

# 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) In-House Seminars

**When:** May 20<sup>th</sup>, 2009: 7:00 PM - 8:15 PM (a different topic every 3<sup>rd</sup> Wednesday of the month)

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

#### **What: *Boosting Your Brain Power***

Join Dr. Silverman as he explains the latest research on the underlying causes of Alzheimer's and brain disorders. Learn how to prevent abnormal aging through lifestyle change, diet and supplements. Discover the twelve tests that will increase and maintain your brain power.

**Wow!:** Take **10% off** all nutritional supplements and **10% off** all nutritional programs when you start

#### June 17<sup>th</sup> topic: "Ultra-Prevention" - The Cause and Prevention of Illness

See how you can take advantage of this revolution in the science of natural medicine that leads to the prevention and cure of the most common diseases.

#### 2) Seminars

i) May 16, 2009 - Dr. Silverman is scheduled to present a continuing ed. class at the University of Bridgeport, CT, titled: "Helping your athletic patients reach higher: from treating sports injuries to performance enhancement". This class is opened to doctors, exercise trainers and students.

ii) May 6, 2009 - Dr. Silverman will be presenting a hands-on talk on "Core Power" at the NYSC in Hawthorne. This will be conducted in 3 sessions, where you'll explore what your core consists of, and why it's important in order to decrease risk of back injuries, and why it's such a hot topic. You'll also learn how to properly train and strengthen your core with hands-on instructions.

iii) April 18 & 19, 2009 - TPI, San Diego, CA. An Active Release Technique® golf seminar that focused on the 12 most common swing faults. Schedule an appointment with Dr. Silverman if you want to have your swing examined and adjusted, using a hi-def camera that enables a frame-by-frame feedback.

#### 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 is 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

**PART II**

**FYI**

[AllAboutArmonk.com](http://AllAboutArmonk.com)

Dr. Silverman writes a monthly article on various health topics on “Ask the Chiro” under Health & Fitness on [www.AllAboutArmonk.com](http://www.AllAboutArmonk.com) . Check it out, and start blogging!

*“A good doctor is your partner along the path to optimal health and well-being” Mel Zuckerman*

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 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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