

DOCTOR'S CORNER

Robert G. Silverman, DC, MS, CNS, DACBN, CCGN, CSCS

Keeping YOU on the Leading Edge in Healthcare

Welcome to another edition of our newsletter. You may notice that we have made some changes to the outline of the newsletter - let us know what you think!

The information that Dr. Silverman has compiled and written is aimed at educating, enlightening, and even inspiring you to a better and healthier lifestyle! This e-newsletter is also intended to keep you updated with the most up-to-date information pertaining to chiropractic care and nutrition, keep you informed about our office's events and happenings, advise you on his seminars and last but not least, to keep you in the loop with your favorite chiropractor!

First off, Dr. Silverman is currently enrolled in the prestigious program for a **Diploma in Sports Nutrition with the IOC - International Olympic Committee**. With this Diploma under his belt, he will better his knowledge and expertise in providing you with your nutritional needs.

PART I WHAT'S HAPPENING AT NEW YORK CHIROCARE

1) Erchonia Laser Therapy

Dr. Silverman has added the Erchonia Laser PL5000 to his line of advance sports medicine modalities in his quest to be the most advanced sports medicine practitioner in the Westchester County, and the feedback has been tremendous! This FDA-approved laser is used to enhance tissue recovery, effective in accelerating healing for burns and wounds, and significantly advance/speed up injury healing time. Low Level Laser Therapy promotes healing in many conditions, including chronic/acute pain, and other joint and neurological conditions. Lance Armstrong has attributed much of his success to the Laser! Come check out what this low level laser can do for you!

2) First Line Therapy (FLT)

First Line Therapy is a "therapeutic lifestyle program", which means that this program will help you live your life in a way that improves your health. First Line Therapy is based on extensive scientific research. The following are some of the health problems that can be benefited, or resolved, by being on the FLT:

- 1) Obesity/Overweight
- 2) Fatigue
- 3) Menopause
- 4) Stress-related disorders
- 5) PMS
- 6) Other hormone related symptoms
- 7) Diabetes
- 8) Heart disease
- 9) High blood pressure
- 10) Stroke
- 11) High cholesterol
- 12) Osteoarthritis
- 13) Osteoporosis

Please call Dr. Silverman at the office for more information. He has helped many patients specifically with targeted weight and fat loss, cholesterol, and diabetes.

3) Syndicated TV Program - Get Healthy with Dr. Rob

Get Healthy with Dr. Rob is the name of the syndicated television program that Dr. Silverman has been doing. These programs aim to inform and educate the general public about some of the most up-to-date findings, and some of the most talked about topics on nutrition and sports injuries. Dr. Silverman periodically invites doctors and other health-oriented leaders of their fields for interview sessions.

A) **New Castle Channel 75** - Broadcasted from Ossining to Valhalla
Tuesdays, Thursdays and Saturdays from 7:00 - 7:30 PM

B) **Town of Greenburgh**
- **Channel 75** Mondays from 6:00 - 6:30 PM
- **Channel 76** 1st and 3rd Thursdays of the month from 7:30 - 8:00 PM

C) **White Plains Channel 75**
Wednesdays from 6:00 - 6:30 PM

PART II ARTICLE

This article is written for the Village Natural Market, which is published by Dolphin Publishing and is distributed monthly to 3,000 health food stores throughout the USA.

The Natural Approach to Treatment of High Cholesterol Profiles

Dr. Robert G. Silverman
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It is in the news on a near-daily basis. Research studies address various aspects of it. Many people ask what I can do about it. "It" is cholesterol. The evidence overwhelmingly demonstrates that elevated cholesterol levels greatly increase the risk of death due to CVD (cardio vascular diseases – heart attack and stroke). These diseases claimed 927, 448 lives in the U.S. in 2002. CVD is the #1 killer in the U.S. today.

The cholesterol lowering drugs known as "statins" are among the most widely prescribed drugs used today (i.e. Lipitor ranked #2). Literature shows that the supplements listed below have produced more advantageous changes in cholesterol profiles than the statins with more tolerability and safety. (Some adverse side-effects of statins are possible elevation of liver enzymes and muscle discomfort).

LDL (bad) cholesterol: LDL is the bad cholesterol because it carries cholesterol from the liver to the bloodstream, which can ultimately contribute to the formation of plaque that clogs the arteries. This results in atherosclerosis.

HDL (good) cholesterol: HDL has the exact opposite effect of LDL. Specifically, HDLs carry cholesterol away from the arteries and back to the liver, where it is then eliminated from the body.

Triglycerides transport and store fat in the body. It's clear that high triglyceride levels aren't good for the body, and can be particularly problematic when combined with excess levels of LDL cholesterol. People with high triglycerides often have high total cholesterol, high LDL cholesterol, and low HDL cholesterol.

Nutritional Supplementation – all dosages taken daily (below is a list of options):

1. **Policosanol** – a natural compound derived from sugarcane wax: 10 – 20 mg. Numerous studies show that policosanol reduces total and LDL cholesterol, lipoprotein (a) and increases the good HDL cholesterol

2. Fish Oil: 1 – 3 g. (EPA/DHA). Fish oils help to reduce inflammation in the arteries and lower cholesterol and triglyceride levels
3. Niacin (inositol hexaniacinate): 1500 – 2500 mg. It is a non-flush form of niacin. It is known to reduce cholesterol levels and increase HDL
4. Red Yeast Rice extract (monascus purpureus): 1200 mg twice daily. This has been shown to reduce cholesterol levels and increase HDL.
5. Guggulipid: take up to 1500 mg. This herb helps to reduce cholesterol levels and increase HDL
6. Garlic: 1000 mg. It helps reduce cholesterol levels and increase HDL cholesterol levels
7. Multivitamin/Multimineral complex: with proper antioxidant formula (Antioxidant prevent cholesterol oxidation)
8. Magnesium: 400 – 800 mg. Mg more reliably acts to improve all aspects of dyslipidemia including raising HDL-C and lowering triglycerides, and has the same pleiotropic effects as statins without their adverse effects.
9. Daily consumption of green tea was found to decrease serum LDL.
10. L-Carnitine: 1000 mg. Decreases triglyceride levels by aiding in fatty acid oxidation.

If statin drug is presently being used:

11. Co-enzyme Q10: 100 mg. – a vital nutrient that's required for proper heart function lowered by statin use.
12. Milk thistle (Silybum marinum): 200 mg. counter acts increased liver enzymes attributed to statin use.

“Every human being is the author of his own health of disease.”
Siddhartha

Dr. Silverman would love to hear from you. Feel free to send us an e-mail if you have any suggestions, ideas, comments, or if you have any relevant questions that you would like posted on the newsletter.

Please respond to info@DrRobertSilverman.com

Dr. Robert G. Silverman graduated Magna cum Laude from the University of Bridgeport, College of Chiropractic. He is a Certified Nutrition Specialist, Certified Clinical Nutritionist, has a Masters of Science in Human Nutrition, is a Certified Strength and Conditioning Specialist, and is a Diplomate with the American Clinical Board of Nutrition. He has a full-time successful private practice in White Plains where he specializes in the diagnosis of joint pain and its treatments with an innovative, established and well-researched approach to non-surgical care while incorporating proper nutrition protocols. Dr. Silverman is one of the few practitioners in Westchester County who is certified in the highly acclaimed, medically patented, Active Release Non-Force Soft Tissue Technique (ART®), and also the cutting-edge Graston Technique®, which is an advanced form of instrument-assisted soft tissue mobilization technique that has FDA clearance. He serves as a member of the medical team of New York City's Triathlons and Marathons, and the Westchester Triathlon. Periodically, Dr. Silverman gives seminars on injury-related preventions, treatments and nutrition for various organizations and corporations. He also serves as a chiropractor and sports injury consultant for basketball players, professional wrestling organizations, local and collegiate sports teams, professional tri-athletes, body-builders and martial artists. He appears on Westchester's channel 76 - Beyond the Game, as a sports injury consultant and also as a pain-management and nutrition consultant on radio 1460 AM. Aside from his own syndicated talk show on Westchester's channel 75 called "Get Healthy w/ Dr. Rob", Dr. Silverman was also a featured guest on Westchester's Channel 12 as their Nutritional Weight Loss expert. In addition, Dr. Silverman has been chosen as the national spokesperson for the Vitamin Ester-C, and is the team doctor for Amino Vital pro-cycling team. He is currently enrolled in the prestigious program for a Diploma in Sports Nutrition with the IOC - International Olympic Committee.

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