

# DOCTOR'S CORNER

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"Creating Health for Future Generations Starting Now"

## Keeping YOU on the Leading Edge in Healthcare

Welcome to another edition of our newsletter.

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 abreast 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 and nutritionist!

### **PART I                      WHAT'S HAPPENING AT NEW YORK CHIROCARE**

#### 1) In-House Seminars

**When:** August 20<sup>th</sup>, 2008: 7:00 PM - 8:15 PM (and on every third Wednesday of the month)

**Where:** 280 Dobbs Ferry Rd., Ste. # 204, White Plains, NY 10607; ph: (914) 287-6464

#### **What: *It Takes Guts to be Healthy***

Your 1-hour guide to the natural care and maintenance of the digestive system. Learn how important your gut is to your immune system, and how to keep it healthy. What are the alternatives to drugs for reflux, gas, bloating, ulcers, constipation, Irritable Bowel Syndrome? Do you detox, or colon cleanse?

**Wow!:** All day on Talk Days - take 10% off all nutritional supplements, and 10% off all nutritional programs when you start on this day

**September 17<sup>th</sup> topic:** "Stop the Pain". With all the news about the devastating side effects of pain relievers, it's important to know about safe and effective natural alternatives that also promote healing.

#### 2) 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** 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month from 7:30 - 8:00 PM

#### C) **White Plains Channel 76**

Mondays from 5:30 - 6:00 PM

#### D) **Scarsdale Channel 75 or 76 (public access channel)**

Wednesdays - multiple showings scheduled throughout the day. Please check for local listing

### To Yolk Or Not to Yolk, That Is The Question

The yolk in the egg is full of many nutrients and provides a complete protein along with the whites. The yolk has both good (HDL) and bad (LDL) cholesterol. Research now shows that the preparation of the egg yolk will determine its impact on your health. If the egg yolk is scrambled and exposed to air while being cooked, the bad cholesterol is allowed to oxidize (i.e. rusting on a nail). The oxidized LDL now is suspected to cause plagues in the arteries. To enjoy the complete egg protein, keep the egg yolks intact while cooking, for example, hard boiling eggs. My equation is 4 - 6 egg whites per yolk. Enjoy!

*“Good health begins with prevention” Smart patient*

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](mailto:info@DrRobertSilverman.com)

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*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. Dr. Silverman is also a Certified Sports Nutritionist from The International Society of Sports Nutrition, and is a Certified Kinesio Taping Practitioner. He specializes in the diagnosis of joint pain and soft-tissue management and its treatments with an innovative, established and well-researched approach to non-surgical care, while incorporating proper nutrition protocols. He is board certified in Active Release Technique® (ART®), Graston Technique®, and cold-laser therapy. Dr. Silverman is a nationally known speaker, and has published numerous articles on treating and preventing sports injury, joint pain, and on nutrition, in addition to giving seminars on injury-related preventions, treatments and nutrition for various organizations and Fortune 500 corporations. He is a post-graduate instructor at the University of Bridgeport, College of Chiropractic. Dr. Silverman also serves as a chiropractor and sports injury consultant for basketball players, professional wrestling organizations, local, collegiate, and professional sports teams, professional tri-athletes, body-builders, martial artists and acted as the team doctor for the Amino Vital pro-cycling team. He serves as a member of the medical team of New York City's Triathlons and Marathons, Westchester Triathlon, multiple international Iron Man events, and local sports venues. Dr. Silverman appears on Westchester's channel 76 - Beyond the Game, as a sports injury consultant, and as a pain-management and nutrition consultant on radio 1460 AM, and as a health expert on 1230 AM "Ask the Expert". He has his own syndicated talk show on Westchester's channel 75 called "Get Healthy w/ Dr. Rob". In addition, Dr. Silverman was also a featured guest on Westchester's Channel 12 as their Nutritional Weight Loss expert and was also chosen as the national spokesperson for the Vitamin Ester-C.*

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