

**Happy June!!**  
**Here's wishing all the Fathers out there**  
**a very Happy Father's Day!**



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## Neck Program by Robert Gajda, RKT

Skeletal movement of the cervical (neck) region is "best" developed in the horizontal body position rather than through vertical action. Let me explain. Acutal potential range of movement is only half the possible range of movement due to gravity. Eg: As your head descends toward your right shoulder, the controlled lowering movement is eccentric phase as you return to midway by way of the concentric mode. Then the whole balance of the head is centered in an on/off mode via tonic contraction. Doing the opposite side is also important to maintain balanced development and a preventative measure.

You can verify all that has been stated by palpating, touching with finger tips on both sides of the neck as the head moves from shoulder to opposite shoulder. Doing the same standing vertical maneuvers while lying horizontal will also prove the kinesiological fact. ie: gravity is always there in every movement and only half the range of movement.

An example of treating a neck spasm would be to lay on the side of the spasm pain and slowly move to the opposite side. It's a great SBB trick. I use it all the time. Likewise, if the back of the neck feels tight. Lie in the supine position, face-up as illustrated by the teen athlete and pretty face, Emilie Mies.

Supine lying horizontal position - raise legs and rest on chair or cushion. This is called the CRP (constant rest position) popularized by Mabel Todd in her classic anatomical reading, The Thinking Body.



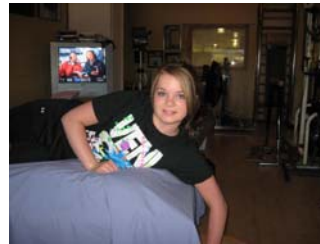
Face Up (supine lying) position.  
Teeth and jaw aligned.



Lift head up slowly, chin tucked,  
teeth and jaw aligned, slowly lower.



Turning head slowly, side to side,  
right to left.



Side lying, side bending, cervical  
align jaw, maintain chin lock.

## Words of Wisdom by Mary Lou Gajda

### *June Reading Recommendations:*

#### ***"Quantum Wellness"***

***A practical and spritual guide to health and happiness.***

**by Kathy Freston**

#### ***"The Essential Rumi"***

**Translated by Coleman Barks**

***"I have lived on the lip of insanity,***

***Wanting to know reasons,***

***Knocking on a door.***

***It opens.***

***I've been knocking from inside."***

*"Dance when you're broken open.  
Dance when you've torn the bandage off.  
Dance in the middle of the fighting.  
Dance in your blood.  
Dance when you're perfectly free."*

*"The future belongs to those who believe in the  
beauty of their dreams."  
- Eleanor Roosevelt*



*Bob Gajda holds a Total Body Training Seminar  
for our affiliates in Urbana, IL  
Personal Performance Training & Rehabilitation*



**Doug and Sue Kleber and Staff  
at Personal Performance Training and Rehabilitation**

### *New Team Member Profile Dr. Robert Priebe*

Last month GHPN welcomed new team members. This month we would like to feature one of our chiropractors, Dr. Robert Priebe.

Dr. Priebe was brought up in a Christian home in southeastern Michigan. He went to a private high school where he excelled in many sports. He participated in football, tennis, basketball, soccer, cross country and baseball. Dr. Priebe entered the US Army where he proudly served his country as a decorated soldier

with the 101st Airborne Division while stationed at Ft. Campbell, Kentucky. Upon graduating with Bachelors of Science degree in nutrition, Dr. Priebe decided to further his education at the prestigious National College of Chiropractic in Lombard, and received his Doctorate in Chiropractic Medicine he opened a private practice in Crystal Lake, Illinois. Dr. Priebe welcomes the opportunity of helping more individuals now by joining the Gajda Health Network Plus team.

While his competitive days have decreased, he enjoys helping others perform on and off the field of play. He has helped many individuals from professional and Olympic athletes to weekend warriors and youths of all ages to prevent injuries and recover from existing injuries while enhancing their athletic performance.

Dr. Priebe has dedicated his study and practice over the course of his career towards the treatment of the "whole person." Early on, Dr. Priebe learned that most disease, illnesses and injuries are due to "stress" of one kind or another.

By utilizing Advanced Herbal Remedies, Nutritional Testing, and Purification Programs as well as structural modalities, it affords Dr. Priebe the ability to offer his patients a wide array of answers to their health care issues that had remained unanswered. This allows patients to increase their quality of life and knock down any boundaries in order to express their true health care potential.



## Margarine - The "Un-Health" Food by Dr. Robert Priebe, DC

Patients frequently ask me, "Which is better, butter or margarine?" I believe that it is critical you know the answer and understand it as well. Over the years the processed food industry has managed to hoodwink the American public regarding the "healthy" aspects of margarine. It is marketed as a pure, golden vegetable oil that is low in cholesterol and good for your heart. Nothing could be further from the truth.

Margarine was first vegetable oil - a liquid at room temperature. The oil is subjected to boiling or extreme heat. This new semi-congealed mass smells so rotten that it is unmarketable. So, it heads for a deodorizing process. After that, the sticky, grey, lumpy material heads for a new vat where hydrogenation takes place. This vat intentionally contains metal shavings, predominantly nickel oxide. Nickel oxide is highly toxic and is impossible to remove completely from the final margarine product.

Following hydrogenation, the original oil containing unsaturated and polyunsaturated molecules becomes saturated. The oil molecules are bombarded by hydrogen in an erratic fashion. As this takes place, strange

foreign food type substances not found in nature are created. These new "trans" fatty acids are very harmful since they interfere with the normal metabolic processes that take place when real food is digested. These abnormal metabolic reactions can actually cause an increase in cholesterol. The "low-cholesterol" margarine fouls up your body's ability to clear your blood of cholesterol. The margarine marketed as anti-cholesterol and better for your heart is actually just the opposite.

The partially hydrogenated oil is still far from ready for consumption. It must be mechanically forced together (or homogenized). Soap-like emulsifiers are squeezed into the oil, keeping the water from separating out. Starch is then added to increase consistency. Although the oil has been steam cleaned and chemically altered, which removes any food value whatsoever, it is finally bleached to remove any color. Then, strong sulfur-refined coal tar dyes are used to add color. Since there is no taste left, strong flavorings are used to make the substance taste like something other than what it actually is. Finally, preservatives are thrown in, the substance is compressed, cooled, scraped and cut.

What can you do? Skip margarine and other "trans" fats completely. The worst offenders are margarine, Crisco, deep fryers and the majority of peanut butters, which are fully hydrogenated. These phony foods cause you liver, heart and blood vessel trouble. When a little butter is called for, use real butter, preferably from raw milk. This healthy natural fat is loaded with fat-soluble vitamins, enzymes and essential fatty acids.

Just remember: Everything God-made is better than anything man-made.



## Patient Testimonial by Michael Galasso

### *The Gajda Experience*

When I found out that I would be able to visit Bob and GHPN in Chicago, I was more excited about that than the seminar that I was attending that weekend in Chicago. Kenen Shadd, a former client of Bob's, had raved to me about Bob's ability to help people to get better from injuries as well as excelling athletically.

From the moment I walked in the door of GHPN, I was welcomed like an old friend and given full access to all of the modalities and methods that Bob and his staff use to help their clients. It was amazing to see and try so many of the machines Bob has invented. I was so impressed that all of the equipment that

Bob wanted to show me, he demonstrated with great skill and proficiency!

My favourite demo of the day was the bungee cord jumping platform. Bob showed me how it worked and then set me up to try it. After 3 or 4 different exercises to get my muscles activated, I took the belt off and then tried a jump on my own. I was totally shocked as I went up in the air and hung there like I had not done in 10 years. It reminded me of my basketball days in high school and university when dunking was done for fun. It felt so amazing to get that high again and I thank Bob for the "Fountain of Youth" experience.

I am just as excited to be able to share the jumping apparatus with all of the students that I teach and athletes that I train back in Kitchener/Waterloo.

Bob, thank you so much for your kindness and generosity that you demonstrated to me on my visits to your facilities. Your clients are very fortunate to be able to work with you. Also, thanks to Susie and John and the entire staff for making my visits so memorable.



You can visit Michael's website at [www.galasso.ca](http://www.galasso.ca)

## Health Freedom Expo

***Check out this link for more information on the Health Freedom Expo being held in Schaumburg this month!!***

**[Health Freedom Expo](#)**



## ***PREPAREDNESS SOLUTIONS!***

***Click on the following link from Natural News for tips that can mean a world of difference in any kind of emergency scenario.***

**[Be Prepared](#)**



*"The Metaphysician Within"*  
*Transforming Weakness to Wellness*

**To live to benefit mankind is the first step.**  
***-The Voice of the Silence***



Please email your thoughts to [gajdahpn@yahoo.com](mailto:gajdahpn@yahoo.com)  
for "The Metaphysician Within" article.  
We will include them in next month's newsletter.

*"He didn't tell me how to live;  
he lived, and let me watch him do it."*

*-Clarence Budington Kelland*

*Happy Father's Day*



As always, thank you for your continued patronage. We look forward to continuing our relationship with you.

Yours in Health,  
The Gajda Health Plus Network Team