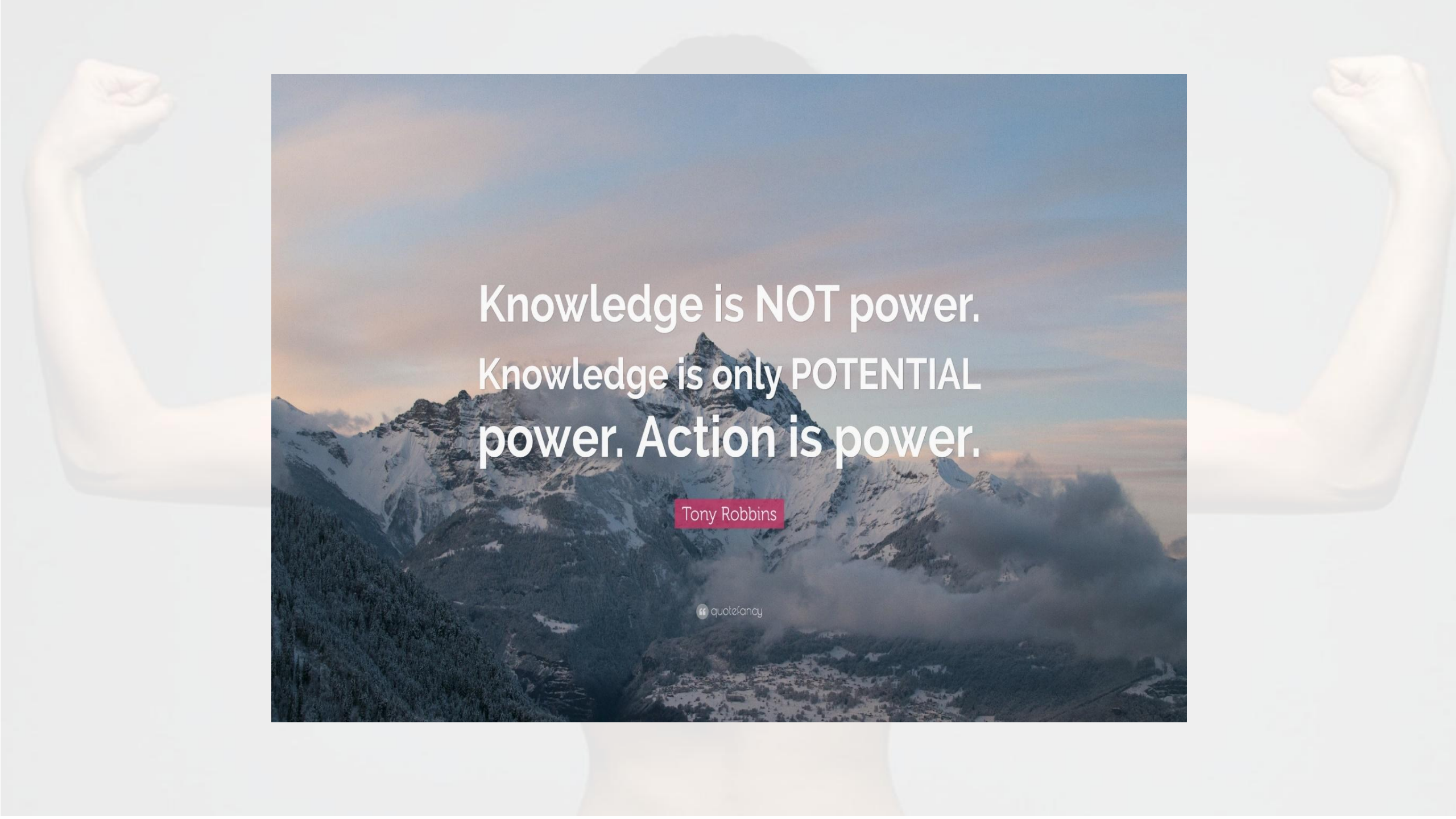


BULLET PROOF YOUR LOWER BACK



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 faded background image of a person from the waist up, flexing both biceps. The person is wearing a dark tank top. The image is semi-transparent, allowing the text to be overlaid clearly.

What We Will **COVER** Today

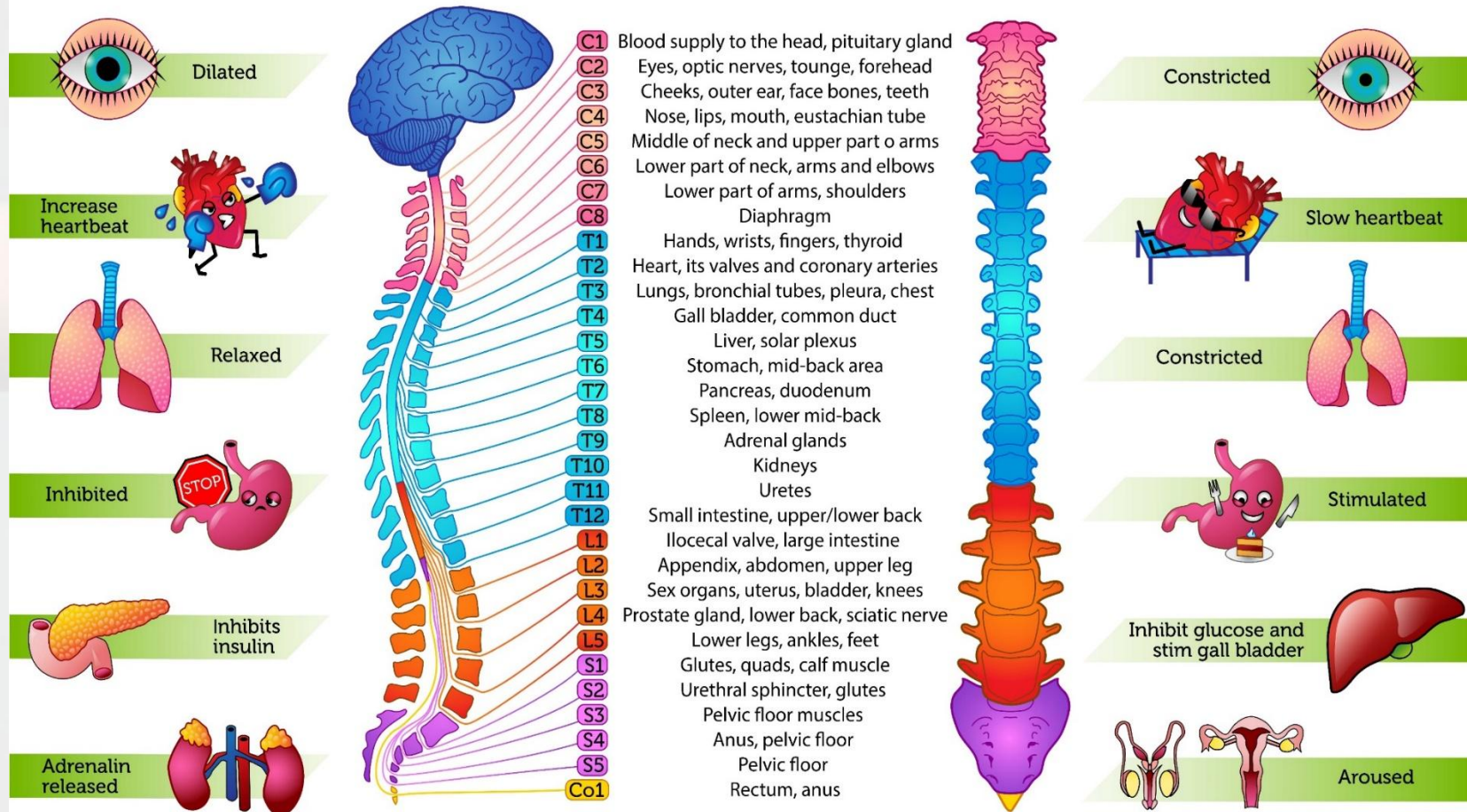
- ☐ **Motion is Lotion!**
- ☐ **Bullet Proof Anatomy**
- ☐ **2 Worst Habits = Premature spinal aging**
- ☐ **Strategy To Do What You Love for Longer**
- ☐ **3 Best Stretches**

Bullet Proof ANATOMY

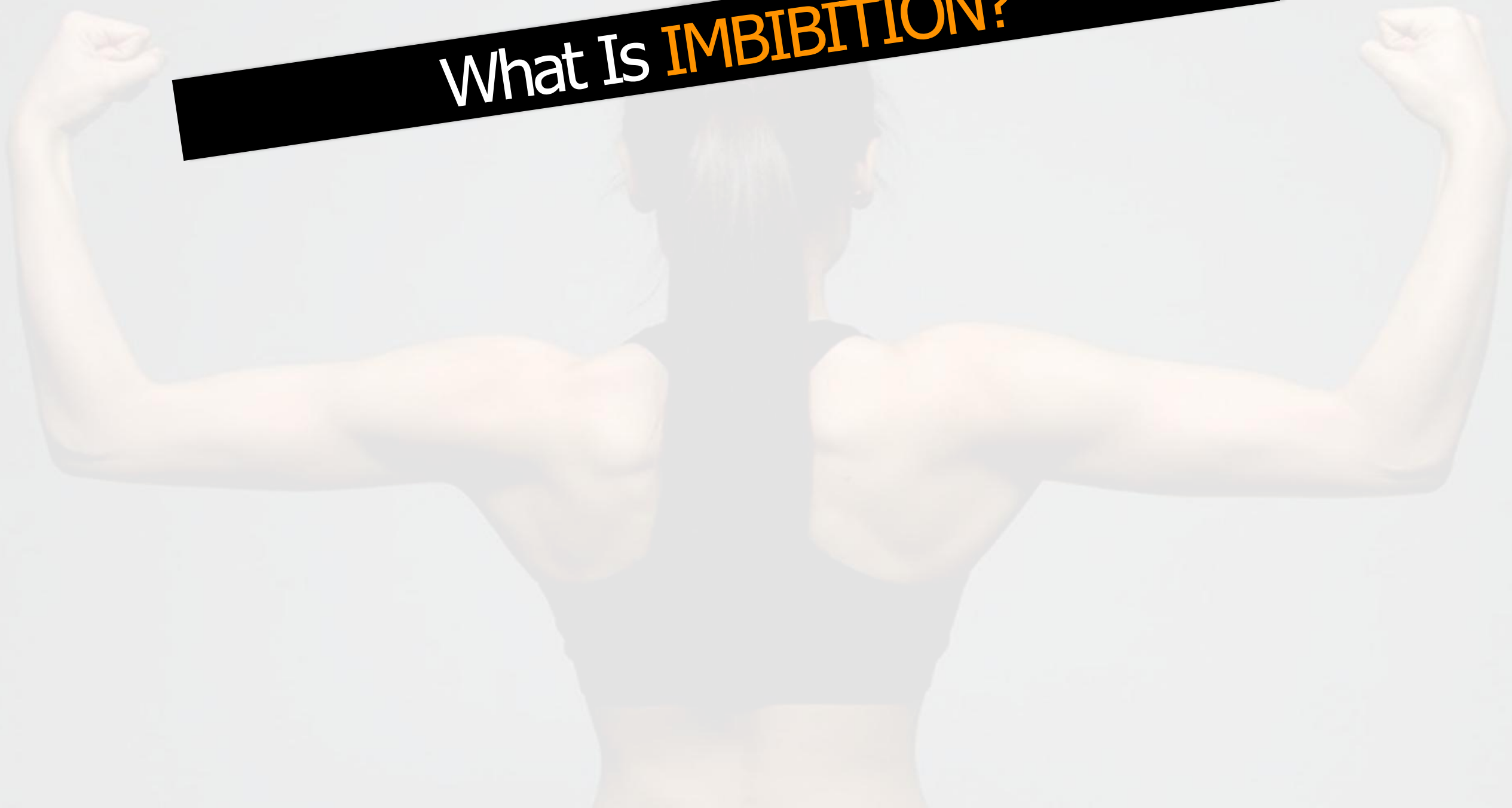
FIGHT & FLIGHT sympathetic



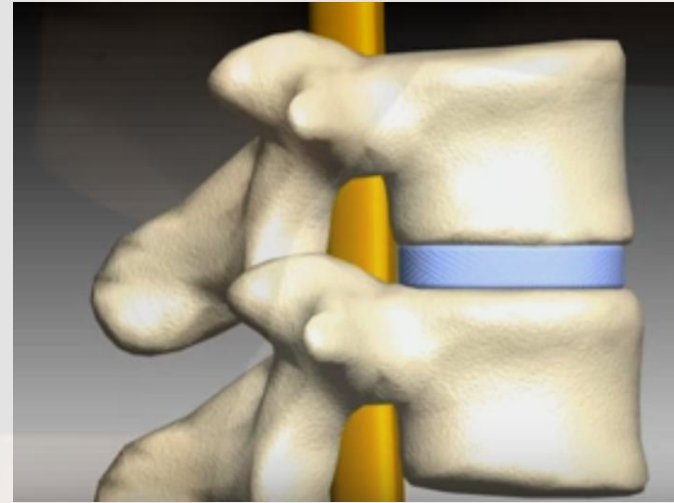
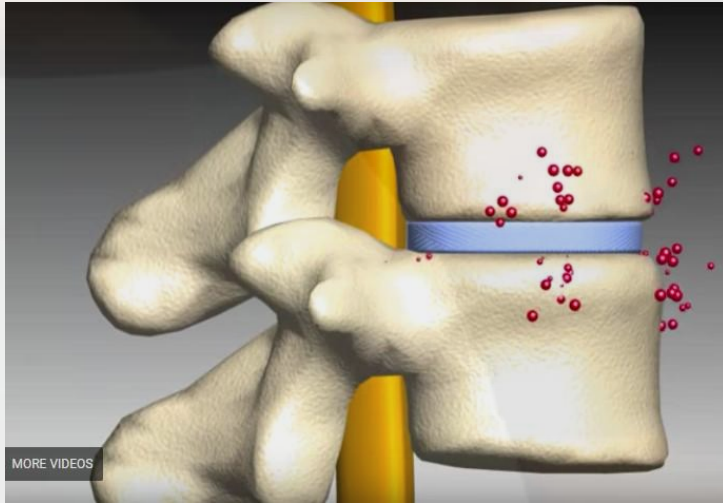
REST AND DIGEST parasympathetic

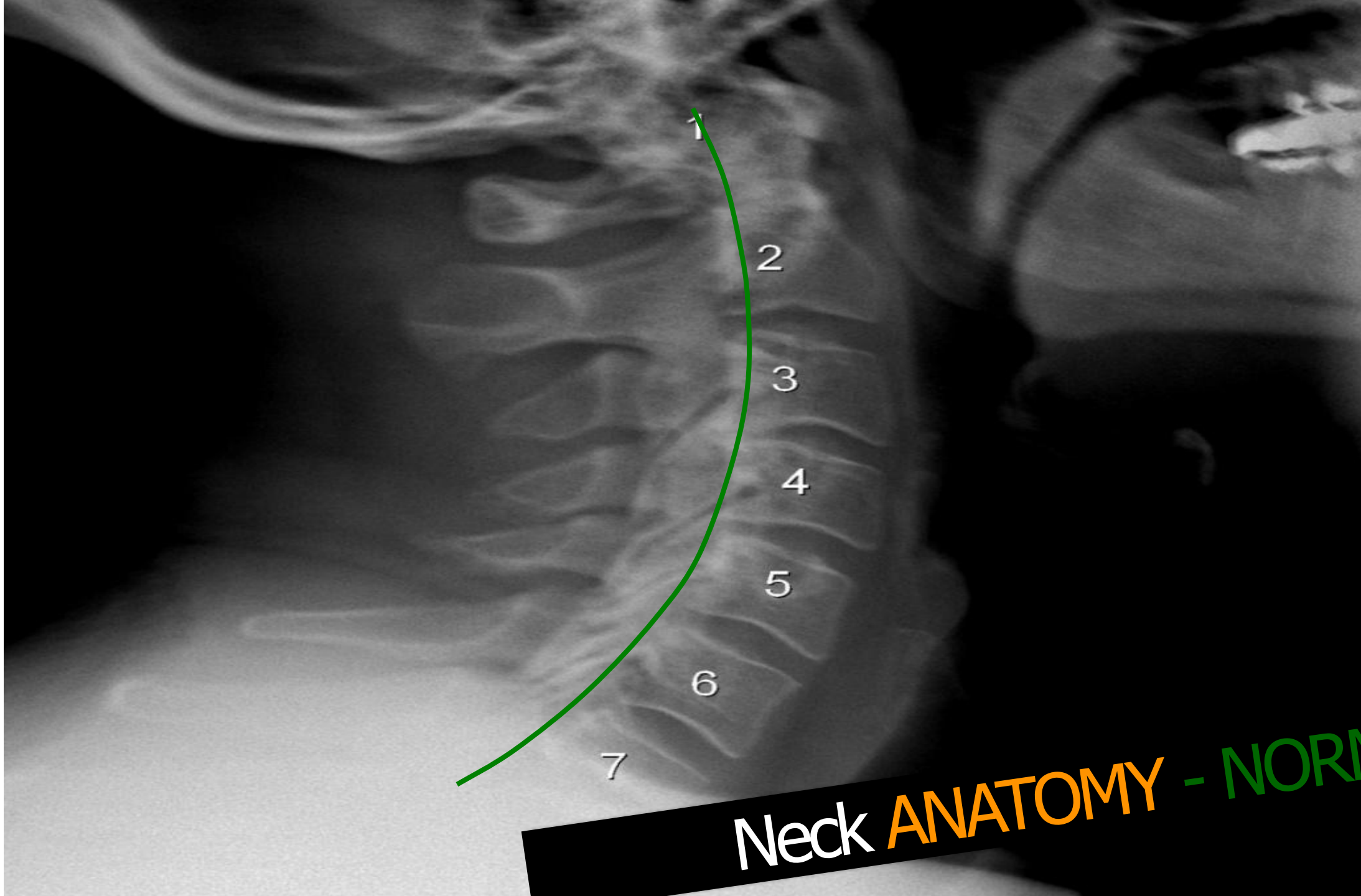


What Is **IMBIBITION?**

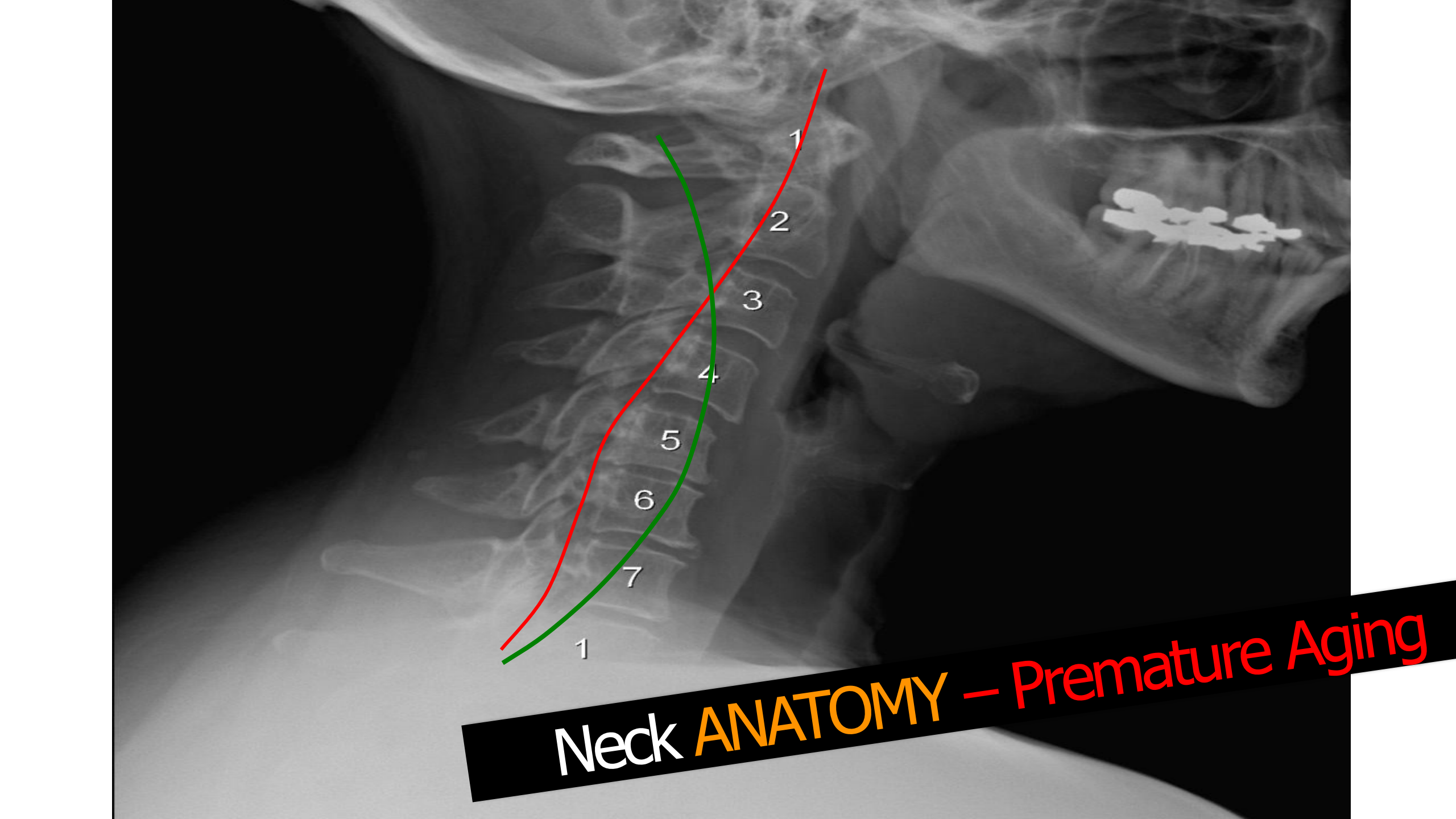


Movement of the Spine causes discs to **regenerate**. It's called IMBIBITION





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 labeled with numbers: 1 at the base of the curve, 2, 3, 4, 5, 6, and 7 along the curve, and 1 at the top of the curve. The text 'Neck ANATOMY – Premature Aging' is overlaid on the bottom right.

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

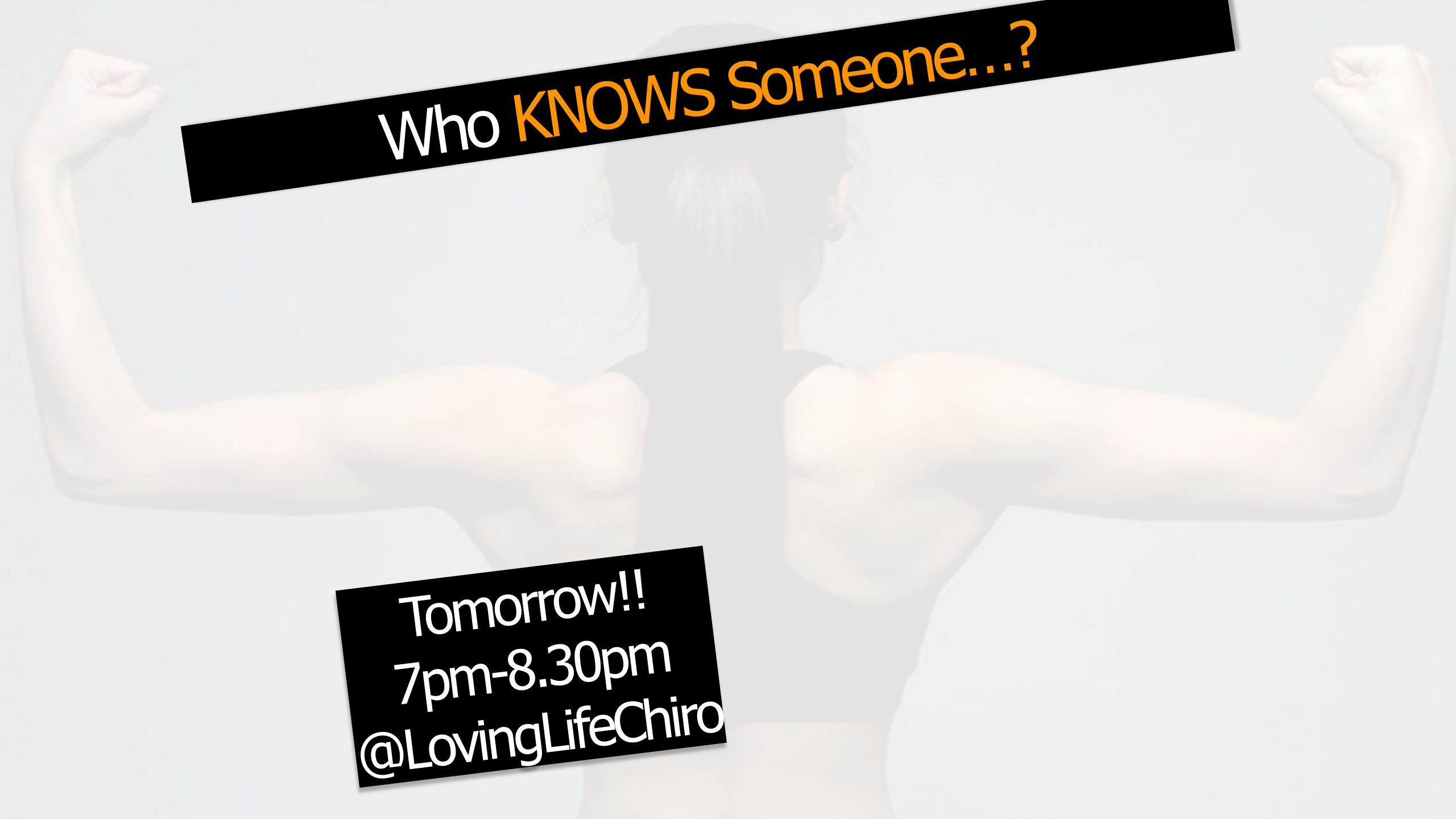
Remove Interference, Restore Function





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
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**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

Secrets of
THE MIGRAINE WHISPERER

DR CRAIG HINDSON DC



WHAT YOU WILL LEARN

- 3 Strategies To Reduce Migraines
- The Anatomy and Neurology of Migraines
- A Strategic Approach to Migraine Management

REGISTRATION
UP TO \$150
(613) 238-1111



Tomorrow!!
7pm-8.30pm
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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 Exercises
- A Strategic Approach to Lower Back Pain

REGISTRATION
UP TO \$150
(613) 238-1111



Thu Oct 22
7pm-8.30pm
@LovingLifeChiro

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