

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

Happy New Year 2009! 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: January 21st, 2009: 7:00 PM - 8:15 PM (and on every 3rd Wednesday of the month)

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

What: *The ULTIMATE Weight Loss Program*

At this time of the year, most people have a few extra pounds they'd like to shed. There are so many different weight loss programs and different fads to choose from. Dr. Silverman will point out which ones work, and which ones don't; which ones are dangerous and which ones will help you in more ways than just losing the "weight." The grunt work's done for you, find out how to benefit from a therapeutic lifestyle change and never go on another "diet" again!

Wow!: Due to strong demand, we've extended Dr. Silverman's *Recession Proof your Health* to the month of January. Take 15% off all supplements and 20% off all FirstLine Therapy Programs!

February 18th topic: "Building Better Bones"

Bone health is an important marker, and decreased bone density has been linked to the risk of breast cancer, depression, and anxiety, including heart disease. Join us in this talk and learn how to get the most out of your bone density test results.

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 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** 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

AllAboutArmonk.com

Dr. Silverman writes a monthly article on various health topics on "Ask the Chiro" under Health & Fitness on www.AllAboutArmonk.com. Check it out, and start blogging!

It's Time for a NEW YOU!

The Top Resolutions to improve your health and create a more vibrant you

No diets. Just make good food choices. Here's how:

- ✓ *Choose organic over non-organic foods*
- ✓ *Avoid trans fats and saturated fats* (i.e. donuts, fried foods...etc)
- ✓ *Eat lean proteins* (e.g. fish, wild game, poultry, egg whites, tofu, legume)
- ✓ *Fill up on fruits and vegetables* (consume between 8 and 10 servings per day)
- ✓ *Consume carbohydrates in the form of whole grains and fiber* (avoid bleached flour products)
- ✓ *Pick foods lower on the Glycemic Index/Glycemic load charts:*
 - choose berries over bananas, sweet potatoes over regular white potatoes
 - consume some protein along with carbohydrates rather than just eating the carbohydrates, e.g. almond nut butter with apples
 - choose brown rice over white rice
- ✓ *Add foods high in antioxidants to your choices - get colorful!* Free radicals are blamed not only for making us look old but also for making us fat! Load up on the colorful antioxidant-rich fruits and vegetables
- ✓ *Manage stress!* Stress makes us fat! Stressful situations cause cravings for carb-rich foods while our hormones ramp up fat storage in our bodies. Make time for stress relief, e.g. try yoga, or just go out and have some fun!
- ✓ *Sleep more, lose more.* Lack of sleep causes the release of the ghrelin hormones, which triggers hunger. Hence, we think we're hungry when we're not.
- ✓ *Be active - exercise!*

Exercise.

All exercise routines should consist of weight-resistance, cardio, and flexibility. Weight-resistance can include the usual machines, bands, and free-weights in local gyms. Swimming is an excellent choice as well.

Weight-resistance: Here are four of my personal favorites on weight-resistance that you can perform anywhere:

- 1) **Squats** - works your glutes, quads, hamstrings, and calves all at once.
Form: Feet hip-width apart, toes pointing straight ahead or slightly angled outward. Sit back on your tailbone, not down, by keeping your torso straight and your abs pulled in tight. Keep knees over your toes and lower from hip to 90 degrees (thighs parallel to floor)
- 2) **Push-ups** - these work your chest, shoulders, triceps, back, and abs.
Form: Position face down on the floor balancing on your toes (or knees) and hands - plank-style. Position hands slightly stacked over your shoulders, body in a straight line - buttocks leveled and definitely no sagging in the abdomen area. Lower your arms to the floor and push back up, while keeping your body straight and abs pulled in tight. Let me know when you're able to do one-arm push-ups!
- 3) **Lunges** - works your quads, hamstrings, glutes, and calves.
Form: Stand with feet together, then take one big step forward. Bend your knees and lower your body into a lunge position keeping both the front and back knees at 90 degree angles. Make sure the front knee is stacked on top of, and not over, the toes. Keep the weight in your heels. Push back up to the original position.
- 4) **Plank** - Works the back, arms, legs, and abs, including the internal abdominal musculature.
Form: Hold your body in a push-up position (refer above) (if you have wrist problems, lower to your elbows and forearms instead). Hold up as long as you can, ensuring not to let your abs sag nor your buttocks rise up.

Cardiovascular Training: You can get your heart rate up by walking, running, swimming, etc...pick your favorite!

Here are the three most commonly used cardio equipment:

- 1) **Treadmill:**

- a. Burns the most calories of any cardiovascular machines available at most gyms
 - b. Expect to burn about 100 calories per mile, walking briskly
 - c. Poses a balance challenge for new exercisers or for those who haven't worked out in a while
- 2) Elliptical or Stair Steppers:
- a. Packs a little less punch on the joints
 - b. The calorie-burn rate is pretty high due to the standing position as more muscle mass is used
 - c. Those equipments with the arm components will further increase calorie-burn
- 3) Stationery Bikes:
- a. Experts agree that stationery bikes cause the least impact on the joints
 - b. These are beneficial for those with knee pains

Flexibility Training: Try a yoga class to increase flexibility, or stretch daily on your own. As you stretch, don't bounce up and down.

I prefer a 5 - 10 minute dynamic warm-up before any exercise, e.g. jumping rope, running, or walking in place, etc...). To avoid tightness and prevent injuries, it is important to stretch all the muscle groups that you've worked on in each aerobic or strength training session.

And last, but not least, to add to your healthy resolution - incorporate omega-3 fatty acids into your lifestyle. Omega-3 fatty acids such as EPA and DHA are much needed for the structure and function of every cell in your body. These omega-3 help fight inflammation, helps maintain healthy supple skin, improve cardiovascular health, and support brain and nervous systems health. Consume 2 - 4 servings of fish per week - wild salmon is a great choice! Or if fish is not an option, take the appropriate amount of EPA/DHA supplement in capsule form (1 - 2 g. daily).

"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

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.

Dr. Robert G. Silverman (914) 287-6464 e-mail: info@DrRobertSilverman.com website: www.DrRobertSilverman.com