



Paul Chek: The 4 Doctors and Holistic Health: The Last 4 Doctors You'll Ever Need



Paul Chek is a world-renowned expert in the fields of corrective and high-performance exercise kinesiology, stress management and holistic wellness. He is founder of the Chek institute and host of the Living in 4D Podcast.

Explore and discover what the 4 Doctors of Holistic Health have to offer and how to use them to achieve your dreams and ultimately live your best life.

TOP EMBODIMENT TIP: Be honest with yourself, but when you're facing a challenge, whether it be physical, emotional, spiritual, or relationship wise, answer this one question: what would love do now?

1-2-3-4 Approach: A Philosophy Based On the Physical, Emotional, Mental, and Spiritual Needs

- Love: What is your dream or legacy. What do you love enough to change for
- Forces to Balance: Balance your Male and Female forces. This requires awareness and daily rituals.
- Choices: You have three choices you can make: Optimal, Suboptimal, Do Nothing
- The 4 Doctors: Dr. Quiet, Dr. Diet, Dr. Happy, Dr. Movement

Dreams: Living Their Dreams Is What All Great Achievers Have in Common

- Stress kills dreams
- We cannot embody our dream until we embody ourselves

Balance: Work Hard, Rest Hard

- Train not drain
- Balance the essential with nonessential

The 4 Doctors Within:

- **Dr. Quiet:** Sleep, Self time, introspection, spiritual development, anabolic rebound, inside
- **Dr. Diet:** Food quality, hydration, metabolic typing, legacy, outside, satiation
- **Dr. Happy:** Core values, emotional intelligence, mental self management, dreams, creativity, growth, motive, etc.
- **Dr. Movement:** Work out or work in, flexibility, functionality, rhythm, expression, integration, transformation, etc.

Steiner Model: The 4 Doctors cover each of the key systems and their integration which are essential for health and wellness:

- Nervous system (Dr. Happy); hormonal system (Dr. Quiet); waste system (Dr. Diet); musculoskeletal system (Dr. Movement)

Resources

- ❖ **Books:** *How to Eat, Move, and Be Healthy; The Last 4 Doctors You'll Ever Need*
- ❖ **Website:** chekinstitute.com; chekiva.com



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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