



Z-Health Newsletter - March 2009

Your monthly insight to Life in Motion

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Calendar of Events

Be sure to check our [website](#) regularly for updates.

Conferences & Workshops

Thank You

It's March -- the year is just getting started and winter is still covering much of the country. Yet, it seems that so much has already happened, so it is time to sit down and take note before more time passes. We, as a company, have been both blessed and pained by the circle of life.

Recently my life was blessed with a phone call from one of Z-Health's trainers, Jason Rhymer, to make sure we knew of the birth of their brand new baby girl. And just over a month ago another pair of our trainers, Craig and Bonnie Keaton, gave birth to their first baby girl.

Just as we were delighted by this news, we were saddened by other events within the Z-Health community. As some of you may know, last month Dr. Cobb's father passed away, and he thanks you for your kind expressions of sympathy. In the past month, there have been several additional deaths affecting Z-Health and its community of trainers to whom we extend our condolences.

It seems the earth as a whole is facing increased stress from global effects of both the ongoing wars and the economy.

So, it is very obvious that it's time to look further, to look past the surface of what is currently in our faces, to the deeper, more meaningful things that we have to be thankful for.

In the past year, thanks to you, Z-Health has seen so many people change their lives and their circumstances for the better. As people see the value of better movement, we have

- Santa Clara, CA: Apr 15-19 - Body, Mind, Spirit Conference
- Minneapolis, MN: July 15-17 - Essential Secrets of Elite Performance (sponsored by DragonDoor Publications) [Register Online](#)

R-Phase (Level 1)

- Edinburgh, Scotland: Mar 30 - Apr 4
- San Diego, CA: Mar 20-22 & Apr 24-26
- Denver, CO: May 29-31 & July 24-26
- San Diego, CA: June 15-20
- Minneapolis, MN: Aug 14-16 & Sept 18-20

I-Phase (Level 2)

- Brookline, MA: Feb 26-Mar 1
- Phoenix, AZ: May 14-17
- Edinburgh, Scotland: May 21-24
- Durham, NC: June 4-7

S-Phase (Level 3)

- Phoenix, AZ: June 25-28

9S: Sustenance

- Phoenix, AZ: July 8-12

watched their lives transform for the better. We have seen individuals learn to walk again, take part in medal-winning ceremonies, and had their businesses grow. We have so much to be thankful for, and yet sometimes in our current stresses, we forget just how blessed we are and how thankful we should be. As we teach in Z-Health, change happens at the speed of the nervous system (300mph), so begin again today, start with ONE CLEAN REP. If change can happen so quickly, than it is time we change. Today, take a moment to be thankful for all that you have around you and tell someone, "thank you". It is time that we start with one clean rep and follow it up with another -- and another.

I am starting with you. Thanks to all of you -- from the handful of trainers that attended the very first Z-Health Certification to the many that attend now -- for knowing in your hearts that the human spirit is powerful and capable of growth and change at any age. Z-Health exists because of Dr. Cobb's dream to make a difference in the world. It exists because he took a look at what was available and said there is more and it is possible. Thanks to his belief, daily hard work, and perseverance, many of us have seen amazing life changes.

While we often wait until the end-of-year letter to tell you thank you and how much we appreciate you for sharing your life's journey with us, today I decided it was time to stop and say thank you. In return, I hope that today you will stop and take stock of all you have in your life, as well as all the amazing things you are a part of, and tell someone thank you.

More than we could ever say, more gratitude than we could ever express, more than one letter will ever be able to convey, we are thankful for each and every one of you. You shape our lives, are in our hearts, and have contributed in many ways to who we are both personally and professionally. THANK YOU!

Kathy Mauck

Pain & Emotion

In her letter above, Kathy talks about the stress from losing loved ones, ongoing wars, and the global economic climate. Stress, be it good or bad, takes more than a psychological and emotional toll. There are very real physical effects from stress -- probably beyond what you'd expect.

[In January](#), we discussed the Hormone Cascade, and how the adrenaline and cortisol hormones are two important components of a systemic response to stress. An additional influencer is an important concept called the neuromatrix. If you are a regular reader of this newsletter, then you have heard us say, "anything can cause anything." To a certain extent, that phrase is a simplified way of explaining the body's neuromatrix.

So, what is the neuromatrix? The neuromatrix is the inter-relationship between sensory inputs (vision, hearing, balance, touch, pressure, temperature, etc) and how our body perceives that information (happy, sad, good, bad). All of these inputs are received, processed, interpreted, and executed. If it sounds complicated, it's because it is.

The neuromatrix theory of pain expands upon the neuromatrix with a framework to explain how pain can exist without an "obvious cause", such as an injury or surgery. In these cases, the "cause" of the pain is a response from the neuromatrix in your brain. It's all about what Dr. Cobb calls "Signals & Interpretations." Your body is constantly being bombarded by signals -- what you've recently eaten, the chair you are sitting in, room temperature, and even this newsletter. Your body is interpreting each of these things individually and collectively -- and then responding.

We've all experienced the pain neuromatrix, but likely didn't have a name for it. It could be that shoulder that "flares up" after getting a nasty email, the headache that goes away after good news from a friend. The signal has changed, and so the interpretation must also change. It may or may not be this dramatic, but it must change.

So, yes, you really can blame your headache on the global economy. But, you can also make it go away by creating your own happy place!

NEW! Essential Secrets of Elite Performance Workshop

With the success of last year's workshop, we've again partnered with DragonDoor Publications for the Essential Secrets of Elite Performance.

This three-day workshop compresses 14 days worth of certification material into 3 movement-and-information filled days. You will walk out with a host of skills and drills, in an immediately usable format, that will supercharge your training and active lifestyle.

Minneapolis, MN

Friday, July 17, 2008 - Sunday, July 19, 2008

Friday: 9:00am–12:30pm & 2:00pm–6:00pm

Saturday: 9:00am–12:30pm & 2:00pm–6:00pm

Sunday: 9:00am–12:30 pm & 2:00pm-6:00pm

To register, contact Dragon Door at www.dragondoor.com/wz02.html or call 1-800-899-5111.

Workshop Code: WZ02

Workshop Reference: Z-Health Seminar: The Essential Secrets of Elite Performance, Minnesota, April 2009

Tuition: \$697, or \$497 if you register by March 31st. Other early registration discounts exist.

Here are a few of the many rave reviews of this three-day course:

"The best student/teacher ratio I have ever experienced at a workshop put this experience as the best fitness industry workshop I have attended. This component was the key to why I learned so much. Attention was given to all the attendees, and plenty of it." — John Rock, RKC II, Personal Trainer; Arden Hills, MN

"This is the absolute best investment I have ever made. This has opened my mind to a new level of training. To be a trainer without this knowledge severely limits that trainer's ability to be effective. I have always been asked to train other people, but I have been hesitant to do so. I knew the knowledge I previously held was not sufficient to be ethical and effective, therefore I rarely trained others Not anymore!" — Lucas Guili, St. Louis Park, MN

"I think it is the best possible introduction to levels 1-3, providing powerful tools for everyone. The principles are clearly presented with lots of demos and practice to back it up. Dr. Cobb did an amazing job. A fantastic general public course and will give anyone who attended an unbelievable jumpstart in to the certification process. Really, really well done." — Jennifer Waak, RKC Seattle, WA

[Detailed syllabus as well as photos and reviews from last year.](#)

Trainer Workshops

Integrating Hardstyle Kettlebell Concepts with Z-Health Principles

Join T-Phase trainer Sara Cheatham and RKC Phil Scarito for a 6-hour introduction to kettlebells, Z-Health, and the application of Z-Health in to kettlebell training.

When: 1 Aug, 2009

Where: Devon, PA

How Long: 6 hours

How much: \$175 early reg., \$200 at the door

For more details and to sign up: www.DV8Fitness.com/workshop2009

*Limited spaces

Seattle: Introduction to Movement Fluency

Join Master Trainer(p) Katie Bigelow and T-Phase trainer Jen Waak in a 2-hour introduction to R-Phase. Half theory and half movement, we'll explain some of the concepts that form the foundation of the Z-Health system and walk you through dozens of drills designed to get you out of pain and moving better.

Tuesday, March 24, 7-9pm

Cost: \$49

Location: Seattle, WA. [Phinney Neighborhood Center](#), Room 31 (brick building)

For more information and to sign up: jen@movefitfun.com OR www.movefitfun.com.

Skill Enhancement Workshop

Join Master Trainer Dr. Theresa Nesbitt for a Skill Enhancement Workshop. Open to any R and I-Phase certified trainers or above.

Dates: March 28 & 29

Cost: Free, although a donation for material printing costs is appreciated.

Location: San Diego, CA

Topics:

Pelvic Floor

Active Cranial Manipulation - swallowing mechanics and drills

Breathing and how it relates to viscera, pelvic floor and mouth & Buteyko method

Vision

Balance as a function of interaction of neural hierarchy

Gender Differences - Morphologic, Physiologic, and Motivational

Endocrine 7 Metabolic overview

Sleep and Circadian Rhythms

Fascia

To register, email Theresa.

Newsletter Archive

Did you miss an issue of the Monthly Newsletter? Delivered on the 15th of every month, the newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance Solutions.

Are you receiving our Weekly Training Tips? Delivered to your inbox every Sunday, these brief training nuggets will be sure to enhance all of your activities.

Catch up on all of our [back issues](#) on the Z-Health web site or click on the "Manage your Subscription" link on the bottom of this email to ensure you are getting the latest news.

<http://www.zhealth.net>

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