

# THE ONLY 4 DOCTORS

## You Will Ever Need!

The 4 Doctors Framework was created by Paul Chek, a world-renowned expert in the fields of high-performance exercise, stress management, and holistic wellness. Chek was a consultant for the Chicago Bulls on a regular basis, authored several books, and founded the Chek Institute. The 4 Doctors is an inner-guidance system for creating sustainable wellbeing and mind-body harmony.



### DR. HAPPINESS

Dr. Happiness is the physician in charge of our core values. This doctor is about getting clear on what makes you happy. Clearly define what it is that creates happiness in your life; don't expect others to be responsible for making you happy. Think carefully about the values you choose to live by so that you can maximise the opportunity to experience what you want in life. Download a FREE Core Values self-assessment from [zenhighachiever.com/core-values](https://zenhighachiever.com/core-values)

DR. QUIET



### DR QUIET

Dr. Quiet is the chief anabolic (tissue restorative) physician. Introspection is essential. Sleep is the most essential and the most powerful of all anabolic (healing) forces available to us - and it's free! Establishing a healthy sleep-wake cycle is an essential first step to overall wellbeing. Most human beings need 8 hours of quality sleep each night or they will begin to experience problems with fatigue, mental cloudiness, and a progressive increase in bodily aches and pains. As we go further into sleep debt, our emotional stability diminishes to the point where we are not only tired, but also moody. If we are not getting enough deep rest, our healing powers diminish quickly, and without adequate sleep, any attempts at exercise will only add to one's overall physical burden. "IF YOU DON'T GO WITHIN YOU GO WITHOUT." - A wise yogi.



### DR MOVEMENT

Dr. Movement is the physician to turn to once sleep is balanced. This doctor has two components: a yin (work-in) and yang (work-out) aspect. The work-in approach to movement results in us having more energy when we finish a work-in than when we started. To work-in one needs only to choose any rhythmic activity they genuinely enjoy; the best exercise in the world is the one you'll do regularly. For most people, walking is easiest. A work-out, on the other hand, is exemplified by having less energy when we are done and the need to heal after the training session.

DR. DIET



### DR DIET

Dr. Diet is the physician in charge of what you eat and drink. The first step to living well and enjoying a healthy body with an abundance of energy, is to remove the 4 white devils from your diet (white sugar, white flour, white salt and pasteurised or commercial dairy products). Choose quality, in season ingredients and certified organic foods whenever possible.