

Written for my client Wayne Daniels, founder of EvolMotion and currently Daniels Health & Fitness. I wrote a total of 10 blogs after designing a website and producing short demonstration videos of exercises that he uses to train people.

Blog #4

Rebuild Your Body Post Pregnancy

You might have taken supplements, followed doctor's advice and even read the popular book "What to Expect When You're Expecting" but part of you is still dealing with the reality of physical challenges now that you delivered that bundle of joy.

A mother-to-be instinctively knows that carrying a child for 9 months puts great stress on her body, so extra self-care was important to maintain general health, optimal bodily functions and good energy levels throughout the pregnancy. After delivery, the major discomfort may be gone, now it's time to address the anticipated but perhaps unwelcome after effects.

The physical stress alone while pregnant was very demanding for joints, muscles and nerves to stay in balance due to the increase in body weight and the fluctuation of hormones. Without proper care like exercise, stretching, extra rest and healthy food, physical stress accumulates, leading to painful posture issues that might be causing lower back or hip pain.

It's normal for the body to change shape during pregnancy to accommodate proper development of the fetus. Stomach, pelvic muscles and ligaments stretch beyond their normal range throughout pregnancy. However, these "normal" changes often linger and will not restore back to their original state without some corrective intervention.

Although you might accept some weight gain and change in the shape of your body, major adverse postural changes like an excessive lower back curve, coupled with excessive anterior pelvic tilt, (diagram below) escalates into incontinence and sexual dysfunctions due to muscles within the back and pelvis being inhibited.

Additionally, organ stress and distention of the viscera, (intestines) will occur. That means, organs and viscera have to negatively rearrange or alter their physiological position, form and shape to accommodate the changes in the lumbo-pelvic region. This also puts stress on the musculoskeletal system, but all other systems (nerves, circulation, lymphatic, hormonal and organs) equally take on their share of the burden.

Get back the body you had before the blessed birthing event. I offer a complimentary consultation in which I can assess what areas need help and provide a custom routine for you.

Blog #9

False Food Facts!

Popular Health foods that are not so healthy

Many food companies have stretched the definition of "healthy" on the labels of their products. In part they are doing it to fulfill popular marketing trends (remember the low-fat craze) but also to increase sales, they trick the public with ingredients that seem good but might not be truly beneficial for consumption.

In the vast field of health and nutrition, along with the conflicting dietary information available today, it can be confusing as to what is true and what is not about food. It can overwhelm to the point where you give up your pursuit of "better health" and go back to old eating habits that didn't work in the first place. This onslaught of misinformation, will probably send you into vicious cycles in which you try foods that help you improve slightly, but ultimately you keep experiencing the same symptoms.

An example of this false food fact is "Canola Oil," (originally called rapeseed) which has been touted as a healthy oil. It is low in saturated fat levels, however, the hydrogenated processing required actually makes it a trans-fat, which is not healthy.

Reasons you should NOT consume [canola oil](#):

- Over 90% of all canola is genetically modified.
- Hexane, a highly toxic petroleum-based product used to extract the oil from the seed.
- Contains elevated levels of [Erucic Acid](#). (can have toxic effects on the heart)
- Is “partially hydrogenated” to render it stable, which converts it to a “trans fat.”
- Primarily an industrial lubricant for oiling machinery.
- Used in textile, furniture and printing industry
- Used in insecticides lipsticks, candles and household products
- Fed to commercial raised cattle.

Read more about it: [Is Canola Oil Good or Bad](#)

Unhealthy Health Foods

Here are other so called “health products” that the food and drug companies claim to be good for you, but are not even close. In fact, plenty of nutritional research shows that they are instead highly toxic and cause many of the modern day health issues we encounter today.

1. Soy and soy isolate products like soybean oil, soy meat, soy sauces, tofu, soy milk, soy cheese
2. Vegetable oils like maize, corn, peanut, sunflower, safflower, and cottonseed
3. Processed grains like cereals, breads, pizzas, pastas, cookies, cakes and crackers
4. Most cured meats due to nitrates and synthetic additives
5. Pasteurized products like dairy, (especially low fat) veg juices, soda drinks
6. Irradiated foods like herbs, certain fruits, red meats, poultry, shellfish
7. Canned and other ready-made meals

Yes, these food practices could be debated and counter claims can be made. However, in my view, any food that has gone through a processing practice that denatures and damages the molecular structure, as well as the nutritional content, has compromise the general quality, no matter what way it could be justified.

Food That Fuels Health Issues

You can't expect to become a nutritional expert over night, but you can become educated, learn from those that are better informed. Read more labels, find stores that carry a variety of organic and unprocessed food and recognize when your body is telling you it isn't feeling well after you eat. Consuming over processed and denatured foods can lead to:

- ✓ Chronic fatigue, Addison's disease, osteoporosis, arthritis, fibromyalgia
- ✓ Digestive disorders, like IBS (irritable bowel syndrome) crohn's disease, colitis,
- ✓ Reproductive problems, endocrine, (hormonal dysregulations)
- ✓ Hypo and hyperthyroidism like graves and hashimoto's disease
- ✓ Hyperglycemia, diabetes, heart arrhythmias/disease
- ✓ Behavioral disorders, ADHD, ADD, bipolar, depression