

TLC GLOSSARY

Terms to Understand Our Programs



TOTAL LIFE CONCEPT

food · focus · fitness

A1C A blood test that reflects the average level of sugar in the bloodstream for the preceding six weeks. Used to determine if pre-diabetic or diabetic.

Anterior The front of the body.

Calm-Alert The practice of paying attention to the present moment. The meditative state. Your ability to remain simultaneously attentive and at ease. Also referred to as coherence.

Carriage The act of holding your upper body in space while maintaining correct postural alignment.

Coherence See calm-alert.

Consistency Constantly reapplying the same principles over time.

Dedicate To devote wholly and earnestly.

Diet A prescribed plan, usually inflexible, that tells a person what to eat.

Dietary Sugar A form of nourishment found in plants and containing fiber.

Extrinsic Motivation Behavior driven by external rewards that arise outside of the individual such as approval, money, rewards, fame, praise, etc. This type of motivation tends to lead to short-term behavior change.

Fad Diet Diets that claim results they are not capable of delivering for a sustained amount of time.

Fat An essential source of energy to our bodies and our brain.

Fiber An essential substance eaten by humans that can not be digested by human enzymes that provides food for bacteria in the gut.

Focus Being both calm and alert at the same time.

Food Provides nourishment to build and maintain the human body. Ideally comes directly from nature and is processed to be consumed in our own kitchen.

Food-Like Product Otherwise known as "processed food," something meant to be ingested mainly for the purpose of making us want to eat more of the product. The end-goal of the food-like product is not nourishment, but to sell more products.

Frontal Plane While standing upright, these muscles represent the muscles that face forward.

Four-Points Four regions of musculature that zig-zag down the spine back to front. When all four regions are stabilized the body stays properly aligned and posturally correct.

Fitness The daily art of moving our body through space in an pain-free, efficient and effective manner.

Glucose The main type of simple sugar in the blood and is the major source of energy for the body's cells. Glucose comes from the foods we eat and is also made by the body. Glucose/sugar is NOT a required part of human nutrition.

Gut Microbiome Community of bacteria, viruses and fungi found in our intestines responsible for the production of many critical components required by the body. These include vitamins, anti-inflammatory agents, and neurotransmitters used by our body.

Health Coach A professional trained to assist clients to learn what motivates them to change. The health coach then assists the client in developing and implementing their self made plan, which results in lasting, positive lifestyle change

HeartMath A simple meditation technique that mechanically moves the body away from the stress response system, resulting in alleviation of anxiety and can bring an immediate experience of calm-alertness.

Humble Courteously respectful to oneself and others.

Intrinsic Motivation Behavior that is driven by internal reward; naturally satisfying; leads to sustained behavior change.

Kinesthetic Awareness The sense you have when your body is moving through space and your ability to control it. Also referred to as agility.

Lateral Plane While standing upright, these muscles move the carriage side-to-side.

Meditation Ongoing practice that leads to the ability to maintain a calm-alert single pointed focus.

Posterior The back of the body.

Practical Medicine The practice of teaching prevention of disease through food, focus, and fitness. Results in the creation and maintenance of a resilient body state. Practical medicine can also bring an out-of-balance-body back to a stable metabolic state that fixes many of the lifestyle diseases.

Practical Medicine Client An individual dedicated to improving and maintaining their health and well-being. Through dedication, consistency and a humble approach, they learn to live as empowered beings.

Prebiotic A substance that feeds and sustains the gut biome. Fiber is an example of a prebiotic.

Primary 9 A sequence of exercises to learn using your own body weight as resistance. They strengthen the core stabilization muscles surrounding the spine.

Probiotic Food Foods that contain living organisms that help populate and maintain the diversity of the gut biome.

Processed/Refined Sugar Sugar that has been removed from its natural packaging, usually by removing fiber.

Protein Dietary building blocks of the many structural components of the body, including muscle, hair, antibodies, and enzymes.

Resistant Starch A form of starch that can not be broken down by human enzymes, but when digested by gut bacteria, forms into substances that are critical for the immune system, gut lining, and proper balance of organisms in the gut biome.

SMART Goals A strategy for goal setting that breaks your goal down into more detail that is proven to create more results than less structures goals.

- S = Specific
- M = Measurable
- A = Attainable
- R = Realistic
- T = Time-Bound

Transverse Plane While standing upright, these are the muscles which twist or rotate the carriage.

Values Things that you believe are important in the way you live and work. They are the steering wheel to your internal compass, priorities and actions.

Weight The force exerted on a body by gravity.

Weight Control The process of trying to obtain and maintain a specific weight. Stop trying to do this. It blocks any meaningful change and does not represent the natural processes of the body.

Weight Loss Not the same as gaining health. Can be both healthy and unhealthy. Not the primary goal of any sustainable lifestyle change program, but rather a side effect.

