

Core Wellness Institute
Organic Posture and Functional Fitness Coaching Course
Module 8 Focus Sheet

Core Thoughts

Nature vs. Nurture: The Truth Revealed

If I asked you which part of your body controlled your destiny, what would you say? Most would say it's my genes, or my DNA. Good guess.

Ever since Watson and Crick discovered DNA as the amazing triple helix in 1953, we have just assumed, in science, that these packets of protein hold our destiny.

Then in came the concept of genetic determinism, which said that the DNA was the causal agent in all life. In essence, we were all convinced that we are controlled by our genes.

But hold on...geneticists and cell biologists have now done experiments where they take the DNA out of the cell and, WOW, the cell lives on for up to *several months*!!

How could this be? If DNA controls life, shouldn't the cell have died immediately?

Now...take the cell membrane out (which surrounds every one of your 70-100 trillion cells) and the cell dies *immediately*!!

You see, your cells' outer covering (membrane) is constantly evaluating what's going on in your ENVIRONMENT and sending signals to your DNA.

And it's these signals from your environment that "switch on" or "switch off" certain gene behavior. In other words...

**it's the way you *respond* to your environment
that determines the behavior that your genes express!**

These "signals" from your environment are essentially made of different frequencies of vibrating energy. (*Everything* is energy, by the way). This even includes the *thoughts* you think, the *food* you eat, and the *movement* you get.

So what's the most powerful way to "switch on" your growth and renewal system?

In an instant you can use a grounding and centering breath along with a self talk statement like "*I can choose peace, instead of this*" to change your "stress system" into a "peace system".

Your mind holds that power and when you really understand and get to really *know* that, you can tap into it at any time.

That's amazing, isn't it? You've got the most amazing "magic elixir" in the world!

Using a calming breath and self talk while holding an attitude of gratitude and forgiveness floods your body with molecules of emotion that dock on your cell membrane and gives your DNA the message to "switch on" the healing and calming biological processes that nurture and support your cells.

So send yourself some good vibrations and literally control your DNA by being grateful for what you have in your life and forgiving yourself and others for the times when you miss the mark.

Core Movement

Calming the storm of "fight or flight".

Within your nervous system, there are 2 separate systems that keep you in balance. One is the *sympathetic* or "fight or flight" system. You're familiar with this feeling when you sense your heart race and your stomach ball up in knots in response to a stressful event.

This system puts your body into "protection" mode and during this time your "growth and renewal" processes are halted. I call it "stress physiology". Muscles are torn down and turned into sugar, which is then converted to fat. Your immune function plummets, digestion and elimination slow or stop, and detoxification processes are stalled, among many other things.

But you don't have to have a full-blown panic attack to have an over activation of this sympathetic system and the breakdown associated with it. Simply having a LACK OF MOVEMENT or inefficient and damaging movement patterns can do the same thing!!

You see, without good, efficient movement that floods the central nervous system with proper stimulation, your body cannot *communicate* effectively (more about the importance of that in a minute).

Your nervous system is designed to function optimally *only* when all of your joints, muscles, ligaments, and tendons are in *balance*. So when your posture, movement, and breathing are out of balance, you are officially operating in a stressful, energy-wasting pattern.

So it's vitally important to identify your hidden blockages and discover where you're overloading your system with too much stress and strain.

And by simply restoring proper joint motion, muscle stability, and flexibility...we you can calm the storm of the sympathetic, "fight or flight" *breakdown* system of stress physiology while "switching on" the *parasympathetic* system.

This could also be called the “relaxation” system and I call this “peace physiology” where your natural state of well-being is expressed to its fullest potential.

It’s all accomplished by giving your central nervous system the message that there is no hidden stress so it can get to its regular, inborn business of growth and healthy renewal.

This is why I always recommend regular wellness visits to continually reassess your body to find the “invisible time bombs” of poor movement.

Creating good, functional, balanced movement keeps your nervous system as stress free as possible and prevents the development of bad compensation patterns that stress your nervous system and waste your precious energy stores.

Core Nutrition

2.7 million lives hang in the balance, including yours...

“Overall it is estimated that up to 2.7 million lives could potentially saved each year if fruit and vegetable consumption were significantly increased. A recent WHO report recommends a minimum of 400 grams of fruit and veggies per day (excluding potatoes and other starchy tubers) for the prevention of chronic diseases”

“Low fruit and vegetable intake is among the top 10 selected risk factors for global mortality.”

These two quotes are from the world’s health watchdog, the World Health Organization (WHO). It’s really so simple. **Eating more of these green and brightly colored foods** and protect yourself against degeneration and decay processes like heart disease and cancer.

These foods, especially when grown organically, are loaded with *flavonoids*, which are compounds that have been proven to *improve cellular communication* by keeping the receptor sites on the cell membranes healthy among many other things.

The concept of this cellular *communication* is crucial because that’s how a community stays balanced and healthy.

All problems start when communication breaks down, right? Cells have to *talk to each other* to *stay connected*. And without these anti-oxidant nutrients, rebellious gangs form and become threatening problems. This causes the community to spend a lot of time and especially *energy* to protect itself.

This translates into stress and the onset of a constant “protective” stance by your cells that puts all your growth and renewal processes on “hold”.

So improve your cellular communication with tons of raw organic veggies and fruits (notice I put veggies FIRST) and you'll live longer, happier, and more energetically as you constantly experience the miracle of perfect healthy renewal.

Dr. Hoffman