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## Upcoming Birthdays!

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Chuck Kopsho, USA 12/11  
Magnus Mulliner, UK 12/14  
William Cadwallender, AUS 12/20

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## CHEK Photo Album

HLC2 students, San Diego, with Paul Chek



HLC1 students, New Zealand, with Donal Carr



Got some interesting photos to share? Send them over to editor@chekinstitute.com