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Any Eagle Golfers?

Question: *What is the difference between a Birdie-Eagle-or Par?*

Answer: It is NOT one or two less strokes!
And it is NOT your technique...New research shows it is much *easier* than that....

The basic understandings thus far are:

Golfing is a sport that is particularly hard on the back, especially your spine. You are out on the course for several hours a day swinging your golf clubs. This form of exercise is hard on your spine and back. Therefore, people who are heavily involved in this sport sometimes take advantage of a chiropractor. Chiropractors specifically work on the back and spinal region with adjustments or spinal manipulation. Chiropractic is based on removing nerve interference. They believe that most diseases and ailments have a root cause, subluxations, or misalignment of the vertebrae interfering with messaging to and from your brain. When a vertebra is manipulated (adjusted), it's not being put back into "place," it is being put back into MOTION.

Chiropractors believe and recent science proves that the patient will experience a much better brain/body connection therefore in the best possible position/motion for healing and disease processes to heal.

Basic understanding is that golfing can be a considerable strain on the back. Although no disease is present, millions have found that

chiropractic has helped them have more mobility and improve their game. This is because when the chiropractor restores movement and function to all the vertebrae, the back can move better. Basic muscle stretches, especially the hamstrings and groin areas, will help to loosen up muscles and improve flexibility.

This so far is structural improvement, nothing more. Not too exciting.

So, where is the beef? I promised you I would show you the difference between Par, Birdie and Eagle and told you it was **NOT** your technique that determined it.

The future of better Golfing lies in a deeper understanding of the interconnectedness of your brain and your feet. Depending on how *flat or high your arches are, it will determine how your golf swing and golf stance is communicating with your cerebellum, the area of your brain responsible for balance and movement.*

Proprioception:

Proprioception, or kinesthesia, is the sense that lets us perceive (brain) the location, movement, and action of parts of the body. It encompasses a complex of sensations, including perception of joint position and movement, muscle force, and effort.

The largest determinant of good and healthy proprioception is measured by how much nerve resistance there is between your brain and your (body part in question). We call this...

Nerve flow=Golf Swing

Here, we're talking about your feet or arches in particular and the Nerve Flow to your brain's cerebellum area.

Take a wrong step and your brain Know's it. Better cerebellar input equals better cerebellar output.

In English, this means better golf stance and better golf swing.

The difference between where you “think you are standing” and how you ACTUALLY ARE standing, is neurologically determined which ultimately equals the difference between a Birdie, an Eagle or the ACE!

With EACH step [wrong or right](#), your brain is being reprogrammed through proprioceptive neurological input and creating a playbook of programs that run automatically. This determines your success whether you like it or not.

How to fix this mess?

The answer is custom Orthotics by Foot Levelers, Inc.

Foot levelers in number one in the world for their design and patent on the 3-arch advantage system of 3D-biometric scanning. We have a 3D scanner in our office in White Plains. It's 90 seconds (about 1 and a half minutes) to Birdie!

If you have flat feet, high arches, or just do not know for sure, come in and we will figure it out together. One thing for sure, Dr. Scholl's technologies are outdated and were mediocre at best at the height of his patent. You need a custom individual Rx for EACH foot in EACH of the 3 individual arches of EACH FOOT. There is NO "ONE ARCH" PER FOOT, as in the old days of thinking...

[Schedule](#) an appointment here. Or, for [more information](#). You will be on the right course to ACE-Ing the competition!

