



PINNACLE
PERFORMANCE

WHAT'S NEW? APRIL/MAY/JUNE 2024

- Happy 20th Anniversary! - [April 1st](#)
- Anti-Inflammatory Program - [April 3rd](#)
- Elevated Wellness - [April 12th/May/June](#)
- Osteoporosis Workshop - [April 25th](#)
- Health Coaching Sessions - [discounted!](#)
- Intro to Oov 4-Week Series - [May 4th, 6th](#)
- Yamuna Ball Rolling Workshop - [May 18th](#)
- Garuda Chair Workshop - [June 1st](#)
- Why Integrative Medicine?
- Why Health Coaching?
- Why Manual Therapy?
- Why Myofascial Release?
- Why Dry Needling?
- Why Movement?

In 1999 as I transitioned from a traditional physical therapy setting to this cash-based setting, I remember having the feeling of freedom and fear. My clients at the time told me I was ready to lead, but I knew that there was so much that I didn't know, that I was young, that I would screw up, that I did not know what was in store for me embarking on this "thing" that had not been done before. However, I could finally deliver care the way I desired to, looking at the intricacies of the whole body, feeling how the mind, heart, and spirit influenced the clients' capacity to heal and be well, and have the freedom to influence all of that. I had a vision and the passion. I did not know that I would be here now, 25 years later, having owned Pinnacle solely for 20 years, navigating the constant changes, the growth, the expansion, the ups, the downs, the loss of relationships and my personal freedom at times. Yet overall, I have feelings of joy believing that somehow I have made a difference in the world, in my profession, and most importantly in the lives of the individuals that I have come into contact with, both clients and my team whether you are still with Pinnacle or following your own passions and dreams individually. I also know that I am most thankful for the group of people who surround me with love and support every day, many for many years, believing in what we are collectively doing at Pinnacle, and bringing to this community their exceptional skills and being present in their bodies/minds/heart/spirits. I know that I am loved and my tribe is here so that I don't have to do this alone. Thank you to all of you, you have become my family!

My wish for the next 20 years is that this "tribe" may continue to create a safe, healing environment, filled with love and care, for this community. That we remain at the forefront of knowledge and skill to provide the best possible outcomes for all through our delivery. And that we all continue to ask questions, see possibility, and remain curious in our approach to the human body/mind/heart/spirit. There is so much more to learn and experience!

Healing and wellness is bigger than I had ever imagined it to be! I am grateful to this community for seeing the vision that I saw many years ago and assisting me in making it a reality!

Much love and light, Amy!



Please Read:

Pinnacle has been forced to create a new Facebook account, would you go there and "Like" us!

<https://www.facebook.com/pinnacleperformancell>

Thank You!



Happy 20th Anniversary!

April 1st

Let's Celebrate!



PINNACLE PERFORMANCE



Pinnacle's 20th Anniversary gift to you is an additional **\$20 OFF** all Intelligent Movement Plans and Passes purchased within the month of April 2024!

You may purchase as many 10-Pass, Weekly, and Monthly Class and 10-Punch Solo Passes as you would like within April 2024 and receive the \$20 savings on each pass! All passes must be used within 1 year, and paid for in full at time of purchase.

Take advantage of this additional discount and **Celebrate Pinnacle Performance's 20 Year Anniversary All Month!**

Plan wisely and you can save on your Intelligent Movement throughout the year!

Contact us throughout April at 801-583-5692



Renew 8-Week Series
Anti-Inflammatory Program
with Tricia Petzold MD

Starts April 3rd
5:30-6:30PM via Zoom

Renew Series: Anti-inflammatory Program

8-week program - Join us virtually on April 3rd for an informational session that will begin the two-week preparation process.

Pinnacle Health's Renew anti-inflammatory program will help you personalize your eating habits by removing common foods that trigger inflammation. Throughout this program, you will be monitoring your symptoms and noticing how you feel through the elimination and reintroduction of each potential trigger.

70% of our immune system lines our GI tract (otherwise known as our "gut"). A healthy gut is of utmost importance to the health of our overall immune system. Join us to empower ourselves to do something truly remarkable for our health and immunity.

It's not what you do sometimes that makes the difference, it's what you do every day that really counts.

A balanced inflammatory response is vital to well-being. It is how the body defends and then repairs itself. That said, chronic inflammation is at the root of all chronic illnesses: heart disease, obesity, diabetes, dementia, depression, cancer, chronic pain, and the list goes on. You may feel healthy "enough" but if inflammation is continually present then a problem is simmering. What is the best way to control inflammation? It starts with identifying triggers and causes of the inflammation. The most common cause: the foods you eat regularly. Food allergies are easy to recognize (vomiting, rash, difficulty breathing) but food sensitivities are subtle and wreak havoc on our digestive tract and immune system. It is important to identify your food sensitivities as a key component to decreasing inflammation. A healthy gut equals less chronic inflammation and a more balanced immune system.

Your gut controls every aspect of your health.

The gut is the very foundation to a healthy heart, focused brain, strong immune system, and robust metabolism that all impact your ability to experience the world around you.

Your digestive tract houses an entire ecosystem of bacteria and microorganisms that protect your body against harmful pathogens, help digest and absorb critical nutrients, build neurotransmitters and other health promoting molecules known as short chain fatty acids (SCFA), and eliminate toxins that wreak havoc on your system. Your gut is the control center for both disease and health.

Changing food habits can be complex, difficult, and sometimes confusing. We are here to simplify the process and help you realize that it isn't as hard as it seems. Included in this food plan are recipes, snack suggestions, a shopping list, and other information to make it a doable process. Look over this information carefully. If there are any questions or concerns about this food plan, please contact Pinnacle Health or bring your questions to our first group visit on April 13th.

At the core of our **Renew** program is the concept of Functional Nutrition. Functional Nutrition is about finding the right way for each of us as individuals to eat—using food to maximize the potential for health and reverse dysfunction or disease. There is no single “right diet” that applies to everyone. We all have different genetic backgrounds, different dietary preferences, and different lives. We all want to be healthy, but figuring out how to make food and dietary patterns serve that goal can be difficult. The Renew Anti-inflammatory series at Pinnacle Health was created to make this process attainable through guided instruction, deeper understanding of nutrition and group interaction.

Details:

8-week program starting on April 3rd.

- We will meet once per week via zoom for discussions and to answer questions.

-Education on topics will be sent to you weekly:

- Overview on nutrition

-The role of the microbiota

-How to address obstacles and stay motivated

- Troubleshooting challenges

-What is detox? / How do vegetables promote detoxification

- Mindful and Intuitive Eating

-Clean eating tips for moving forward after the program

- Support included in the program

- Group visits

-Road map to help keep you on track

-Grocery list

-Menu planning

- Inspiring and delicious recipes

-Standardized medical symptom tracking tool to measure improvements

Cost: \$300.00 for new Pinnacle Health patients

\$200.00 for current Pinnacle Health patients

This nutrition class is the antidote to the media and personality driven nutrition information that’s clogging up the internet. We’re getting behind the bustle to get inspired by the intelligence of our bodies, the beauty of biochemistry, and discover how nourishment comes from more than just our food. We’ll explore topics such as adaptive stress, eating as connection, metabolic flexibility, cooking as creativity, cooperation (with your microbes), the symphony of juices (all the different digestive juices that is.) and more. The goals of this class are to bring context and insight that is missing from all the nutrition info out there. And through this process, we’ll build a deep and intuitive understanding (and motivation) of how to build robust health and resilience. Bring your appetite and your questions!

Call or text 801.583.5692 to register!

A silhouette of a person in a yoga pose, with one leg raised and arms extended upwards, set against a bright sunburst background. The person is wearing a long-sleeved top and leggings.

Elevated Wellness 2024

PINNACLE HEALTH IS "BRINGING COMMUNITY TOGETHER IN 2024 TO BUILD HEALTH AND RESILIENCE IN A DEMANDING WORLD."

AN INFORMATIVE AND EXPERIENTIAL
COMMUNITY EVENT
THE SECOND FRIDAY OF EACH MONTH.

APRIL 12TH
MAY 10TH
JUNE 14TH
5:15-6:45 PM

COST \$35

Accessing the Vagus Nerve for Healing and Health - April 12th

Join Amy Broekemeier PT, DPT and Leslie Hales, Functional Medicine Health Coach, for an experiential evening filled with informative techniques you can use to upregulate your Vagus Nerve, the key to your autonomic nervous systems' ability to keep you calm, focused, healthy, and vibrant!

You will be made aware of your sympathetic "fight and flight" system, your parasympathetic "calm, focused, healing" system, and how these interactive systems are necessary for your livelihood on a daily basis!

Amy will be using a wide array of techniques from her "toolbox" and her 28 years of experience providing rehabilitation and fitness services to many individuals who have had an unregulated sympathetic system due to trauma, injury, false beliefs, and life circumstances faced daily by all of us! Learning how to access the vagal nerve is imperative to your health!

Please join Amy and Leslie April 12th from 5:15-6:45PM.

Call or text 801-583-5692 to register for this informative and experiential workshop!

Why Vagal Nerve?

I'm sure all of you are familiar with a "fight or flight" response, our systems perfect way to keep us safe in all environments. This system (the Sympathetic System) is innately "on" 24/7 as a natural protection mechanism so that we as a species survive. To suppress a constant "fight or flight" response, our "calming" system (the Parasympathetic System) must be available and healthy to suppress the Sympathetic System's natural state of protection that we do need. This Parasympathetic State, influenced highly by the Vagal nerve, is the means that we are meant to exist within for a large majority of our existence, not to be wandering around in "fight or flight" frequently. This "calm" state could be termed the "Flow State" at its most heightened level. I'm sure you have heard about the "Flow State" but many of you may not even know what it means, how it feels, or how it would be to exist within it, unfortunately. It is that place where decisions are made freely, creativity flourishes, performance is easy, minds are clear, hearts are vibrant, bodies are free, and spirits fly! You as a human being perform at the Pinnacle of your existence, and more importantly feel fantastic! Life is fun!

Fortunately, there is hope with much research in the areas of upregulation of the Vagal System after Stephen Porges, PhD, neuroscientist, termed the Polyvagal Theory and wrote and taught extensively about this framework since the 1980s. We now have a substantial amount of information on which to justify many forms of clinical treatments that access a healthy response from the Vagal System. We now know that the Vagal nerve has two distinct entities, separate from each other, both necessary for function. The Ventral branch that works with other cranial nerves to place us in a state of "mobilization without fear" termed by Porges. Stimulation of this branch places us within the ability to socialize and perform in a peaceful state while fully being engaged with the world around us, navigating all possibilities of social engagement very well. The second branch is the Dorsal branch which protects us from harm like the sympathetic system, but in a way to shut us down completely by "immobilization with fear" (Porges). This state, if you are a prey animal facing death, can be good and lifesaving, but as a human who is being asked to function in this world, will be detrimental to your health leading to situations of depression and anxiety, diagnosis such as "POTS", and other limiting symptoms that are unrelenting. We now are also beginning to understand "hypermobility syndromes", one of which is Ehlers-Danlos, as being generated in the Central Nervous System due to helpful research of Peter A. Levine, PhD who has dedicated the remaining portion of his career to understanding this better and finding solutions for treatment. My mentor, John F Barnes, has developed a treatment approach for the myofascial system that assists authentic healing by allowing the restrictions in the body that have developed for a multitude of reasons to dissipate through softening, feeling, and releasing. This approach allows the cells of tissue within all systems to return to efficient levels of function and health. The good news is that we as clinicians have the information and the tools and are attempting to assist clients' healing that has often been limited by physical and emotional traumas, false belief systems, old stories, poor postures, inefficient oxygenation, physical restrictions, and multiple day to day events that place our systems in a "fight or flight" or "immobilization" response, often quite unconsciously. Many of us just don't understand why we feel badly, have sleep disturbances, constant fatigue, tissues that won't heal properly, gut health issues, anxiety, depression and overall "Dis-Ease" in our bodies/hearts/minds/spirits. I was in this group for many years, but not anymore, thankfully!

Please join Leslie Hales and myself on April 12th to explore some techniques that you can use daily to effectively stimulate the Ventral portion of the Vagal Nerve. We now understand that stimulation of this Ventral portion can assist to suppress "fight and flight" and "immobilization" responses effectively. We are looking forward to this workshop!