



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

<u>Dreams:</u> 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.

<u>Steiner Model:</u> 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





Social: Instagram @paul.chek, Facebook: Paul Chek, Podcast Living in 4D Podcast

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ILAN STEPHANI

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.

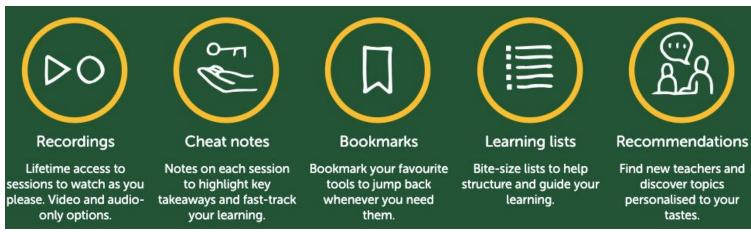
Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond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

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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