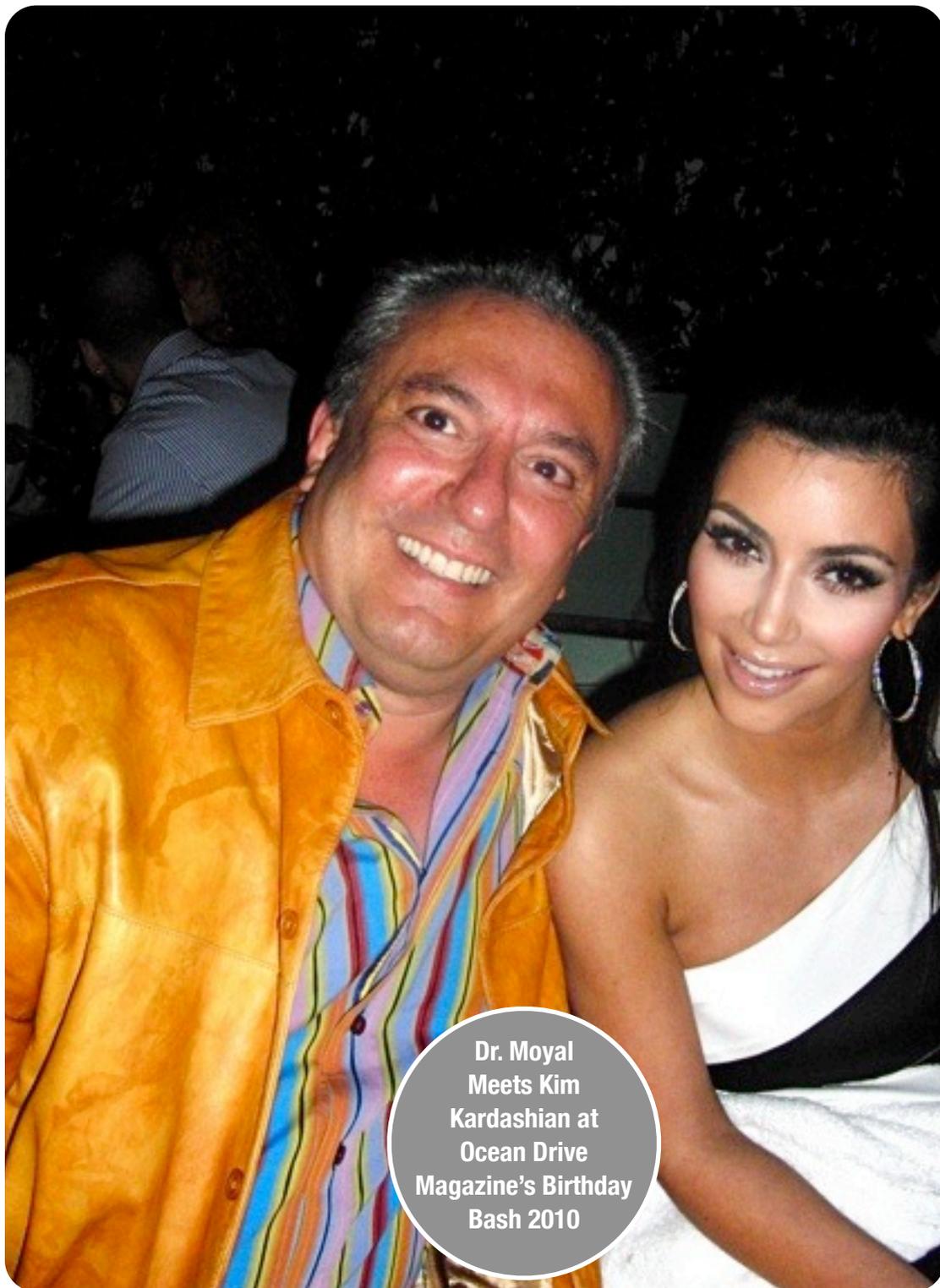


Winter

DR. MOYAL'S 2010 WINTER



Dr. Moyal Meets Kim Kardashian at Ocean Drive Magazine's Birthday Bash 2010

JANUARY

The beginning of 2010 started off with a bang in the Florida keys, where Dr. Moyal was invited to work with the University of Michigan Swim Team... then Meeting Kim Kardashian @ the Delano

FEBRUARY

Feb 2nd Doc Moyal & Alex "The Stretchman" Attend a Health Fair at the Miami Heat Arena. Feb 3rd Dr. Moyal @ Miami Beach High UM Signing. Feb 24-28th, Dr. Moyal @ Big Ten Swimming Championships

MARCH

March 25-27, 2010 Dr. Moyal will again be working with the University of Michigan Swim Team at the NCAA Swimming Championships and will meet up with Nathan Adrian tagged as the next great sprinter!

March/April 2010

DRIVING

SWIM MANIA:

Swimming Mania strikes at Moyal Chiropractic with Dr. Moyal attending the Big Ten and NCAA Championships.



Nathan Adrian
Takes On Michael
Phelps at the 2008
Olympic Trials in
Omaha, NE

WORKING WITH THE BEST SWIMMERS IN THE WORLD...

Injuries are prevalent even in the best trained athletes. But, when you pay attention to details - something amazing emerges... patterns that lead to identifying injuries that can be prevented and records get broken!

It started back in 2007, when I first met Gary Hall Jr, through a mutual friend and swimmer Sabir Mohammed. At that time Gary was training with his Race Club World Team and getting himself ready for the chance to qualify for 2008 Olympic Team. As I started working with Gary, I soon found myself invited to work with his World Team made up of 20+ Top ranked swimmers from 15 Countries including Nathan Adrian, Gary Hall Jr, Milorad Cavic, George Bovell II, and many others, all coached by Mike Bottom, now the head coach at the University of Michigan.

Since early in my career, I started noticing certain injuries and patterns to those injuries and it became my goal and passion to figure out a simple set of tests to eradicate these injuries. I started to apply these techniques to improve ch

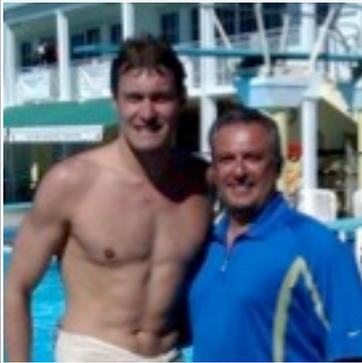
swimmer's performance. While working with many of the best swimmers in the World, I have found specific patterns of injury development, simple tests to isolate them and then with some simple maneuvers, these plaguing injuries and training annoyances can be released, creating an increased freedom of every joint restored within one to two minutes of examining the problem areas...

What does that translate into? To put it simply - better training with less stress to the joints and muscles reducing soreness while creating more consistent swims and faster times, because each swimmer's body is freer, looser and more connected with muscles firing more accurately together instead of against each other. Could this be the missing edge to decreased times and less injuries? YES!



Gary Hall, Jr 3 Time Olympian
Gary Hall Jr held the title of the World's Fastest Man for 8 years. Gary is 3 Time Olympian and winner of 10 Olympic Medals ('96, '00, '04) and it has been a privilege to work with him and his Race Club.

PICTURE TIME



2010 an athletic year

Top: Dr. Moyal with Olympian Peter Vanderkaay in the Florida Keys January 2010

Middle: Dr. Moyal with Delmar Taylor, a Miami Beach High School football player who was signed by UM.

Bottom: Dr. Moyal meets former NBA player Scotty Pippen at Ocean Drive Magazine's Party

No matter what sport or what Country an athlete is from, Injuries can creep up because of training...

It is in the nature of every athlete to want to not only out perform their peers, but to also out perform themselves. In doing so, athletes often go to the extremes to accomplish these feats!

After 24+ years of working with top professional, World-Class and Olympic athletes, it is apparent that when an athlete is in the zone, he/she can break records and do things that even they didn't think was possible.

Having attended Olympic Trials and witnessing records being broken, I personally have witnessed this zone. However, there are factors that can prevent that from ever manifesting in the first place, besides mindset and self-doubt which unfortunately is common with many athletes. The negative self-talk is worse than any injury an athlete could ever suffer from.

But, for now I want to address the physical component of injuries and how they could affect you as an athlete from one day to the next. I recently heard a top coach say to one of his best swimmer "What's wrong with you today?"

Yesterday, you swam like a fish and today you couldn't swim your way out of a paper bag!"

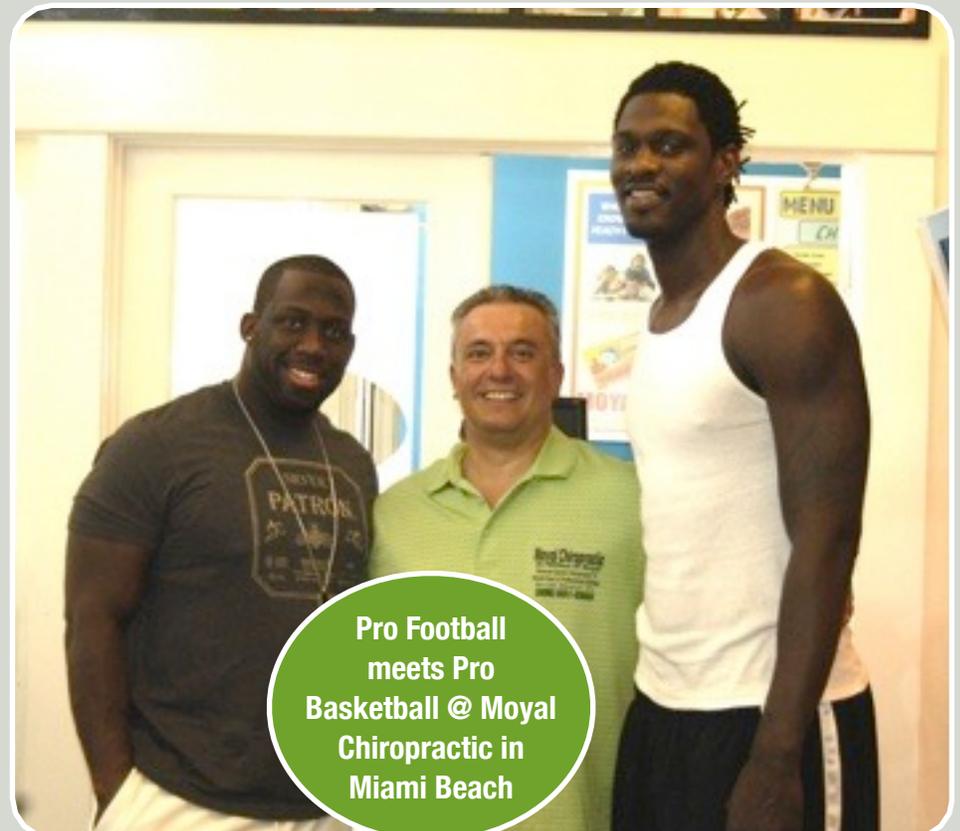
Now, this situation doesn't just happen in swimming - it happens in every sport!

Having surveyed hundreds of athletes over the years with this simple question: "Do you ever have days where you feel like something is just not right and you feel inconsistent compared to the day before?"

So, what changed? What's different about the day before? Could it be over-training? Muscles being too tight? Not sleeping well the night before? Not eating properly? and so many other possibilities...

Actually, in my work with Patterns of Injuries, The Dispersive Factor, Torsion/ Countertorsion Principle, The Law of Adaptation, The Law of Compensatory Mechanisms, The Psoas Release and Joint Dysfunction Analysis.

I have come to the conclusion that the answer is actually very simple. It is caused by the inability of the body as a whole to adapt to the repetitive load and forces applied to it because of internal reactions subsequently causing joint dysfunctional patterns which can be explained completely by the laws above.



MOYAL CHIROPRACTIC REVAMPS ITS WEBSITE

After years of wanting to develop an awesome website, Dr. Moyal has finally settled on chiroplanet to be his web service provider and to date they have developed an amazing website for Moyal Chiropractic, with more than 300+ pages of contents and articles.

The website also serves as a place to find new information, get answers to common conditions, read some amazing contents and intriguing health newsletters. You will also be able to find some more information about the additional services we have brought in to the office recently,

Health is not about a lack of pain

It's about how well your body is functioning, chiropractic's goal is to keep you functioning in total harmony for life!

New Services offered for your convenience and at a great price!!!

By now you know that we have moved the office to our new location and if you haven't been by to visit us yet, you owe it to yourself to come by and see our new improved digs. We offer additional services in a more modern state-of-the-art facility. To make sure you come by and get a check up I want to offer you two coupons to use. One is for a One Hour Massage for only \$49!

The other is for you to receive a Free 30 minute Flexibility Stretching session with our resident Expert Alex "The Stretchman" Da Silva. His expertise is unparalleled as he also takes care of top Collegiate and Professional athletes.

So come by and visit us so you can take advantage of our new facilities and coupons!



Helping You Get Healthier and Be Pain-Free!



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