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Introduction

Dr. Christopher Notley, a chiropractor and athletic therapist from Winnipeg, Manitoba, hosts the "Own Your Spine" podcast. In this introductory episode, Dr. Notley explains the concept of "owning your spine" and how it relates to taking responsibility for one's overall health. He compares owning a house to owning your body, emphasizing that it's important to have knowledge of how to fix or maintain it. The podcast will cover a range of topics related to physical and mental health, including different conditions, physical conditioning, nutrition, and general wellness. Dr. Notley also plans to bring in experts from various fields to share their knowledge and perspectives. The goal of the podcast is to empower listeners to take ownership of their health and provide them with the knowledge to do so. Dr. Notley hopes to learn from his listeners as well and encourages them to leave comments and questions for possible future episodes.

Owning Your Spine: A Journey to Better Health

Introduction to the "Own Your Spine" Podcast

In this inaugural episode of the "Own Your Spine" podcast, I, Dr. Christopher Notley, a chiropractor and athletic therapist based in Winnipeg, Manitoba, warmly welcome you. The purpose of this podcast is to acquaint you with the concept behind "owning" your spine, delve into its significance, and outline our objectives for the series.

Owning Your Spine: An Analogy

Much like the responsibility that comes with owning a house, owning your spine entails recognizing your role in its maintenance, care, and understanding. Just as homeowners are accountable for fixing and upgrading their properties, the same principle applies to your spine.

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Dr Notley is a Chiropractor and Athletic Therapist in Winnipeg you can contact him [here](#)



Whether you are equipped with the knowledge to address spinal issues directly or need to consult an expert, the underlying essence is ownership. This podcast aims to empower you with information that allows you to make informed decisions about your spinal health.

Broadening the Scope: Overall Health and Well-being

However, the aspiration to "own your spine" extends beyond just the physical realm. Over my two decades of experience in treating musculoskeletal injuries, it has become evident that holistic health encompasses more than mere physical strength and flexibility. A truly healthy body thrives on proper nutrition, mental wellness, and social connections. The intricate interplay of biological, psychological, and social factors influences our experience of pain and overall quality of life.

A Holistic Approach: Impact on Health and Pain

The podcast introduces the concept of the biopsychosocial model, highlighting the interconnectedness of various components that shape our well-being. While my expertise primarily resides within chiropractic care, the overarching aim is to enhance both mental and physical health, recognizing that this approach can yield positive outcomes not only for spinal health but for broader medical conditions as well.

Exploring the Podcast Topics

The "Own Your Spine" podcast will span a diverse range of topics pertinent to health ownership and enhancement. Some key areas we will explore include:

- Common Conditions and Their Management: Delving into prevalent musculoskeletal conditions, offering insights into management strategies.
- Physical Conditioning: Tips and techniques for improving overall physical fitness and strength.
- Nutrition Insights: Addressing nutrition-related concerns, such as weight loss and pain management, with expert perspectives.
- Research Insights: Presenting research findings, often with a chiropractic focus, to foster better understanding and decision-making.
- General Wellness: Tackling various facets of general well-being, encompassing everything from happiness to life satisfaction.

The Motivation Behind the Podcast

The motivations behind this podcast are multifaceted. As the host, I am personally driven to deepen my knowledge through each topic covered, in turn improving my ability to aid patients. Moreover, the podcast provides a platform for collaborating with local experts and professionals,

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thereby broadening perspectives and offering my patients a more comprehensive support network.

A Collaborative Learning Experience

However, at the core of this endeavor lies the desire to facilitate your journey towards better health. By fostering a collaborative environment, I aim to facilitate mutual learning. As I research and present topics, I invite you to actively engage. Share your questions and insights, and let your queries guide the podcast's trajectory. Your inquiries will shape future episodes, ensuring that the information presented aligns with your needs and interests.

Conclusion

In conclusion, I am excited to embark on this podcasting journey with you, dedicated to the pursuit of owning not only your spine but your overall health. Through informed discussions, expert interviews, and collaborative engagement, we aspire to equip you with the knowledge and tools needed to make impactful decisions for your well-being. As we delve into the diverse realms of health, wellness, and spinal care, I encourage you to actively participate, making this journey one of shared growth and empowerment. Stay tuned for enlightening conversations and transformative insights on the "Own Your Spine" podcast. Your health journey starts here.

Transcription

I'd like to welcome you to the first ever podcast of Own Your Spine. I'm Dr. Christopher Notley. I'm a chiropractor and athletic therapist in Winnipeg, Manitoba. And in this podcast, I want to just introduce you to the podcast and explain to you why it's called Own Your Spine Podcast. And also, What we're going to try to accomplish in this podcast.

Own your spine. What does it mean to own your spine? Well, I'm going to compare this to owning your house. So when you own your house, you are responsible for it. You are responsible for fixing it. You are responsible for maintaining it or upgrading it. If something breaks down, you're responsible for fixing it.

Now, how you fix that depends on your knowledge. If you have no knowledge of how to fix it, you're gonna have to call an expert. Now, if you do have knowledge, you'll turn around and and fix it. You have some knowledge. You might have to say, you know



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what? I need to learn more about it. And so that's where this comes into play is that I want you to know more about it.

I want you to learn more. So in the case of Own Your Spine, I want you to own your spine. I want you to have better knowledge about your spine, but more generally, I want you to have better knowledge about your overall health because after 20 some years of treating people for musculoskeletal injuries, the longer I practice, the more I've discovered that.

We need to have a healthy body. And that's not just a body that is strong or flexible. It's a body that is well, well-nourished, provided with appropriate nutrition. And it's a body that has good mental health because. When it comes to injuries or pain, we have what's called the biopsychosocial model, and what that means is that there's biological components, there's social components and psychological components that can all influence your experience of pain or influence your overall enjoyment of life.

And so there's lots more variables. Generally speaking. If we can improve someone's mental and physical health, this is what we want to see. And I think most people in their life want to have better mental health and better physical health. And we've seen that back pain, neck pain and headache actually tends to do better when we improve these things.

But we also know that this also improves other medical conditions as well. Though it's not within my scope of practice to talk about medical conditions, some of the people I'm going to bring in will be within their scope of practice.

So this Own Your Spine podcast will be about you owning your overall health.

Gaining the knowledge to help yourself out or to discover whether or not you need to call the expert and have the expert help you out.

These are the things I want to discuss and will be covered throughout these podcasts.

1. I want to talk about different conditions that people have that I tend to see.
2. I want to talk about general physical conditioning. How do we build up our body? How do we make ourselves physically, physically better?



3. different nutrition topics, things that, you know, for some people they might wanna learn. How do we lose weight? Some others might say, how do I deal with pain and is there a nutritional component with that? Others might say, Hey, I have such and such conditions. How do I help out with that through my nutrition?

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4. I am also gonna go through some research. Now, most of this research is probably gonna have a little bit of slant towards the chiropractic side of things, but I want to relay that information to you so that you can own it and understand it better.
5. We can also go into general wellness, different topics on that.

And so we're going to cover a broad number of topics, but you'll discover that many of them overlap and contribute to your overall owning and understanding and taking care of, not only your spine, but your body as a whole.

So, why am I doing this?

Now, admittedly, some of this is for myself.

I am going to, whenever I talk about a topic, I get to dive into it deeper so that I can better understand it, so that I can help out my patients better. I'm going to be bringing in experts, , people from Winnipeg and the surrounding area. And so there is a benefit for me. I get to learn more from them, from another perspective, from another background.

Also I get to have people that I can trust, and refer to if I need to refer my patients.

Most importantly, this is to help you. This is to help you better yourself so that you can. Feel healthy, move better, feel better. And overall, have a better body and better health of your body.

I hope you enjoy these future podcasts, but I'd like to have this as a mutual thing. I want to learn things. I'm looking up things that I can help, I can learn more from that I can share with you. But if you have questions, feel free. Message me. Leave me a message in the comments so that I can add that to our possible episodes or I can seek out professionals who can help us with that topic, so that we can better own your spine.

I hope you enjoyed the first ever podcast of Own Your Spine podcast. Talk to you soon.

Summary

[00:03](<https://www.youtube.com/watch?v=nHXElnbazN4&t=3>) Introducing the Own Your Spine podcast

- Hosted by Dr. Christopher Notley, a chiropractor and athletic therapist in Winnipeg, Manitoba
- The podcast aims to explain the importance of owning your spine and taking responsibility for its maintenance

[00:58](<https://www.youtube.com/watch?v=nHXElnbazN4&t=58>) Own your spine and improve overall health through knowledge

- Seek expert help if needed, but strive to learn and fix issues yourself

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- Better knowledge about health can prevent musculoskeletal injuries

[01:54](<https://www.youtube.com/watch?v=nHXElnbazN4&t=114>) A healthy body requires proper nutrition and good mental health.

- Biopsychosocial model explains how biological, social, and psychological components can influence pain.
- Other variables can also affect overall enjoyment of life.

[02:46](<https://www.youtube.com/watch?v=nHXElnbazN4&t=166>) Improving mental and physical health can alleviate pain and improve other medical conditions.

- Back pain, neck pain, and headaches tend to improve with better mental and physical health.
- Improving overall health can also improve other medical conditions.

[03:32](<https://www.youtube.com/watch?v=nHXElnbazN4&t=212>) Podcast covers physical conditioning and nutrition

- Discusses different conditions and pain management through nutrition
- Covers research and various nutrition topics for weight loss and overall physical improvement

[04:21](<https://www.youtube.com/watch?v=nHXElnbazN4&t=261>) Chiropractic research and general wellness topics will be covered.

- Research may have a slant towards chiropractic side.
- Topics will cover general wellness and making people feel content with life.

[05:10](<https://www.youtube.com/watch?v=nHXElnbazN4&t=310>) Taking care of your spine and body is crucial for overall health.

- Learning from experts can help deepen understanding and improve patient care.
- Providing trustworthy referrals is important for patient well-being.

[06:20](<https://www.youtube.com/watch?v=nHXElnbazN4&t=380>) Improving overall health and body movement

- Encourages better health and body movement
- Requests audience feedback for future podcast topics

Disclaimer

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