

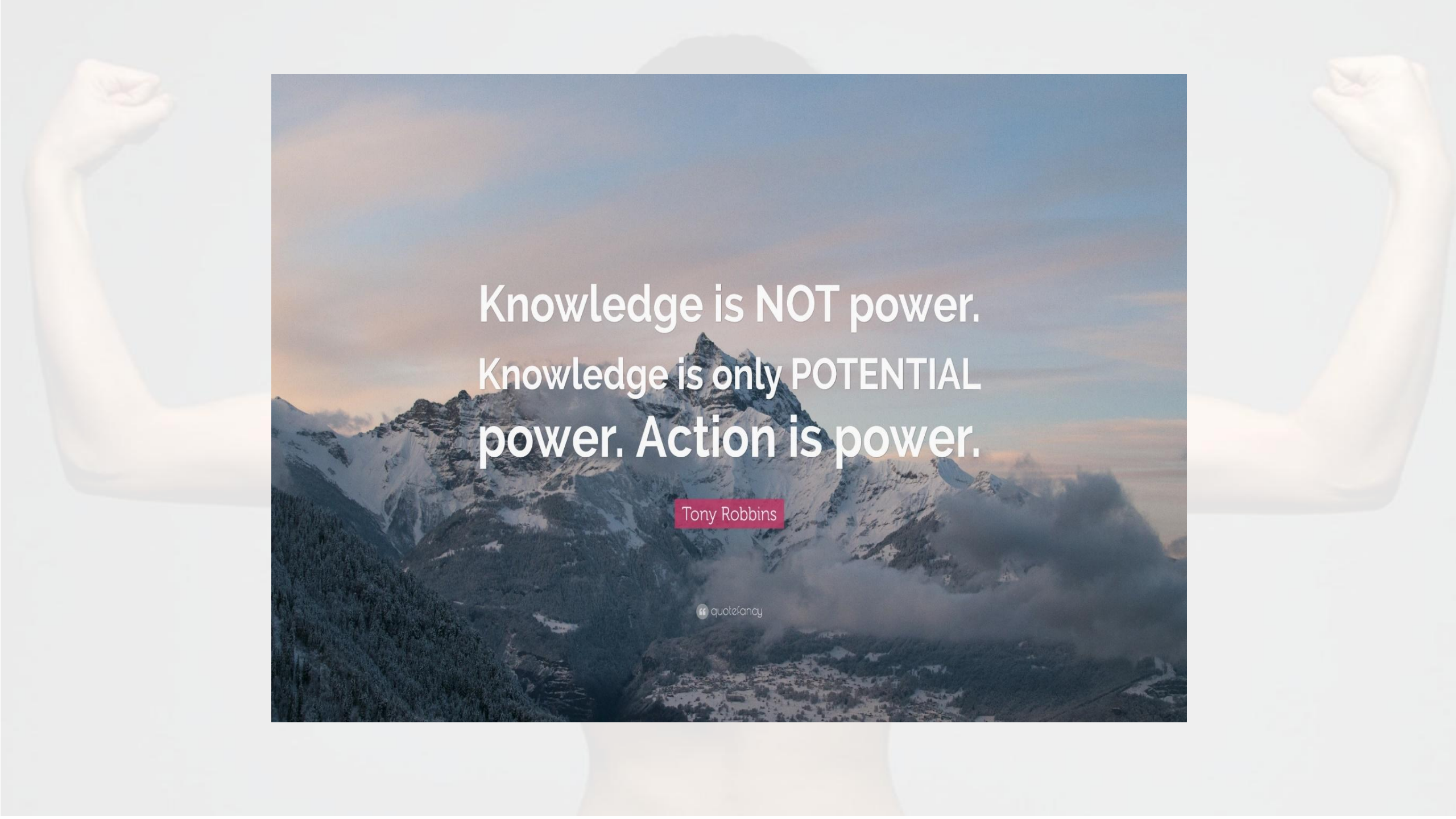
BULLET PROOF YOUR LOWER BACK



BULLET PROOF YOUR LOWER BACK

Do What You Love For Longer **Longer!**





Knowledge is NOT power.
Knowledge is only POTENTIAL
power. Action is power.

Tony Robbins

 quote fancy

Motion is **LOTION!!**



A faint background image of a person's back and arms, flexing their biceps.

What We Will **COVER** Today

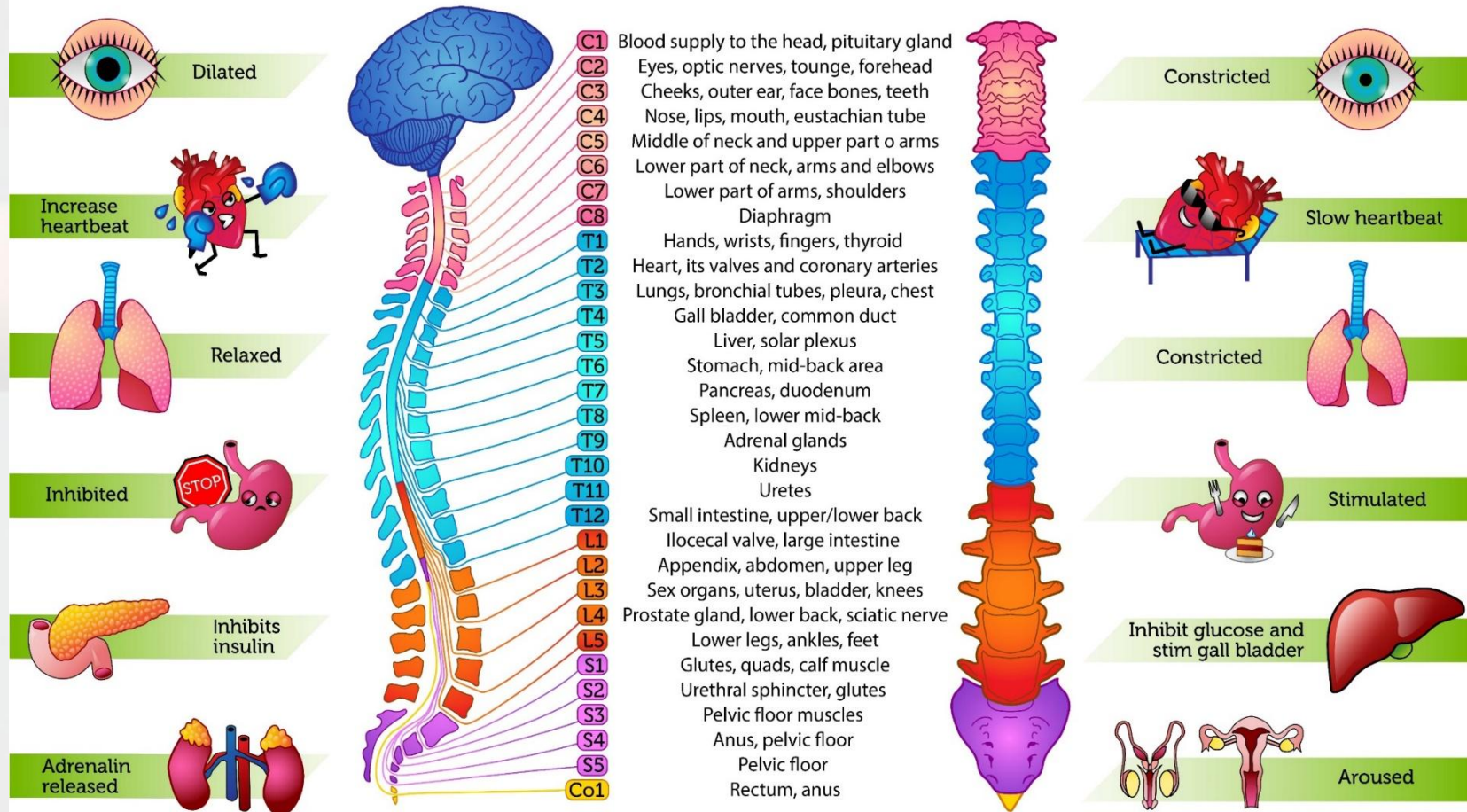
- ☐ **Motion is Lotion!**
- ☐ **Bullet Proof Anatomy**
- ☐ **2 Worst Habits = Premature spinal aging**
- ☐ **Strategy To Do What You Love for Longer**
- ☐ **3 Best Stretches**

Bullet Proof ANATOMY

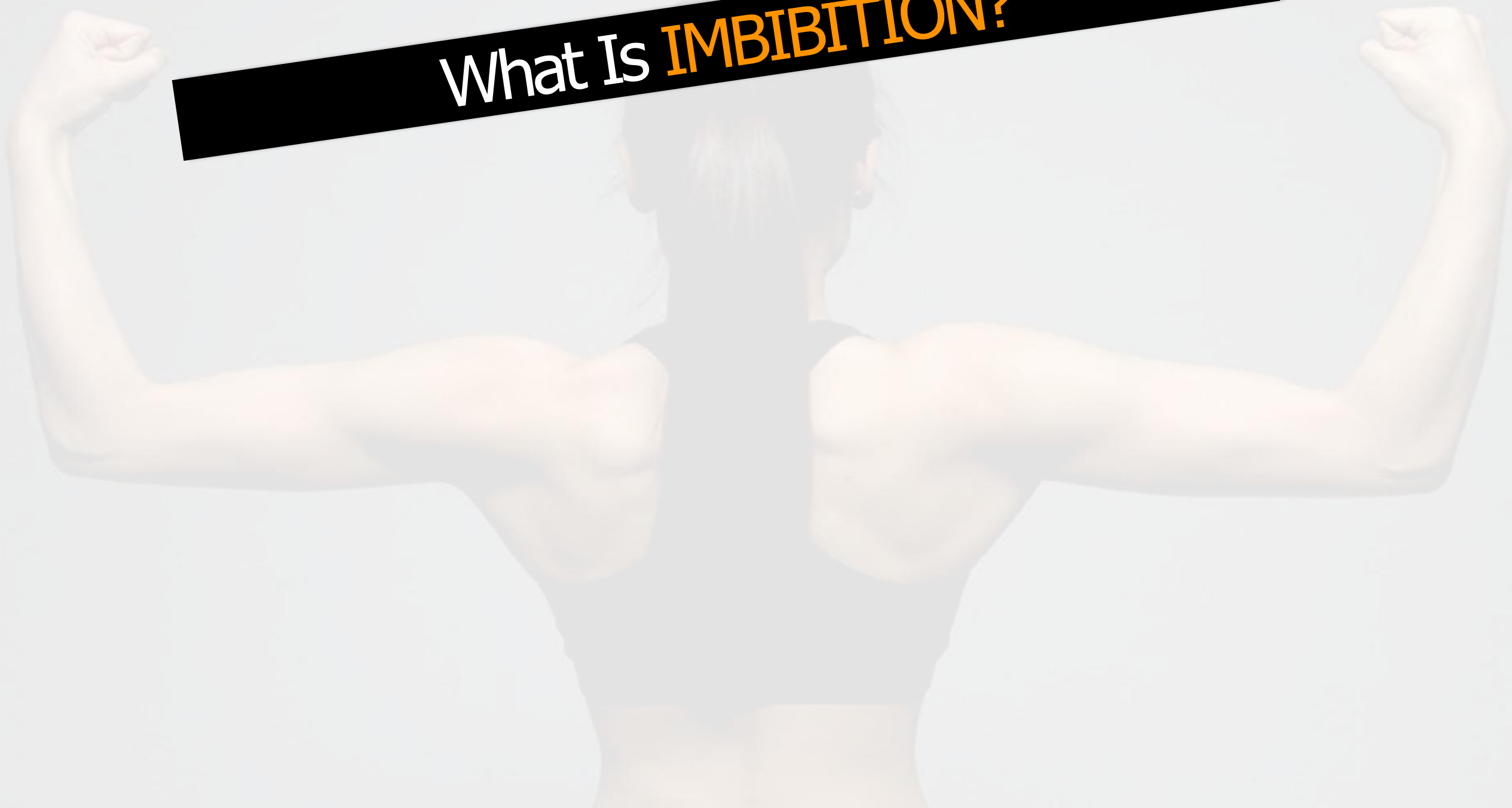
FIGHT & FLIGHT sympathetic



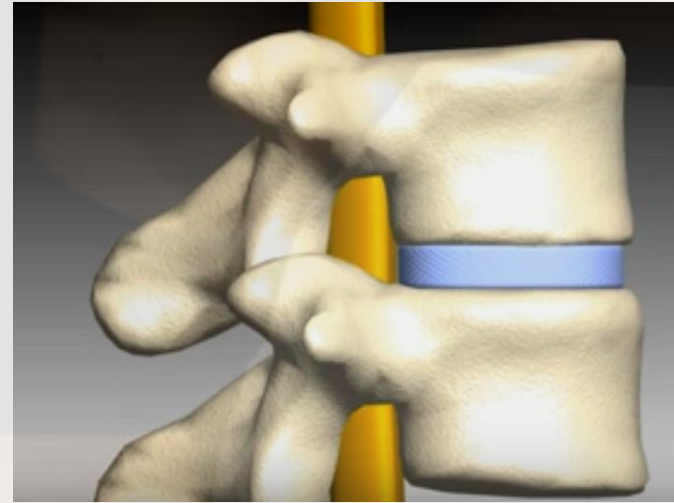
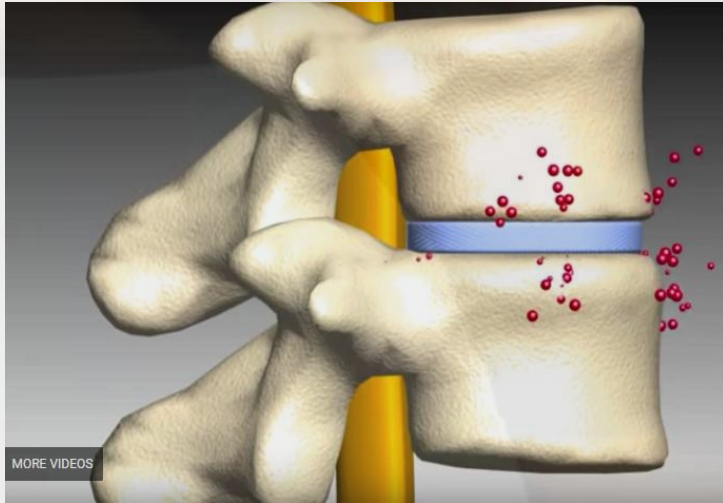
REST AND DIGEST parasympathetic

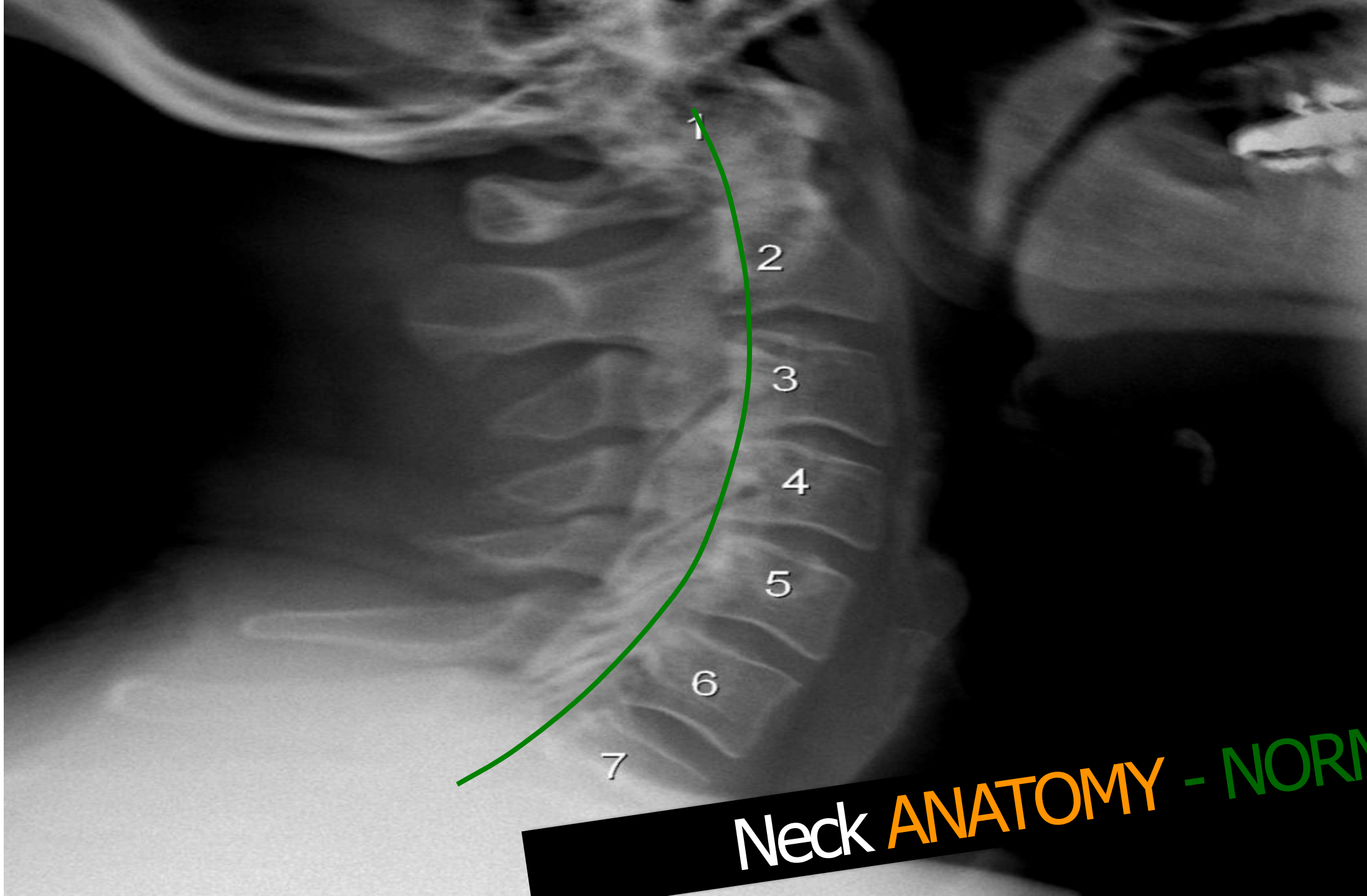


What Is **IMBIBITION?**

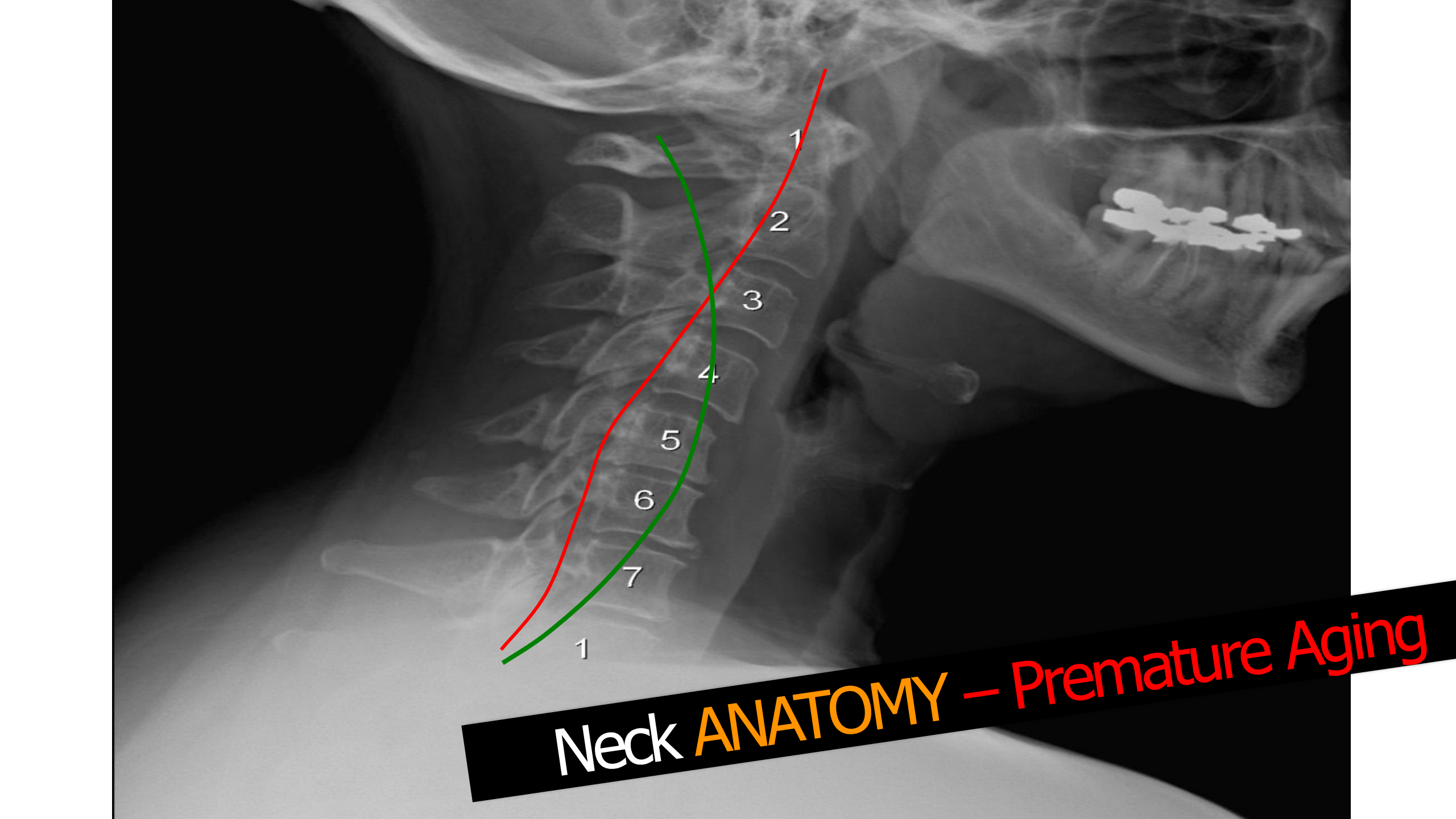


Movement of the Spine causes discs to **regenerate**. It's called IMBIBITION





Neck **ANATOMY** - NORMAL



A lateral X-ray of the cervical spine. Two curves are highlighted: a red line representing the cervical lordosis and a green line representing the cervicothoracic angle. The vertebrae are numbered 1 through 7 from top to bottom. The text 'Neck ANATOMY – Premature Aging' is overlaid at the bottom right in a black banner with white and red text.

Neck **ANATOMY** – Premature Aging

YOUR FULL SPINAL ASSESSMENT AT LOVING LIFE CHIROPRACTIC



The 2 Worst
Habits?



Sitting is the New Smoking

1. Sitting

If

Sitting is the
New Smoking ...

1. Sitting

...Screens are the new crack!

2. Tech

...And its starting earlier!



LOVING LIFE PYRAMID

Do What you Love For Longer



The 4 Pillars of Health

Breaking Bad Habits For Life!

Spinal Hygiene Exercises

Hold Adjustments For Longer

Adjustments in Rhythm

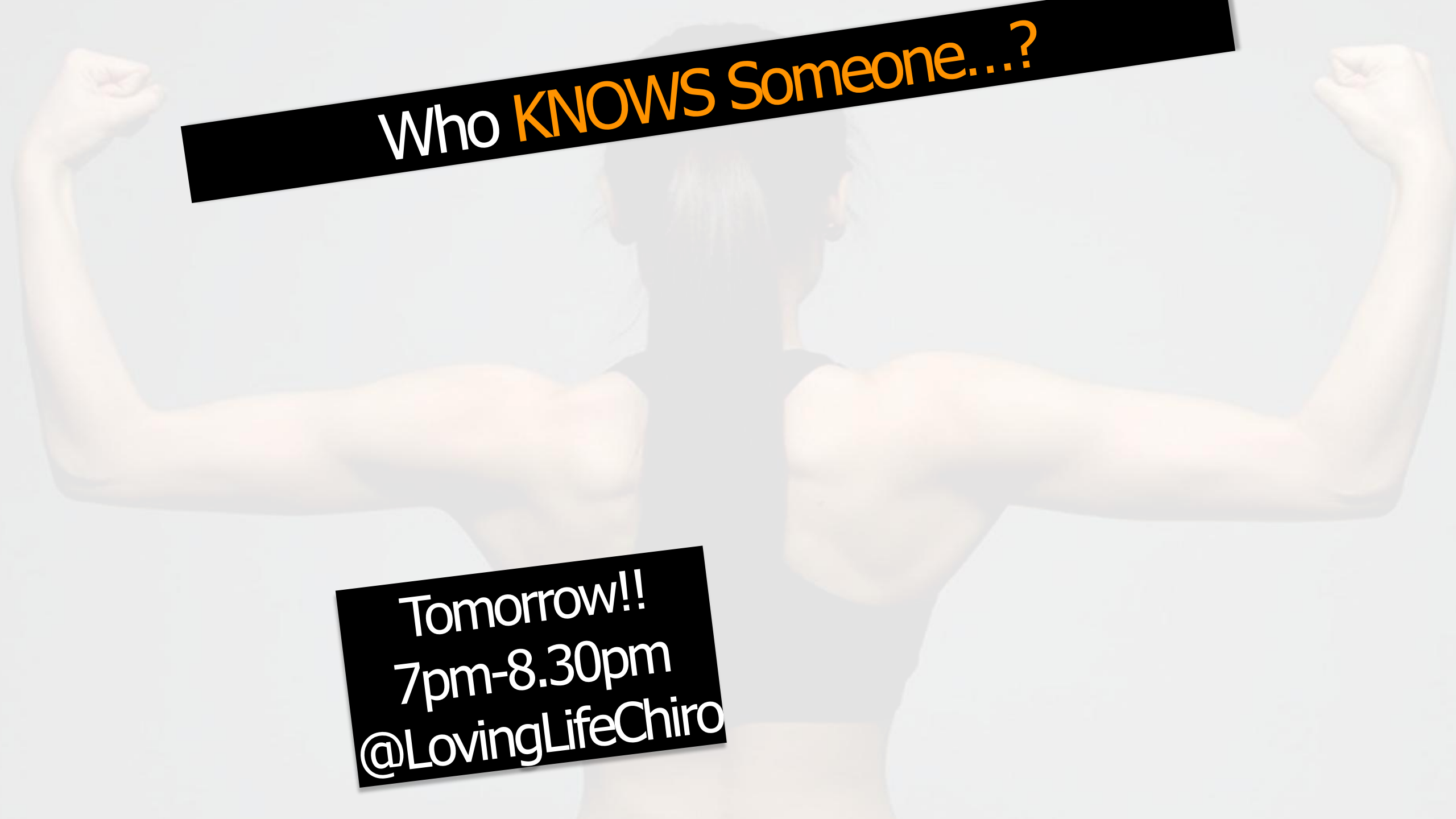
Remove Interference, Restore Function





it's about 120 pounds. So what we do initially is rather than put the whole weight on we're

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Who **KNOWS** Someone...?

Tomorrow!!
7pm-8.30pm
@LovingLifeChiro

Who **KNOWS** Someone...?

Full Dates on Rear

**DR'S DINNER
DINE & LEARN**

Secrets of

THE MIGRAINE WHISPERER

DR CRAIG HINDSON DC

WHAT YOU WILL LEARN

3 Strategies To Reduce Migraines

The Anatomy and Neurology of Migraine

A S...

REG...
UP...
(613)

**Tomorrow!!
7pm-8.30pm
@LovingLifeChiro**

STRON AVE
OTTAWA

bit.ly/DrDinnerEvents

**WORKPLACE
WELLNESS**



**QUARTERLY WELLNESS WORKSHOPS
(TBD BY MANAGER) 3rd WED**

CIBC EMPLOYEES ONLY
AT THE MORNING MEETING - STARTS 9AM SHARP

2026-27 Workshops:

Wed 16 Sep 26 - Bullet Proof Your Lower Back
Wed 22 Jan 27 - 15lbs Healthier in 15 Weeks
Wed 19 May 27 - Stay Fit While You Sit
Wed 15 Sep 27 - Secrets of the Migraine
Whisperer

**STARTS 9AM
SHARP AT CIBC
CARLINGWOOD
PRESENTATION
AREA**



WWW.LOVINGLIFECHIROPRACTIC.COM

FREE LUNCH & LEARN **STAY FIT WHILE YOU SIT**

FREE LUNCH & LEARN **BULLET PROOF YOUR LOWER BACK**

FREE LUNCH & LEARN **THE MIGRAINE WHISPERER**

FREE LUNCH & LEARN **NECK PAIN GONE... FOREVER!**

OUR GIFTS to YOU
and YOUR FAMILY



BULLET PROOF
Take Out Bag!!

Your **Bullet Proof LB** Toolbox

FULL SPINAL ASSESSMENT
Game Changer!



Who **KNOWS** Someone...?

**DR'S DINNER
DINE & LEARN** Full Dates on Rear

BULLET PROOF YOUR LOWER BACK

DR CRAIG HINDSON BENG DC



WHAT YOU WILL LEARN

- 3 Movement Patterns To Reduce Stress ●
- 2 Low Back Dangers & How To Avoid Them ●
- A Strategy 2 Keep Doing the Things You Love 4 Longer! ●

REGISTER VIA QR
URL OR CALL
(613) 725-2525



BI/MONTHLY THU 1
THU
7.00PM-8.30P
LOVING LIFE CHIRO O
842 BYRON AVE

bit.ly/DrDinnerEvents

Thu Oct 22
7pm-8.30pm
@LovingLifeChiro

