



Tristan Loo, Editor
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WELCOME to this issue of CHEK the Pulse Newsletter. Right now, Paul is over in New York, getting ready to present his session entitled, *The CHEK Approach to Functional Core Conditioning*, at ECA World Fitness tomorrow. Paul will be at the ECA Conference till March 11th presenting a variety of different sessions, so stop by our booth and say hi to him and Penny if you happen to find yourself over there.

This afternoon, we held this month's webinar, *The Last 4 Doctors You Will Ever Need*. The webinar recording will be available for all CITPs and purchasers of that webinar in about a week. Next month's webinar is entitled, *Critical Program Design Strategies*, and is set for April 18th, 2012. Don't miss out!

How to Get Out of Adrenal Exhaustion

By Catherine Carrigan

Addressing the level of adrenal stress may be the most important step that we, as C.H.E.K Practitioners, take to empower our clients to achieving exceptional levels of health and fitness.

Why? Your body is primarily either catabolic - breaking down and quickly aging - or anabolic and capable of rebuilding.

If your level of adrenal stress is too high, you won't be able to build muscle. You'll wonder why you look the same even though you have spent weeks, months, or even years, working out with great dedication.

Those pesky little glands, each about the weight of a nickel and sitting on top of each kidney, can do quite a number on your health and fitness program if you don't know how to handle them properly.

Most clients in Atlanta who come to see me are either in Stage II (adaptation) or Stage III (exhaustion). The few who have been in Stage I (alarm) when they first walked into my office have invariably already made major changes in their lives - overcome illnesses, taken up meditation, changed careers and/or learned how to let go in their lives.

Everyone else seems puzzled as to why they can't lose weight, or why their back always hurts after they play golf. Most clients are clueless about the biochemical effects of adrenal stress. If they did, they'd understand the reason their thyroid has faltered, why their digestion has fallen apart, why they can't seem to metabolize carbohydrates or even protein and fat like they used to do.

Featured Exercise



Reps: 6-8
Sets: 1-3
Loads: Body weight
Tempo: 1 sec hold
Rest: 1 min between sets

Supine Lateral Ball Roll

Equipment Needed

1. Swiss ball
2. A dowel rod, golf club, or extremely light barbell

How to Perform the Exercise

- Lie over Swiss ball with head and shoulder blades comfortably supported by ball. Raise hips so body is level and place a dowel rod across chest, resting on arms extended out to the sides.
- Place tongue on roof of mouth and holding body in good alignment, gradually move entire body to one side, shuffling feet slowly.
- Resist against gravity and keep arms and hips level.
- Stop when you reach a point where you feel you will lose perfect alignment. Hold for one second.
- Slowly return to starting position and repeat to other side.
- Alternate sides 6-8 times.

Taken from The Golf Fitness Card Set

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Upcoming CHEK Advanced Training Programs

USA & CANADA

CHEK Holistic Lifestyle Coach Level 1

- New York, NY - June 1-3
- San Francisco, CA - September 28-30
- Toronto, ON - November 9-11

CHEK Holistic Lifestyle Coach Level 2

- New York, NY - June 5-9
- San Diego, CA - Nov 28-Dec 2

CHEK Holistic Lifestyle Coach Level 3

- San Diego, CA - September 13-18

CHEK Exercise Coach

- San Diego, CA - March 21-25
- Toronto, ON - March 23-27
- Miami, FL - May 18-22
- Denver, CO - June 8-12
- New York, NY - July 18-22
- San Francisco, CA - August 15-19
- Los Angeles, CA - August 22-26
- Chicago, IL - September 21-25
- San Diego, CA - October 10-14
- Toronto, ON - November 2-6

C.H.E.K Practitioner Level 1

- Toronto, ON - March 7-11
- Chicago, IL - May 16-20
- San Francisco, CA - June 1-5
- Miami, FL - September 14-18
- San Diego, CA - October 17-21
- New York, NY - November 14-18

C.H.E.K Practitioner Level 2

- San Diego, CA - May 2-6
- Miami, FL - September 19-23
- San Francisco, CA - October 24-28
- San Diego, CA - November 2-6
- Toronto, ON - November 14-18

C.H.E.K Practitioner Level 3

- San Diego, CA - August 17-25

C.H.E.K Practitioner Level 4

- San Diego, CA - July 12-20

Golf Performance Specialist

- San Diego, CA - April 27-29
- Fort Lauderdale, FL - July 20-22
- San Francisco, CA - November 9-11

INTERNATIONAL

CHEK Holistic Lifestyle Coach Level 1

- Sydney, NSW, Australia - April 4-6
- Lancashire, UK - May 11-13
- Farum, Denmark - May 11-13
- VIC, Australia - May 21-23
- Sydney, Australia - June 22-24
- VIC, Australia - July 6-8
- London, UK - August 3-5
- Sydney, Australia - Sept 7-9
- Lancashire, UK - October 5-7
- Sydney, Australia - December 7-9

CHEK Holistic Lifestyle Coach Level 2

- Sydney, Australia - October 10-14
- Halmstad, Sweden - November 21-25
- Lancashire, UK - May 16-20

CHEK Holistic Lifestyle Coach Level 3

- Sydney, Australia - October 19-24

CHEK Exercise Coach

- VIC, Australia - May 14-18
- Leeds, UK - May 23-27
- Dorking, UK - July 4-8
- Surrey, UK - August 6-10
- Sydney, Australia - August 13-17
- Lancashire, UK - October 10-14
- London, UK - December 5-9

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- Surrey, UK - August 13-17
- VIC, Australia - August 6-10
- Dorking, UK - November 7-11

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Golf Performance Specialist

- London, UK - July 11-13
- London, UK - November 16-18

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info@chekinstitute.com
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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).

Phone: +1-760-477-2620
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International Affiliates

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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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By the time clients are Stage III, they are severely depleted. I recommend a three-step process to help my clients get out of adrenal exhaustion

1. Remove
2. Replenish
3. Repattern

Step 1. Remove

Let's say you have a client who is being beaten regularly by her husband. Your only choices to help her feel better are (A) put her on a corrective exercise program or (B) empower her to join a domestic violence support group. The answer is obvious - at least it was for me, when I dealt with a real-life situation like that. She listened to other battered women and developed the courage to leave. In actual practice, we have many tools at our disposal. But the fact still remains - practitioners must remove the major stressors or improvement will not be likely. On a biochemical level, the body doesn't know the difference between stress caused by an inflamed gut, an old high school football injury, or an unhappy marriage. It's all stress to the body.

Although removing the stress may seem like common sense, this is a step rarely taken by the average fitness trainer.

The fastest way to help clients get better is to identify and remove:

- Structural stress
- Emotional stress
- Biochemical/hormonal/nutritional stress

1. Assess each client's level of adrenal function with a saliva test, such as the one used by BioHealth Diagnostics in San Diego, CA. Such test results provide powerful leverage to convince the people who are tired, worn-out, and aching to make the lifestyle

changes necessary to feel better. The results also prove the times of day when athletes have the least amount of energy to exercise safely. For example, one of my clients was playing competitive tennis in the evenings. I was able to show her that even by 4 p.m. she had the energy that most people have at 10 o'clock at night. If she really wanted to win, I explained, she would have to rebuild her health.

2. During the CHEK postural assessment, identify all musculoskeletal stresses and develop a corrective exercise program to address them.
3. Use the Health Appraisal Questionnaire (HAQ) to discover which of the 27 organ systems are most affected. If necessary, order further lab tests or refer out to an appropriate practitioner.
4. Use the diet and lifestyle questionnaires from the CHEK HLC program to identify ongoing emotional issues and dietary challenges. Often, these go together. An unhappy client will be self-medicating with food, alcohol, caffeine, and/or drugs.
5. Think beyond the obvious. Major sources of adrenal stress can be things that are not visible. For example, many have intestinal parasites but don't know it. One client I had scored high on a toxicity test. I encouraged her to go



Webinars & Coaching Calls



UPCOMING!

MONTHLY WEBINARS:

Critical Program Design Strategies

Wednesday, April 18, 2012 @ 12:00pm PST
w/ CHEK Faculty Mark Stone

How To Work In

Friday, May 18, 2012

Stand Up Straight!

Thursday, June 21, 2012

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

March 21st @ 9:00am PST

w/ CHEK Faculty Leigh Brandon

For Holistic Lifestyle Coaches

April 11th @ 12:00pm PST

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



CHEK Points on Dairy

1. Where ever possible buy raw, certified organic dairy products. There are companies that sell milk from organic grass fed cows, which is important because the type of feed the cows eat influences the quality and quantity of protein and fats in the milk. There are states that don't allow the sale of raw milk, such as Vermont, yet some of these states have co-op opportunities where you can actually buy a percentage of a cow. Because you actually own the cow, so to speak, you can legally buy and drink the raw milk it produces.
2. If you can't get raw dairy products, the next best thing is Certified Organic. This way, although the milk may be pasteurized or homogenized, it won't contain antibiotics, hormones or pesticide residues.
3. If you are intolerant to dairy, try goat's and/or sheep's milk products. Many people who are sensitive to cow's milk can handle these other varieties (If you have taken antibiotics, raw goat's milk is excellent for restoring friendly bacteria in your gut.)
4. If you can't get high quality organic dairy - stay away from the stuff! Dairy products are not necessary for a healthy diet. You can get plenty of calcium from other sources, such as leafy green vegetables.
5. If you are gluten intolerant, avoid dairy (along with gluten) for 3 - 6 months to allow the gut to repair itself to digest dairy again.

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

[Click Here](#)

the doctor; she was diagnosed with breast cancer.

Step 2. Replenishing

Truth, depending on how exhausted someone has been and for how long, the rebuilding process could take months, if not years. It takes 120 days to build a whole new set of red blood cells. It takes 7 years to build a whole new body. Just like the truth about dieting, few want to hear that rebuilding takes time and effort.

Replenishing also requires a major paradigm shift. I encourage my clients to think of their lives like a big energy equation. Energy in must equal or exceed energy going out or they will experience major problems! "Work smarter, not harder," I tell them. "Do less and achieve more."

Here are a few recommendations that have made the most difference with my clients:

1. Take entire days off to do absolutely nothing. This advice comes as a shock to many, especially coming from a fitness professional. I use kinesiology to determine how many days of complete rest each client needs to get out of adrenal exhaustion. Typically, those in Stage III require 20 days or more. In some cases, I have written letters to bosses so my clients could take extended vacations. Most, however, just get out their calendars and plan rest time on days off or weekends. Although many clients balk at first, they become reformed stress addicts when they return, proselytizing to their friends about the benefits of lying in a hammock and reading *House Beautiful*.

Complete rest is the fastest, cheapest way to replenish from adrenal exhaustion. Even those with special health challenges find they recover more quickly. And by complete rest, I usually mean staying home to water the plants,

reading funny books, taking hot baths and meditating. Watching television does not count as it stresses the adrenals.

2. Eat 5-6 balanced mini-meals each day of organic food according to your ideal metabolic type. As Dr. David Hawkins, M.D., a fellow kinesiologist and author of *Power vs. Force* puts it, wisdom consists of simply avoiding that which makes you go weak and choosing consciousness or energies equal to or higher than your own. Replenishing requires us to eat the freshest food, surround ourselves with the most loving people in the most nurturing environment.
3. Choose exercise that restores energy to the body. Qi Gong, Tai Chi, and yoga are all designed to balance the nervous system and replenish Chi or prana. The CHEK Zone exercises and simple walking in sunlight at 0-40% intensity may also be appropriate.

Step 3. Repattern

This is a process I studied initially as a Brain Gym practitioner and which my mentor in healing, Sue Maes of the Achievement and Learning Center in London, Ontario, Canada, has simplified. Repatterning was originally developed for children with severe developmental handicaps. I tell my clients, "If it works for comatose brain-injured people, it will probably work for you."

A story: The effects of repatterning are quite profound. There is no placebo effect. I have had successful results even with clients who didn't want to do it, such as a young man who can now see and walk better after a car accident broke both his legs, one arm and damaged his brain.

Years ago, I had a new client and the only time I had available for our initial consultation was 6 a.m. At 6:30 that morning, she told me she was suicidal. I put down my



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paperwork and stopped to show her how to repattern. I asked her to repattern every day until I saw her again. She came back less than a week later and had taken herself off a powerful anti-anxiety medication. She was no longer in panic and no longer suicidal.

Most people have a dominant brain hemisphere. Under stress, the non-dominant hemisphere is 75-85% shut down. In a homolateral (one-sided) brain state, left brain people will be stuck in anxiety, while right brain people will be depressed and stuck in their feelings.

Repatterning has a long term beneficial effect on mood. It can also improve whole body coordination, as the opposite side of the brain controls the opposite side of the body. Any time you, as an exercise professional, have a client who is unable to perform tasks on one side of the body, suspect a homolateral brain state and get them to repattern. You will be pleased with the results!

As any physicist will tell you, electricity equals chemistry equals physiology. It takes the average person 10 weeks of repatterning everyday, twice a day, to integrate both hemispheres of the brain, according to E.E.G. research by Sue Maes in Canada. When that happens, E.E.G. patterns will be even on both sides of the brain, both sides of the body work well together and there is less neurological stress in the system.

To repattern, follow all three steps in sequential order without stopping:

Step 1. Lie on your back. Put your arms over your head. Look up to the left to access the right side of your brain. Cross crawl by bringing your opposite hand to your opposite knee. Hum in a monotone to access the auditory centers of the brain. (Do not use a tune, as tunes access the left hemisphere.) Continue for one minute.

Step 2. Continue to lie on your back. Look down to your right to access the left hemisphere. Bring your arms by your side. Begin homolateral crawling by bending the right knee to the chest and lifting the right arm straight over your head. Repeat with the opposite side. As you do the homolateral crawl, simultaneously count backwards from thirty to access the logical, linear part of the brain.

Step 3. Without making a sound, continue to lie on your back and cross crawl. Move your eyes in a big circle. As you look up, you are accessing the visual centers. As you look down you access the kinesthetic senses. As you look left and right, you access the auditory portions of the brain. Continue for one minute. Repatterning takes a total of three minutes. I encourage clients to repattern every morning and again before they go to bed.

As clients implement the three steps of healing their adrenals - removing their stresses, replenishing themselves and repatterning - they will once again enjoy the challenge of hard exercise and finally begin to see and feel the results they have been wanting, a stronger body and more relaxed mind. ■

About the author



Catherine Carrigan, president of Total Fitness, is an expert in the fine art of personal transformation. She calls on years of experience in three main areas

of expertise: fitness, nutrition and healing.

Resources

The Achievement and Learning Center
www.brainwiz.com

The Educational Kinesiology Foundation
www.braingym.com

Biohealth Diagnostics
www.biodia.com

CHEK Spotlight



Paulo Torrao • HLC 1
Location: Faro, Portugal
www.PauloTorrao.com

For more than 10 years, CHEK Holistic Lifestyle Coach Paulo Torrao as been gathering knowledge and experience in areas like self-development, massage, holistic health, spirituality, energy therapies, physical exercise, personal training and nutrition and combining them together into a highly personalized service for his clients. His "life mission" is to continually educate himself and to be able to use that knowledge to help more people.

Paulo first discovered the C.H.E.K Institute when he was just starting on his chosen career path. He talked to a Director of a main fitness company in Portugal who told him, "If you really want something serious in your area, just investigate Holistic Lifestyle Coaching from Paul Chek!" Paulo did just that and has been following Paul Chek's work ever since.

How has your C.H.E.K Institute Training helped your business?

"My training with the C.H.E.K Institute has brought me the highest jump in my vision of health and given me the skills to achieve it! By being holistic, I've opened my mind to the bigger picture of what we are and how we can improve our health. It's enabled me to create my own image, my own concept, my own way of working and it's still rising in me!"



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Can Monsanto's Genetically Engineered, Herbicide Resistant Crops Feed the World?

By Sarah Harris

There is growing concern today with feeding the world's increasing population while preserving the environment and the health of its people. Researchers are predicting that we will have to find ways to feed a world population of 9.5 billion by 2050. Meeting the problem with the use of modern advances in genetic engineering and traditional farming methods is the topic of today's debate. The magnitude of the possible solutions in our increasingly technological society is overwhelming. One such method has been offered in the form of herbicide resistant crop, by a leader in the field of Genetically Engineered foods, Monsanto. Monsanto's intent is to help feed the world by providing productive and sustainable crops. Is it possible for a company, that produced and prospered from sales of toxic chemicals such as Agent Orange and DDT to be interested in nourishing the world sustainably?

A peek into the world of Genetically Engineered Agriculture:

Genetic engineering (G.E) is not just a newly discovered biotech idea. G.E crops were alive and well at the dawn of agriculture over 10,000 years ago. Since then, farmers have refined breeding technologies to improve their crops, produce higher yields while maintaining the health of its families and the land. Cause for concern came in the 1970's with the introduction of a modern biotech idea called Recombinant DNA (rDNA). In an effort to broaden breeding opportunities, Scientists discovered a way to artificially insert desired traits from foreign species into plants. They accomplished this aggressively and

unnaturally by using electricity to create holes in the cell or a gene gun in which to blast specific DNA into a plant. This was the start of what is called the "Gene Revolution," holding great promise for it's believers while striking fear and disgust into the hearts of many organic and natural farmers and the customers whom support them.

Can Monsanto help feed the world through increased crop yields?

In April of 2009, Doug Gurian-Sherman from the Union of Concerned Scientists challenged Monsanto's claim to increase crop yields. Sherman concluded in his report that "Traditional breeding outperforms genetic engineering hands down." Yet, a contradictory report published in 2011, by Ademola A Adenle, stated, "A growing body of evidence-based reports continues to document increased crop yields, increased farm income, and health and environment benefits associated with GM crops." Seems that the scientific community remains inconclusive on this subject, yet Sherman's report may hold more value. Sherman assessed his claims by evaluating what seem to be true yield values called "operational" yields. This number is derived from assessing yields after losses from pests, viruses and other environmental issues. Other analyses were based on "intrinsic" yields, which refers to an assumption on the crops best possible yields.

Can Monsanto "sustainably" feed the world?

Among many of Monsanto's environmental concerns, is that of its products possible contribution to the creation of Super weeds. Since herbicide resistant crops inception in 1996 at least 10 weed species in the U.S, 30 in Canada and 17 in the world have become resistant to glyphosate, the main ingredient of



Monsanto's G.E seed companion Round up Herbicide. The crops infested with these super weeds now require additional and potentially more toxic herbicides. If these chemicals are meant to kill off life around the plant, one wonders what it's doing to the microorganisms that nourish of the living soil not to mention the surrounding waterways?

Can Monsanto feed the world safely?

The public's response to G.E crops may speak for itself. In 2002 Zambia, a country near starvation, rejected a donation of corn made by Monsanto out of fears that it was contaminated with some of it's G.E seeds. Schools through out the U.K and parts of Europe have banned G.E foods in school lunches. In May 2009 the American Academy of Environment Medicine, stated, "There is more than a casual association between G.M foods and adverse health effects." Study after study concludes that G.E food can create significant and negative changes to organs and immunity while also contributing to food allergies. Additionally it's, Gycophosate herbicide, Round up has been linked to Non-Hodgkin's lymphoma, human embryonic cell death, birth defects, endocrine dysfunction and genetic damage in lab animals.

Can Monsanto's G.E foods feed the world and end starvation?

From this "tip of the iceberg" investigation, it seems that Monsanto's G.E crops may actually cause more problems to a global agriculture system, not to mention a health system already in trouble. A most alarming statement that may indicate Monsanto's less than virtuous motives



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was made by Monsanto's Director of Corporate Communication, Phil Angell who was quoted in the *New York Times* to have said: "Monsanto should not have to vouchsafe the safety of biotech food, our interest is in selling as much as possible. Assuring it's safety is the FDA's job" This raises the question, if Monsanto's interest lie in the value of their bottom line and the U.S regulatory agencies such as the FDA, USDA and EPA are weak in G.E regulation, then how safe is our food supply even if it can feed the world?

Perhaps, we could take a tip from Gandhi when he said, "Be the Change you want to see in the world." Instead of focusing our efforts first on a global scale, perhaps we could

optimize the way we feed our own population safely, sustainably and without potential threat of a corporate agricultural monopoly. Hope seems to be on the horizon when according to a March 2011 U.N Study stated, "agro ecological methods doubled crop production without the use of chemical fertilizers." Possible alternatives to G.E crops have shown to be successful. The European Union, have been able to reduce fertilizer by 30% while increasing yields by 25%. Additionally in parts of the world where land is untouched by fertilizers, farmers have managed their fields through a technology called Intercropping. Planting one row of one crop with another. This method has been shown to have 20% higher yields. Could giving back the

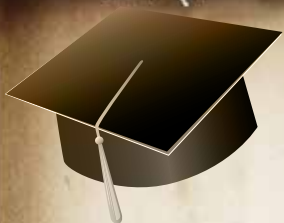
power to the farmers, whom since the dawn of agriculture over 10,000 years ago, compassionately and respectably cultivated the land; we can find ways to safely feed the growing population? ■

About the Author



Sarah is a Holistic Health and Fitness Consultant, with 20 years in the industry. Sarah's holistic approach takes into consideration the "whole" person. By

addressing dietary, movement, rest and thinking patterns Sarah has had remarkable success working with sick, tired and stressed individuals. She can be reached at: wellnessdesign@mac.com /416-833-2425.



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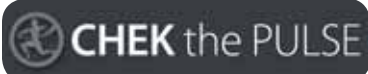
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CHEK EXERCISE COACH, LONDON



HLC 1, AUSTRALIA

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

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ISSN 1937-4038