

DOCTOR'S CORNER

Robert G. Silverman, DC, MS, CNS, DACBN, CCN, CSCS, CIISN, CKTP, CES, DCBCN
"Creating Health for Future Generations Starting Now"

Keeping YOU at the Leading Edge in Healthcare

HAPPY NEW YEAR 2010!

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 Seminar

For the New Year, Dr. Silverman will be offering a progressive series of hands-on programs

When: Every third Wednesday of the month: Jan. 20th, Feb. 17th, Mar. 17th, Apr. 21st, May 19th, June 16th

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

What: A.T.N.P. Achieve Top Notch Performance

Join Westchester's Top Performance Expert in this exciting progressive series of hands-on programs on Kettlebells, Optimizing Core Power, and Nutrition. Get results fast! Sign up now! Participants limited to 20.

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

2) Video Analysis

Ever wanted to know how your golf-swing, or your gait is throwing you off and may be causing injuries? With the use of video analysis, Dr. Silverman can assess walking, running, and performing an activity, to determine muscle imbalances and the biomechanics of the movements.

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** 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

The Cold Laser: The Most Versatile Healthcare Tool of the 21st Century

The cold laser has been called “The Therapy” of the 21st century. In over 1700 publications, there have been no recorded negative side-effects. This versatile tool is totally safe, non-toxic, and easy use. In around thirty years of using the cold laser, it has become one of the most versatile conjunctive tools we have ever used. It has potent synergistic effects with nutritional therapies. It is both doctor and patient friendly.

This promising tool is called the cold laser, the soft laser, the low-power laser; or the low level laser. The term laser is an acronym for Light Amplification by Stimulated Emissions of Radiation. All lasers emit coherent, focused light that travels in a narrow beam in one direction.

- High Power, “hot” lasers have shorter wavelengths, which have catabolic effects that can deliberately destroy tissue in cauterizing and surgical applications

- Low Power, “soft”, “cool”, or “cold” lasers have longer wavelengths that have anabolic effects that promote rapid reduction of pain, accelerate healing time, and accelerate growth and repair

Cold lasers have stimulative effects rather than destructive ones. It may be the perfect conjunctive tool for chiropractic treatments and myofascial release. Clinical applications of the cold laser have included acute and chronic pain reduction from many etiologies, inflammation reduction, enhanced tissue healing, and cell regeneration. The results have shown very rapid pain reduction and accelerated recovery times, far exceeding conventional methods.

Erchonia Laser Treatment:

Decrease pain and inflammation and increase range of motion

Dr. Silverman uses the Erchonia Laser PL5000, in addition to his line of advance sports medicine modalities, to be the most advanced sports medicine practitioner in the Westchester County.

Dr. Jeff Spencer, who is the Sports Chiropractor for the US Postal cycling team, and Lance Armstrong, uses the PL5000 laser. Lance has said that he credits most of his success to Dr. Spencer and the Laser. The 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.

Erchonia’s lasers made history by becoming the first to receive FDA market clearance for the treatment of chronic pain, proven through two double blind IRB studies. The Erchonia Lasers are the most advanced lasers on the market, with their sleek revolutionary design, patented line generated beam, and the ability to program independent frequencies in all of their family of lasers.

Low Level Laser Therapy has been successfully used to treat many conditions such as acute and chronic pain reduction, repetitive use disorders like carpal tunnel syndrome, soft tissue strains and sprains, inflammation reduction, enhanced tissue wound healing, and cell regeneration.

In the News

The Lancet (Nov. 2009) concluded that low-level laser therapy reduces pain immediately after treatment in acute neck pain.

PhotoMed Laser Surg. (Apr. 2007) revealed that low-level laser therapy helped in recovery time in the treatment of lateral epicondylitis.

“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, a NASM-certified Corrective Exercise Specialist and has a Diplomate with the Chiropractic Board of Clinical Nutrition. 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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