

DOCTOR'S CORNER

Robert G. Silverman, DC, MS, CNS, DACBN, CCN, CSCS, CIISN, CKTP, CES
"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) New Certification

Dr. Silverman is recently NASM-certified for CES (Corrective Exercise Specialist). The NASM Corrective Exercise Specialist (CES) Advanced Specialization provides the advanced knowledge, skills and abilities to successfully work with clients suffering from musculoskeletal impairments, imbalances or post-rehabilitation concerns.

This is another new cutting-edge method to assess movement and muscle patterns, thus helping to improve and optimize performance, from the weekend-warrior to the Olympic athlete.

2) Kinesio® Taping In the News...

<http://www.lohud.com/apps/pbcs.dll/article?AID=2008809230379>



Westchester Triathlon: September 21, 2008

Dr. Silverman flanked by pro-triathletes, John Kenny and Laurie Hug, whom he treated prior to the race. John came in 1st and Laurie came in 5th in the pro division.

3) In-House Seminars

When: October 15th, 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: *Beating the Cold and Flu with Practical Natural Therapies*

With every new year, comes a newer and stronger strain of the cold and flu virus. Find out how to avoid catching them, and treat them naturally if you do.

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

November 19th topic: "Cholesterol: the Good, the Bad, and the Healthy Diet...How healthy is your heart?"
Lower your cholesterol without the side effects of prescription drugs. Learn "must knows" about lab tests, the "blood sugar/cholesterol connection", diet and supplements that can really help.

4) 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 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

PART II	FYI
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New Food Labels Show Country of Origin

Stores to Show Country of Origin for Beef, Chicken, Pork, Fruits, Vegetables, and Other Items

By [Miranda Hitti](#)

WebMD Health News; Reviewed by [Louise Chang, MD](#)

Sept. 30, 2008 -- Starting today, the U.S. Department of Agriculture (USDA) will require retailers to display the country of origin for a wide variety of foods, including:

- Beef
- Veal
- Lamb
- Chicken
- Pork
- Goat
- Wild and farm-raised fish and shellfish
- Fresh and frozen fruits and vegetables
- Peanuts
- Pecans
- Ginseng
- Macadamia nuts

If you eat fish and shellfish, you've probably already seen country-of-origin labels at the seafood counter. Now, similar country-of-origin labels will be seen for other foods.

There are some exceptions. Processed foods (including meatballs, sausage, and tomato sauce) aren't covered by the new rule. Nor are products that mix several items (such as a fruit cup containing several types of fruit, salad mix containing lettuce and a packet of salad dressing, or a bag of frozen peas mixed with carrots), and roasted peanuts.

The new country-of-origin-labeling (COOL) rule doesn't apply to restaurants or to foods produced or packaged before today's date. And the label includes the country where the foods came from -- not states or regions within those countries.

The USDA plans to spend the next six months educating retailers about the COOL rule, which has been in the works since 2002.

"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

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 and a NASM-certified Corrective Exercise Specialist. 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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