

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) Accreditation

On April 14th and 15th, Dr. Silverman attended an 8-hour seminar titled, "*Beyond Metabolic Syndrome: From Controversy to Improved Clinical Outcomes - Clarifying the Confusion Surrounding Popular Diets such as the Atkins, Zone, and Paleolithic Diets*", and "*The Top 20 Nutritional Strategies Every Health Provider Needs to Know*". On April 21st & 22nd, it was a seminar titled, "*Erchonia - Clinical Mastery of the Cold Laser*".

The Erchonia seminar was conducted by Dr. Jeff Spencer, chiropractor to Lance Armstrong and the US Cycling team, and Tiger Woods.

All these new treatment protocols are now being implemented in the office and the clinical outcome is enhanced.

2) Conference

Dr. Robert Silverman has been picked by the *International Society of Sports Nutrition (ISSN)* as one of the speakers to present his topic on, "Chiropractic - Integrative Medicine for the Optimal Athlete: Use of Active Release Technique®, Graston® Technique, and Cold Laser Therapy for Optimum Athletic Performance". Below is the conference information:

June 11-12, 2007 - *4th Annual ISSN Conference and Expo*, Las Vegas NV, Flamingo Hotel

3) FLT Patient of the Month

Congratulations to Brenda King! Upon the completion of the 12-week program, Brenda lost 12.6 lbs of body weight and 14.6 lbs of fat. She was able to drop 7.5% body fat and put on 1.7 lbs of muscle. Congratulations, Brenda!

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 is printed in the Westchester WAG 2007's January/February issue.

Power Up: Eating to Maximize Your Workout

BY ROBERT G. SILVERMAN

Just as a car runs best with a full tank of gas, your body needs the right kind of nutritional "fuel" for peak performance. Eating well for your sport can be very simple. To optimize your workouts and prevent fatigue while enhancing stamina and endurance, fuel your body with a balance of carbohydrates, proteins, fats, minerals, vitamins, and water. The following guidelines apply to various kinds of workouts like kickboxing, martial arts, weightlifting, running, team sports, and so on.

Pre-Workout Foods and Fluids

Our bodies consist of 60-65 percent water. Fluids are the key to life. It is estimated that 20 percent of our water needs are met through foods, and not fluids (contrary to popular belief). Our bodies need to stay properly hydrated for optimal workout performance. Within two hours of exercising, drink 16 oz. of fluids, or consume foods that are higher in water content, like fruits and vegetables.

Pre-exercise meals should include readily digestible foods and contribute to the energy and fluid requirements of the exercise to prevent needless fatigue. Meals high in carbohydrates and relatively low in lipids and proteins serve this purpose. Three hours prior to exercise provides sufficient time to digest and absorb a pre-exercise meal. Your goal is to target 0.5 grams of carbohydrate per pound of body weight. One gram of carbohydrate equals 4 calories, meaning a person weighing 150 pounds should target about 300 calories (about 3 oz. of pasta, one extra large sweet potato, or 2 cups of mixed berries).

Increasingly, experts suggest eating a small amount of protein and carbohydrates before exercise to optimize your workout. If timing is a constraint, a snack 10 minutes before exercise will be digested and burned during exercise, assuming you will be exercising at a pace you can maintain for more than 30 minutes. Research suggests this pre-exercise snack can help you perform 10 percent harder in the last 10 minutes of a one-hour workout. Depending on how your stomach tolerates fuel before workouts, solids or semisolid foods work equally well. Commercially prepared liquid meals or nutrition bars (100-250 calories) offer a practical approach to pre-workout nutrition and energy supplementation. These meals or bars can provide balance in nutrient value and contribute to fluid needs.

Foods and Fluids During Workout

A study published in the *International Journal of Sports Nutrition and Exercise Metabolism* shows that a sports drink containing protein (a carbohydrate-protein-electrolyte sports drink) was 15 percent more effective in rehydrating athletes than a conventional sports drink (such as Gatorade or Endura) and 40 percent more effective than water as protein added to a sports drink improves fluid retention. Adequate energy needs to be consumed during times of high-intensity workout to maintain body weight and maximize the training effect. Carbohydrates are important to maintain blood glucose and replace muscle and liver glycogen (stored glucose). During exercise, carbohydrates must be provided at the rate of 30-60 grams per hour (equals 120-240 calories per hour depending on body weight and exercise intensity).

Sensei **Steve Sohn**, principal and owner of Steve Sohn's Jujitsu Concepts in Scarsdale, is a martial artist who teaches high-intensity kickboxing classes. He observes that those who keep their bodies fueled with proper foods and hydration are able to perform much better during his strenuous workouts.

High-intensity aerobic exercise for one hour can deplete liver glycogen by 55 percent, whereas a two-hour strenuous workout nearly depletes the glycogen content of the liver and specifically exercised muscles. As you deplete muscle glycogen, your body will rely on glucose (sugar) in your blood for energy. Thus, consuming sports drinks, sports gels, bananas, and other carbohydrate-based foods during exercise will fuel your muscles, regulate your insulin level, and prevent fatigue. Consume 8 oz. of fluid every 15-20 minutes to rehydrate. Remember, hydration increases exercise performance and enhances concentration.

Post-Workout Foods and Fluids

After a strenuous workout, consume moderate to high glycemic index carbohydrate-containing foods (50-75 grams) for rapid carbohydrate replenishment. The glycemic index provides a relative measure of blood glucose increase after consuming a food containing 50 grams of carbohydrate. With optimal carbohydrate intake, glycogen stores replenish at a rate of about 5-7 percent per hour. Consuming some protein along with the carbohydrates stimulates faster glycogen replacement and optimizes muscular repair and growth. Examples of commercial foods for refueling include a small bagel with peanut butter, milk and a high-protein cereal, pasta with meat sauce. If solids are intolerable after a workout, liquids like protein shakes and smoothies work just as well. Consume simple carbohydrates only after an intense workout.

As for fluids, you would want to stay hydrated, thus preventing dehydration, rather than treating dehydration after exercise. Sports drinks, fruit juices, smoothies, and fruits high in water content like watermelon and oranges are far better than plain water as these provide carbohydrates, protein, vitamins, and other nutrients (lost through sweat) that optimize recovery.

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 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 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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