

DOCTOR'S CORNER

Robert G. Silverman, DC, MS, CNS, DACBN, CCN, CSCS, CIISN
"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) Conference/Seminars

Dr. Silverman will be one of the featured speakers at the *IAACN - 16th Annual Scientific Symposium: "Incorporating Clinical Nutrition in the Medical Therapy of Chronic Disease Syndrome"*, scheduled from August 30th - September 2nd, 2007, in Orlando, Florida. His topic will be, *"Myofascial or Other Chronic Pain Syndromes: A Case Presentation"*.

2) Accreditation

Dr. Silverman was recently re-certified in Active Release Technique® (ART®) - Full Body. This recertification includes learned new treatment protocols in the areas of the shoulders, lower back pain, wrists, and neck pain. This promises to improve clinical outcome, i.e. less visits, better performance quicker!

What is Active Release Technique?

Active Release Technique® (ART®) is a highly successful approach to the diagnosis and treatment of muscles, tendons, ligaments, nerves, and fascia, known as soft tissue. It is a non-invasive hands-on therapy performed by *licensed* health care providers who have completed post-graduate certification through multiple Active Release Technique seminars. Many professional athletes have been using ART® for years.

ART® providers utilize highly developed skills and anatomical knowledge, in conjunction with symptom patterns and functional testing, to locate scar tissue on and in between muscles and nerves. A precise hand or thumb contact is applied to the problem area and the patient is directed to move the region of the body through a specific range of motion. Through the combination of tension to the tissue from the provider, and motion by the patient, the tissues will slide under the provider's contact. This process has been proven to rapidly break up scar tissue and yield recovery of many types of soft tissue conditions. ART® is so unique, that in 2000 it was granted a federal process-patent.

3) FLT Patient of the Month

Congratulations to Jessica Bonds! In the 12 weeks that Jessica's on the program, she's lost 29 lbs. of body weight and dropped 33 lbs. of body fat, while having put on quality muscle. Keep it up, Jess!

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

The following article was published in the *Developing Healthy Habits Newsletter*; July 2007. Dolphin Printing & Publishing Newsletter

Fab Four - The Muscle-Building Supplements

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

Are you trying to pack on a little muscle? Are you stuck at a certain poundage at the gym? Do you need to improve your time in a sprint? Are you confused about what supplements "they" tell you to take? Here are my fab-four muscle-building supplements.

Creatine

Creatine is a naturally occurring compound found in large amounts in skeletal muscle as a result of dietary intake and endogenous synthesis from amino acids. Creatine monohydrate is the most practical form for supplementation

with creatine. Phosphorylated creatine provides a number of important functions related to fuel supply in the muscle. The most well-known role is as a source of phosphate to regenerate adenosine triphosphate. The creatine phosphate system is the most important fuel source for sprints or bouts of high-intensity exercise lasting up to 10 seconds.

This particular author does not believe in high-loading phase followed by a lower maintenance phase. I prefer a non-loading protocol, but use of creatine over longer periods of time. Empirical research has proven this to be accurate.

Creatine supplementation has been shown to enhance the performance of exercise involving repeated sprints (long distance runners can use this product while doing their speed training protocols) or bouts of high-intensity exercise, separated by short recovery intervals. Therefore, exercise routines involving intermittent high-intensity work patterns with brief recovery periods (less than one minute) or resistance training programs may be enhanced by creatine loading.

I recommend 2 grams before exercise and 5 grams after exercise with co-ingestion of a substantial amount of carbohydrate (50 - 100 g, pending on size of participant and type and length of exercise). (Note: Alpha Lipoic Acid - a co-factor for blood sugar metabolism - with high-glycemic index carbohydrate is the choice for co-ingestion with creatine after a workout).

Branched-Chain Amino Acids

Respect for the effectiveness of branched-chain amino acids (BCAA) has reached new heights due to the growing body of scientific literature on them. BCAA are known to enhance energy, reduce muscle breakdown, increase brain function, reduce body-fat, build-up immune function, blunt muscle soreness and recovery and, of course, help boost muscle growth.

While BCAA are composed of the amino acids leucine, isoleucine and valine, leucine appears to be the star performer. Studies show it is key to turning on the process of muscle protein synthesis, or muscle growth.

In a 2006 study, it was shown that a 1500 mg dose of BCAA reduced cortisol levels by 48%. Reducing cortisol is an effective way to enhance muscle recovery and growth. Try taking BCAA about 30 minutes before, and immediately, after workouts to inhibit cortisol and its catabolic effects and boost testosterone's anabolic effect. Take a dose of 1000 mg before and 2000 mg after a workout of BCAA. BCAA work best with co-ingestion with all the other amino acids.

Whey Protein

Whey is a unique (and impressive) protein in that it has shown to confer both performance-enhancing effects as well as an ability to help improve "health" under selective clinical conditions. Whey is a high quality, complete protein, with all the essential amino acids. It is also the richest known source of naturally occurring branch-chain amino acids (leucine, isoleucine and valine). Additionally, whey is ranked the highest on the biological value scale (a measurement of protein quality) for protein. It has the ability to act as an anti-oxidant, anti-hypertensive, anti-tumor, anti-viral, anti-bacterial, and chelating agent. The primary mechanism by which whey is thought to exert its effect is by intracellular conversion of the amino acid cystine to glutathione, a potent intracellular anti-oxidant.

Whey proteins have insulinotropic effects and reduce the postprandial glycemia in healthy subjects. (Allows insulin response to be high, yet has a lower blood glucose level, which aforementioned effect is excellent for an after exercise meal). Whey protein has exhibited benefits in areas of exercise performance and enhancement through many different studies. Approximately 30 - 40 grams after a workout is the *whey* to go.

Glutamine

Amino acids are the building blocks of protein. Glutamine is an intriguing amino acid; it is the preferred fuel source for two crucial body functions: the intestines and the immune system. Scientists have classified glutamine as a conditionally essential amino acid. That is, under certain conditions (severe stress), glutamine may be needed in much higher amounts. Data from studies in adults show that plasma levels of glutamine decline during acute stress and illness. Glutamine makes up roughly 60% of the amino acid pool and skeletal muscle.

Therefore, the regulation of intramuscular glutamine has significant effects on skeletal muscle metabolism. The loss of muscle glutamine may be a signal for muscle degradation, so it is essential that intra-muscular glutamine stores are maintained. Prolonged, exhaustive exercise can decrease the plasma level of glutamine, which is an important fuel for some cells of the immune system and may have specific immune-stimulatory effects.

Ingest glutamine dosage at about 5 g. per day if you're working out and 10 - 15 g. if you have your sights set on the Olympics. Take glutamine with protein before carbohydrates with arginine, ornithine, lysine before sleep or after exercise for added growth hormone secretion.

"A strong body makes the mind strong..."
Thomas Jefferson

- ❖ Protein added to a sports drink improves fluid retention: a 2006 study shows that a sports drink containing protein was 15% more effective in rehydrating athletes than a conventional sports drink and 40% more effective than water. (Only add about 5 g. of protein).
- ❖ Eat soon after workouts: a 2006 study shows that essential amino acids with carbohydrates stimulate muscle protein anabolism by increasing muscle protein synthesis when ingested within one hour after resistance exercise.
- ❖ Replace fluids, carbohydrates at 30 - 60 g. per hour.

"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. 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. 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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