

DOCTOR'S CORNER

Robert G. Silverman, DC, MS, CNS, DACBN, CCN, CSCS, CIISN

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) Synergy Rehabilitation Circuit

Dr. Silverman has added a Synergy comprehensive rehabilitation system to enhance his treatment programs. This system can be used to treat specific regions, and also be used to treat specific injuries for a total body rehabilitation program. Areas that can benefit from this rehabilitation system include cervical, thoracic, lumbar (back), shoulder, hip, knee, ankle, elbow, hand, and of course, the core.

We offer a complete care-treatment and programs that include rehab, nutritional support, nutritional supplementation, spinal decompression, and FDA-approved cold laser therapy - all under one roof.

Please call the office for all the different joints and conditions that Dr. Silverman treats successfully.

2) In-House FLT Seminar

We've generated substantial interest and queries due to the success of FLT since Dr. Silverman started the program at his office. Due to this interest, he's decided to hold a small seminar to talk about the program and hold a Q & A session. Don't miss out on this if you want to start getting healthy and meeting your new year's resolution! You'll not only get some quality information but also get to sample some of the meal replacements that are included in the program.

Please RSVP with the office. Seating is limited. Join us on:

Monday, February 12th, 2007 from 7:00 PM - 8:30 PM

Office of Dr. Robert Silverman

280 Dobbs Ferry Rd., Suite 204, White Plains, NY 10607

(914) 287-6464

3) Seminars

Dr. Robert Silverman periodically conducts seminars at various organizations on various chiropractic and nutrition topics. The seminars are at no charge to you. What's more, you will have fun learning, and knowing that you will leave the seminars with something to think about. Please join him on:

Thursday, February 15th, 2007 from 7:00 PM - 8:30 PM

Mt. Kisco Athletic Club

151 Kisco Ave. Mt. Kisco, NY

(914) 242-9760

Stop The Pain

Preventing and treating the "weekend warrior" injury.

Dr. Robert Silverman will be discussing the various cutting-edge non-invasive method for relieving your chronic pain. Shoulder pain, carpal tunnel syndrome, herniated disk injuries, sciatica, joint-pain and

arthritis are included in this topic. Nutrition answers and diet protocols will be given. Also provided are information on natural supplements, which are superior to NSAIDs (Celebrex, Vioxx, etc.). Additionally, evidence-based soft tissue techniques, spinal decompression, and FDA-approved cold laser therapies will also be discussed.

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	ARTICLE
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The following article is printed on the cover of February 2007's issue of Dolphin Printing & Publishing Newsletter.

Part II: The Natural Approach to Healthy Blood-Sugar Metabolism

By Robert G. Silverman, DC, DACBN, MS, CNS CCN, CSCS, CIISN

Last month's newsletter focused on the importance of healthy sugar metabolism and its effect on cholesterol. This month let's talk about ways to get things under control in a safe, natural and healthful way.

Therapeutic lifestyle changes that focus on effective weight control obtained through specific dietary guidelines and a program of regular exercise, combined with proper nutritional supplementation are very important to promoting healthy blood sugar metabolism.

Dietary Guidelines

Dietary guidelines should focus on two primary goals: 1) choosing foods that have a moderate effect on raising blood sugar, referred to as "low glycemic index" (GI) foods; and 2) choosing foods that improve the body's ability to support the effect of insulin functionality, therefore, reducing "insulin resistance."

Scientific data indicates that low GI diets promote weight loss more effectively than any other types of diets. It is also evidenced that this weight loss promotes targeted fat loss. How does a GI diet do these things? Low GI diets prevent our bodies from throwing a metabolic switch that increases fat storage instead of fat-burning; high GI foods flip metabolic switch that causes the body to store protein, fat, and carbohydrates, rather than promote oxidation of these nutrients). *Please note: low amounts of carbohydrates do not mean low glycemic index.* Furthermore, low GI diets have a better cholesterol/lipid profile.

Top ten high GI Foods to avoid: candy, cookies, juices with added sugar, white potato, chips (corn and potato), sweetened cereal, sweetened soda, sweet snacks, white breads and bagels (processed flour), and white rice.

The top ten low GI Foods that will support normal sugar levels and an optimal insulin response include: apples, berries and cherries, barley, grapefruit, legumes (lentils, beans), nuts (almonds, walnuts, soy nuts, peanuts), oatmeal (unsweetened), green peas, tomatoes, and unsweetened plain yogurt.

With the guidance of a healthcare provider who has the extensive knowledge of therapeutic lifestyle changes this can be an easy process that results in a healthy and delicious dietary plan.

Eat frequently. Consume meals approximately every three hours for the purpose of slow glucose release; plan on consuming three small meals, and two to three snacks a day. Make it a point not to skip meals and incorporate light snacks in between meals.

Consume high quality low GI shakes and bars. While whole foods should be the cornerstone of your nutritional regimen, a high quality low GI meal replacement (usually in a powdered form) can be used in conjunction with, or as a substitution for a meal or snack. Check with your health food store professional to help you find quality products.

Physical Activity: Why!

It's simple - physical activity burns calories, protects and builds muscles (which burns more calories), improves psychological factors, and reduces risk of illness. According to a study by the Diabetes Prevention Program on 3,000 people with pre-diabetes, patients who began exercising about 30 minutes a day and lost 5% to 7% of their body weight (about 10-12 lbs. in someone weighing 200 pounds), and lowered their risk of developing type 2 diabetes by 58%, compared to a group of patients who did not exercise. Please note: walking at a brisk pace works well.

Nutritional Supplementation

Those nutritional supplementation that help support carbohydrate absorption and blood sugar metabolism may offer great benefit. Just make sure to take them on a daily basis. Here are my favorites when trying to achieve healthy blood sugar metabolism and the reasons why:

Chromium (picolinate), 200 to 500 mg: Helps insulin transport glucose into body cells. In August of 2005, FDA recognized chromium picolinate as a safe nutritional supplement with credible evidence to support its role in healthy glucose metabolism

Vanadium (as vanadyl sulfate), 25 mg: Provides support to insulin signal and helps in regulating glucose metabolism

Alpha Lipoic Acid, 100 mg: A powerful antioxidant that has shown to improve insulin sensitivity, hence, helping to regulate blood-sugar levels

Chinese cinnamon bark: In a double-blind, controlled trial, cinnamon bark was shown to promote healthy insulin and glucose metabolism in people with diabetes.

Multivitamin mineral (key elements - B-vitamins, biotin, vitamins C & E: Should carry a comprehensive foundation of nutrients to aid in healthy glucose metabolism and reduce oxidative stress associated with hyper insulinemia (an excess amount of insulin in the blood)

Green tea extract, 50 mg: Should contain EGCG, which enhances insulin action

Conjugated Linoleic Acid (CLA), 1000 to 2000 mg. Supports glucose metabolism and improves insulin sensitivity. Research suggests that CLA may induce a change in body fat distribution with the greatest reductions occurring in the abdomen and legs.

Omega-3 fatty acids (EPA/DHA), 1 to 3 g: Improves the effect of insulin. Essential fatty acids needed for healthy cells.

Fenugreek: Studies show that this herb improves glycemic control and insulin resistance

Protein (Dietary protein): Adequate protein intake and nitrogen balance are key in controlling dysinsulinemia

Soluble fiber: Helps lower postprandial (following a meal) blood glucose and insulin in type 2 diabetes

Blood Sugar in the News

New England Journal of Medicine, JAMA, and Diabetes Obesity Metabolism are just some of the named organizations/periodicals that have called for Therapeutic Lifestyle Changes (TLC) as a first-line therapy for blood-sugar issues. Additionally, *Annals of Internal Medicine 2005*, have taken the stance that TLC is more effective and less expensive than taking a name-brand blood sugar medication.

“It’s not a diet. It’s a way of life” Jack La Lanne

Source:

- 1) Metagenics.com. Blood Sugar Management Programs
- 2) Archives of Internal Medicine, July 24, 2006
- 3) Eur. J. Clin. Invest 2006; 36(5): 340-344
- 4) American Journal of Clinical Nutrition, October 2006: Vol. 84, 871-879
- 5) Reuters.com
- 6) Digestive Disease Week, 2006

Top Ten High GI Foods to Avoid!

Candy
Cookies
Juices with added sugar
White potatoes
Chips (corn and potato),
Sweetened cereal,
Sweetened soda,
Sweet snacks,
White breads
Bagels (processed flour)
White rice

Top 10 Low GI Foods - Good for You!

Apples
Berries
Cherries
Barley
Grapefruit
Legumes (lentils, beans)
Nuts (almonds, walnuts, soy nuts, peanuts),
Oatmeal (unsweetened)
Green peas,
Tomatoes
Unsweetened plain yogurt

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

“Creating Health for Future Generations Starting Now”

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. He has a full-time successful private practice in White Plains where he specializes in the diagnosis of joint pain and its treatments with an innovative, established and well-researched approach to non-surgical care while incorporating proper nutrition protocols. Dr. Silverman is one of the few practitioners in Westchester County who is certified in the highly acclaimed, medically patented, Active Release Non-Force Soft Tissue Technique (ART®), and also the cutting-edge Graston Technique®, which is an advanced form of instrument-assisted soft tissue mobilization technique that has FDA clearance. He serves as a member of the medical team of New York City's Triathlons and Marathons, and the Westchester Triathlon. Periodically, Dr. Silverman gives seminars on injury-related preventions, treatments and nutrition for various organizations and corporations. He also serves as a chiropractor and sports injury consultant for basketball players, professional wrestling organizations, local and collegiate sports teams, professional tri-athletes, body-builders and martial artists. He appears on Westchester's channel 76 - Beyond the Game, as a sports injury consultant and also as a pain-management and nutrition consultant on radio 1460 AM. Aside from his own syndicated talk show on Westchester's channel 75 called "Get Healthy w/ Dr. Rob", Dr. Silverman was also a featured guest on Westchester's Channel 12 as their Nutritional Weight Loss expert. In addition, Dr. Silverman has been chosen as the national spokesperson for the Vitamin Ester-C, and is the team doctor for Amino Vital pro-cycling team. He is currently enrolled in the prestigious program for a Diploma in Sports Nutrition with the IOC - International Olympic Committee.

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