

# March, 2011

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## PEAK PERFORMANCE TRAINING

**Peak Performance Training is available at GHPN to all who want to improve their abilities whether it is golf, triathlon, team sports or you are just looking to lose a few pounds. As Spring approaches now is the time to commit to get fit with GHPN. Call to set up a consultation.**



**Dr. Robert Weil,  
Podiatrist**

**Read Dr. Weil's Latest Article:  
['Intelligent Rest' Important for Young Athletes](#)**

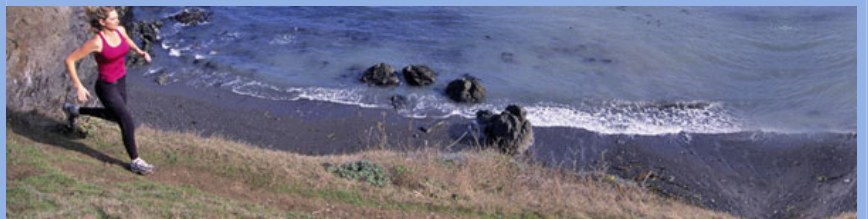


## QUICK LINKS

**[Prolotherapy - A Great Alternative to Cure Baker's Cyst](#)**

by  
Dr. Ross Hauser, MD

**March is here!  
Spring is just around the corner!  
Come on in for a Spring Tune Up.  
We are offering a  
\*\*\*FREE FIRST CONSULTATION\*\*\*  
during the month of March.  
Call and set up an appointment to get in  
shape!**



## Massage with Vibrational G5 at GHPN

At GHPN, we place an emphasis on the importance of proper muscle function. When a muscle is in spasms or trying to repair from a strain injury, its function is poor, strength is greatly limited, and the muscles are tight and painful. The muscles become congested with excess fluid in the body's repair process limiting their ability to function which makes the recovery process even longer. Also, excess scar tissue forms, further hampering recovery and function.

Utilizing G5 Vibrational Massage will accelerate recovery and healing by improving blood flow, lymphatic flow and prevent fluid congestion in the tissue reducing scar tissue and malformation.

After treatment of soft tissue mobilization using G5 Vibration, the muscles are more relaxed, restoring normal tension and can resume functional exercise and strengthening sooner.

Other benefits of G5 Vibrational Massage:

- 1.) Feels good! Patients say they feel relaxed.
- 2.) Cuts pain by 50% more than regular or deep tissue massage.
- 3.) Decreases muscle guarding.
- 4.) Returns to optimal muscle tone.

Whether you are a weekend athlete, an active grandparent or professional athlete, G5 Vibrational



## QUICK LINKS

Breaking Health News:  
Rice from China now being made  
out of plastic.  
Read the article.

[Plastic Rice](#)



Massage is essential to your recovery and optimal functioning.

## March Reading Recommendations by Mary Lou Gajda

**Watch your thoughts, they lead to attitudes;  
Watch your attitudes, they lead to words;  
Watch your words; they lead to actions;  
Watch your actions, they lead to habits;  
Watch your habits, they lead to character;  
Watch your character, it determines your  
destiny.**

*-Beate Diep Hansen*



### *Simple Living Guide*

Strategies, resources and inspiration. A guidebook for less stressful and joyful living.

*Janet Luhrs*

### *Now is the Time*

170 ways to seize the moment. Actions speak louder than words, but not nearly as often.

*Patrick Lindsay*

### *Magnetic Therapy*

Magnotherapy helps the body regain its self-healing balance naturally, because each organ and cell in the body is influenced by magnetic fields.

*Gloria Vegari*

## Patient Testimonial by Rick Sorci

If Spring is just around the corner, so must be the baseball season. And at age 63, I look forward to having another successful and healthy year as a player and manager. Age 63? Playing hardball? A game many of us played in our, ahem, childhood? How could that be at my age? Well, I have two people to thank for keeping me on the field and playing at a level that has produced several seasons where I've hit over .500 in the Chicago North Men's Senior Baseball League and against players up to 18 years younger than me.

**Bob Gajda, whom I met in 1980, has been primarily responsible for my body to be physically able to endure playing as many as 105 games in a season. His exercises and soft-tissue therapy has allowed me to bounce back from playing as many as four games a week and any injuries I've incurred. It was at his suggestion that I meet Dr. Robert Weil, the famous sports podiatrist, who fit my shoes for orthotics to combat my flat feet. The two of them, working in unison, made all the difference. To say I couldn't have played such a sport as baseball without them helping me would be a gross understatement. Tonight I'm going to take batting practice. Tomorrow I know I'm going to feel great. I thank everyone at GHPN for allowing me to play the game I love with a passion at a competitive level. I love you guys.**



***As always, we'd like to thank you for your continued trust in us.***

***Bob, Mary Lou, John and Susie  
Gajda Health Plus Network***