



PERFORMANCE ENHANCEMENT FROM ATHLETES TO EVERYONE

The term 'performance enhancement' sounds very sports-orientated but the reality is that we are all in need of better performance both physically and mentally, and it's not just the athletes of this world that can benefit from having a stronger immune system, better digestion, sharper brain etc.

When we are in complete balance all of our body's systems are working to their maximum potential; immune, circulatory, respiratory systems etc are all functioning correctly, providing the whole body with all its needs to perform at most levels and under most demands. This inner strength also helps to lead to a balanced psychological approach to life in general.

It is very difficult for any of us to keep this balance or high level of performance as we are constantly invaded by stress, poor food, weather, chemicals, physical strain and many more harmful everyday occurrences.

For example, research tells us that a restricted Lymph system will have predictable effects on the body, including the weakening of individual muscles which will cause joints to move out of their normal range of movement, leading to wear and tear and potential injuries. Joint imbalance will eventually cause the spine to misalign (due to

adaptation) putting pressure on organ function and blood flow, undermining all of our body functions creating very poor performance of both brain and body.

Clinical experience: I visited Northern Italy with Bolton Wanderers FC. One of their high profile athletes called on my services because he had visited the physio without success or understanding, his problem was that he wasn't recovering from the exercise regime like the other players and felt below par and tired.

I suspected a lymph restriction so tested his left thoracic inlet and it did fail (normally caused by the left shoulder being slightly out of position). After applying the simple correction techniques his was back to normal 2 days later.

In this footballer's case it was fairly clear that with the increase of exercise after his summer holiday, his body just couldn't deal with the increase in toxins leading me to believe his lymph system was overloaded. In the general populace this problem can often be the cause of fatigue, ME, MS, weight gain and a number of other conditions including immune system issues.

Another huge impact on our performance comes from food intolerance, considering that every cell in

our body requires nutrition it is not a surprise it can cause a great deal of ill health and immune system problems if you are eating foods that are bad for your particular digestion.

The reason I say 'YOUR digestion' is that we are all different with different needs. Your life stresses, your dietary make up and your family history, have all been different to mine, so it is impossible to say that any food is good or bad for you. Unless, you obviously bloat, fatigue, your bowels move or you vomit after eating, which means you are intolerant, even if the best nutritionist in the world has said 'it is good for you,' it is plainly NOT!

Clinical Experience: I seriously questioned the benefit reality at Bolton Wanderers FC when their expert nutritionist recommended a chocolate milk drink because it had high levels of supplements included. 'What about the negative impacts from the chocolate, and the milk, and can the supplements even be absorbed in this format?'

I muscle tested a few of the footballers for milk and chocolate intolerance, which showed a high degree of weakness in their cases, meaning that the investment would have no benefit here.

We have a fantastic defence mechanism called 'gut feeling', every time you even think of eating something you have tried before, your body has a memory of how it affected you last time. If it was bad your guts will send a message to your subconscious saying 'don't eat it', your conscious then decides whether to eat it based on the marketing you have been subjected to, experts saying 'you need it' and other influences like; last time I eat this I was really enjoying myself, so I may get the same endorphins if I eat it again.

I've looked at many of the machine based food intolerance testing systems and have absolutely zero confidence in any of them providing true readings because they aren't live systems. For example you may be told you are intolerant to eggs. Does that mean the white or yolk? And seeing as cooking changes the cellular nature does it include poached or fried eggs? And what if the egg is mixed with something else?

This is why we use the live based system of muscle tests and real food at our clinic. Even the vials

(which we use) need to be carefully monitored as there is no proof of their continual validity.

Clinical Experience: A client came to me suffering from 10 years of ME fatigue, digestion issues and other problems. She has spent a lot of money on hair and blood food intolerance tests, and travelling a great distance to see an expert.

Within 30 minutes we had proved most of the food results were wrong and were actually making her illness worse. The 'Expert' had insisted on her taking a digestive enzyme which made her vomit, but he insisted she keep taking it until she was used to it! Two weeks later she was over the moon with her recovery so far.

My Advice: Be suspicious of anything you are told or read. If someone is trying to sell you something it will always be 'amazing', 'great', or 'the new miracle!' because you wouldn't buy it if they said 'It actually may cause you to put more weight on even if it does say diet on the label' or 'We aren't really sure if there are any vitamins left in it after its been processed'.

Trust your gut feelings and listen to what your body is telling you, if you feel weaker or bloat after eating it has to be bad.

It should be said here that most food intolerances are caused by twists, restrictions and valves not



operating correctly in the bowels. Once these have been found and released our bodies can instantly start to benefit from the foods that used to drain and bloat us.

The athletes that I treat go through a range of different assessments, diagnostics and treatments that are no different to the general public in most cases. First we assess the structure which includes joints, spine, muscles etc. The structure bonds and secures all the other systems of the body (even the meridian system) so has to be corrected first, before you go on to the internal organs and digestion, lymph, blood flow, energy system and psychology.

The psychology part is easy and can often have the greatest impact on our health and success. Understanding and believing in our (realistic) goals is the first part, the second is then focusing on them so that nothing can push you off the desired outcome. Every single person that enters my clinic is given a 'Taking YOUR responsibility' information sheet. It contains standard instructions and information that I insist they follow to take some responsibility in their recovery (as me or any therapist won't be there in the future). It includes drinking water, walking and breathing correctly. Once the client recognises that they have some involvement to their condition their recovery is greatly accelerated.

Clinical Experience: I treated a javelin thrower for shin splints. She was told that she either needed an operation or 18 months rest. I totally disagreed with this diagnosis, I found she had a pelvic tilt, blood deficiency and now a big psychological block to ever being a champion. We quickly fixed the physical problems so she was soon competing again.

Psychologically I asked her if she thought any champions had an excuse to lose? She was adamant it was "no", and when someone makes the wrong diagnosis that could ruin your whole future, how does that make you feel? Angry! And is anger a form of power and energy? Yes. So next time you throw your javelin who are you going to prove wrong? The doctors. And imagine the extra strength you will have through that anger, what distance will you now throw? 40 metres! And where is 40 metres? Right in front of me. Keep your



eyes on it, every time you walk past it, look at it, mark it in your mind, make it yours and throw at it. See yourself throwing that distance all day everyday, and then see yourself on the podium receiving your winner's medal.

Four months after this young lady was told she needed an operation, she became silver medallist in the Northern athletic championships. Her colleague who also went through the similar treatment, became the Northern champion throwing 9 metres over his personal best with a heavier javelin. Both well on their way to 2012.

How can this help everybody everyday? If they want to be well 'but' have an excuse not to be, they never will be. If they say 'but' every time you suggest something, they never will. For anyone to recover, they need to make a psychological change as well as a physical one. Focus on a small new goal everyday, like walking just 5 more minutes everyday. Tell them that if they always do what they always did, they will always get what they always got.

Performance Enhancement is all about the mind, body and spirit all being focus in one direction to achieve one outcome. Whether that be better health or a gold medal.

Dr. John Brazier (TCM) teaches his award winning diploma in KORE Therapy in London and the North. It includes Eastern and Western assessment, diagnosis and treatment skills covering both the mind and the body. His worldwide success and the success of his students speak for themselves. To find out more about his training courses please visit: www.koretherapy.com
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