

# ***Gain Your Competitive Edge***

**Presented by Dr. Phil Sledz, DC**



**Fundamental  
Health Solutions**

*Your Partner in Healthy Change*

# Introduction

- **Dr Phil Sledz, DC**
- **Board Certified Chiropractor, 2011**
- **“The Austin Health Detective”**
- **Going Beyond Wellness... to Optimal Health**

# Introduction

## Before I became a Chiropractor...

- **Retired U.S. Veteran**
  - **F/A-18D pilot for the US Marine Corps**
  - **Commodores List:**
    - **top 10% of Naval Flight School graduates.)**
- **Commercial airline pilot for Southwest Airlines.**

# Specializations

## Specializations

- **Blood Sample Analysis to determine immune cell function**
- **Sports and Athletic Optimization**
- **Anti-Aging**
- **Chronic and Acute Health Conditions**

# Introduction

## Board Certifications

- **Functional Medicine**
- **Vestibular Rehabilitation**
  - **Subset specialty in functional neurology**
  - **Deals with correcting the areas of the brain that manage the body's balance and coordination centers.**



# ATHLETIC INTERESTS

# Athletic Interests

## Grew up in a Tennis Family

- Multi-title state champion
- Jr. High tennis coach
- Role models were tennis pros

## Other Sports:

- Cross Country running
- Soccer
- Hockey
- Cross Country ski racing

# Athletic Interests

## USMC

- 20 mile hikes / 47 pounds of gear
- G – force training

## The experiences provided

- Greater understanding of the mental, and emotional rigours
- Will power involved
- Physical tolls on the body





# PERSONAL TRANSFORMATION

# Personal Transformation

- **First Patient**
  - Dx Non-Hodgin's Lymphoma
  - Double Disc Herniation with radiculopathy
  - 60 year old back at 28 years of age
- **Over 34 documented symptoms:**
  - Pain, brain fog, neuromuscular and muscular dysfunctions, dizziness, chronic exhaustion, unintended weight loss...

# Personal Transformation

- **Clean Bill of Health without Surgery or Drugs**
- **Take Away:**
  - **Optimal Health Comes when we have:**
    - A highly functioning Immune System and an
    - Improved Cellular Communication
- **The body can then be directed toward optimal health**

# Gain Your Competitive Edge!



# Gain Your Competitive Edge

- **Cellular health is key to improving performance**
- **Major impediments**
  - Nutritional Depletion
  - Reducing and eliminating Fibrin and scar tissue
  - Strengthening the overall health of your blood
  - Increasing Blood Oxygen Levels
  - Decrease Recovery Time
  - Managing Inflammation Associated with Training
  - Reducing Injuries and Oxidative Stress

# Nutritional Depletion

- **Athletes utilize nutrients more rapidly than non-athletes.**
- **Nutritional depletion can contribute to a number of physical issues.**
  - Impaired peak performance
  - Range of motion
  - Pain, stiffness, joint and fascia restrictions.
  - Lack of stamina, endurance
  - Proper coordination, stiffness ...

# Fibrin slows athletic performance

- **Who is affected?**
- **Active physical activity can initiate the process**
- **Repair process begins with fibrin**
  - **Surrounds damaged tissues to provide stability**
  - **Body creates fibrin removing enzyme**
  - **Insufficient amounts delay healing and repair**

# Fibrin slows athletic performance

- **Required to stabilize injuries**
- **Delayed Onset Muscle Soreness**
- **Limited Range of Motions**
  - **Distortions in fascia (connective network)**
  - **Creates resistance**
    - **Limiting effect**
    - **Flexibility, range of motion, extension**



# Increasing Blood at the cellular level

- **Blood must be able to carry greater amounts of oxygen**
- **Requires blood cells to be ideal size and shape**
- **Requires debris in blood to be cleaned up.**
- **Debris in blood all decrease blood's ability to carry oxygen**

# Reducing Stress and Inflammation

- **Need to reduce oxidative stress and inflammation**
- **Oxidative Stress**
  - **Includes harmful byproducts called ‘free radicals’**
  - **Damaging to cells**
    - **Difficult for cells to heal, carry oxygen and nutrients**
- **Blood Tests identify these conditions using functional lab tests.**

# Jump start your competitive edge

Call our office, or visit our website at <http://austinhealthdoc.com> for more information on how we can help you reach that next competitive level.