

Module Nine

CSNA EXPERT ADVISORY BOARD



Advisor's Preface

Cory Holly is an exquisite researcher and fine athlete who ventures deeply into the study of sports and natural ways of healing. In Module Nine: Training Injuries: Natural Treatment he addresses the mind- body- spirit aspects of our life as athletes. With a wide variety of disciplines he guides us through a cornucopia of goodies to select from... and he does it without putting down conventional medicine. Rather, there are clear recommendations for complementary treatments such as massage, chiropractic, nutritional supplements, herbs, homeopathy and acupuncture to enhance the typical RICE (rest, ice, compression, elevation) regime available.

The athlete is respectfully hand-held through this buffet of natural, biological medicine that is emerging in popularity. The natural products that have recently become regulated by the new Natural Health Products Directorate within Health Canada are discussed in detail. Hold on to your socks, you are in for a treat, an up-to-date info adventure with answers to everyday issues in the arena of sports, performance and healing.

Have you ever wondered why you get a cold or feel sick right after embarking on a new exercise or training program you finally got into? Module Nine gives health professionals as well as the athlete clues to physiology, the root of our training troubles, and measures we can take to avoid unnecessary pitfalls, aches and pains.

This is mandatory reading for health professionals who may have missed out on how to treat athletes and sports-related issues. It is also for athletes who want to know what to pack in their gym bags, how to heal their sprained ankle or tennis elbow and it lets them know which therapy will increase their healing time.

Our life is enhanced by sports as it is by natural ways of living. Being our best, having strong, well-nourished bodies that are resistant to injury gives us the energy to live an active, healthy life. Module Nine shows us how to accomplish this goal.