

# DOCTOR'S CORNER

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"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) In-House Seminars

**When:** June 18<sup>th</sup>, 2008: 7:00 PM - 8:15 PM (and on every third Wednesday of the month)

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

**What:** *Faster, Thinner, Sharper!*

Getting everything you want through breakthrough nutrition. Lose weight, improve your energy, and optimize your performance with cutting-edge nutrition

**Wow!:** All day on Talk Days - take 10% off all nutritional supplements, and 10% off all nutritional programs when you start on this day

#### 2) Updates

Dr. Silverman conducted three teleconferences nationwide in the month of May for Metagenics titled, "The Three Phases of Care", that was attended by doctors, nutritionists, and other healthcare practitioners across the country. In "The Three Phases of Care", Dr. Silverman discussed nutrition protocols for the treatment of soft-tissue/joint injuries.

#### 3) Accreditations Added

CKTP - Certified Kinesio Taping Practitioner

#### **What is Kinesio Taping®?**

The Kinesio Taping® method has taken the Rehabilitation and Sports Medicine world by storm. This amazing taping method was developed by Dr. Kenzo Kase over 25 years ago in Japan. Kinesio Taping® has quickly become the gold, or should we say "platinum" standard, for therapeutic rehabilitative taping. The proprietary method of taping uses a uniquely designed and patented tape for treatment of muscular disorders and lymphedema reduction.

This Method involves taping over, and around, muscles in order to assist and give support, or to prevent over-contraction. The first technique gives the practitioner the opportunity to actually give support while maintaining full range of motion. This enables the individual to participate in their normal physical activity with functional assistance. The second technique, which is most commonly used in the acute stage of rehabilitation, helps prevent overuse or over-contraction, and helps provide facilitation of lymph flow for an entire 24 hour period. Correctional techniques include mechanical, lymphatic, ligament/tendon, fascia, space and functional.

Kinesio Taping® allows the individual to receive the therapeutic benefits 24 hours a day with both comfort and ease because it can be worn for several days per application. Currently, Kinesio Taping® is used in hospitals, clinics, high schools, and by professional sports teams.

#### 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** 1<sup>st</sup> and 3<sup>rd</sup> 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

<b>PART II</b>	<b>ARTICLES</b>
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As seen in Natural Awakenings Magazine in June 2008!

## Exercise: Your Options

by Dr. Robert G. Silverman

I am constantly asked about the best ways to exercise, how to optimize them, the kinds of supplements to take to get the most out of workouts, and so on. Here are some of the most commonly asked questions. Whatever method you choose, your goal should be to increase energy, in order to motivate yourself to stay healthy.

**Q:** What types of post-workout drink do you recommend? Should I drink anything before or during exercise? What foods would be best?

**A:** I do believe in taking a sports drink from one to three hours prior to exercise, depending on the type of exercise. Drinking during a workout is also suggested, but it's most important to drink after a workout. The International Journal of Sports Nutrition and Exercise Metabolism conducted a 2006 study measuring the effectiveness of three different beverages in rehydrating athletes. Thirteen endurance athletes drank a carbohydrate-electrolyte sports drink, a carbohydrate-protein-electrolyte sports drink, or water, after losing 2.5% of their body weight through exercise-induced sweat loss. The study showed that a sports drink containing protein was 15% more effective in rehydrating athletes than a conventional sports drink, and 40% more effective water alone.

Dehydration decreases exercise performance. I suggest replacing fluids, carbs at 30 g. to 60 g. per hour. Consume 400 ml. - 600 ml. of fluid two hours before exercise, and during exercise, drink 150 ml. - 350 ml. of fluid every 15 - 20 minutes. A suggestion for one-to-three hours before exercising: Try to consume about 20 g. of whey protein before training. This fast-digesting protein rapidly enters your bloodstream, providing your body with energy for your workout, allowing you to train harder and longer. If you perform cardio separately from weightlifting, it is suggested that you go with just 10 - 20 g. of whey protein and no carbs. As research has shown, protein will help you work out longer in the gym, but won't decrease your fat-burning ability, the way carbs can. Post workout: Consuming protein (preferably whey protein) or amino acid promotes strength and speeds recovery pre-or post-exercise. A carbohydrate protein beverage before, during, and after weight training reduces markers of muscle damage such as cortisol (catabolic hormone), myoglobin (carries oxygen in the muscle cell) and creatine kinase (muscle enzyme). Supplementing proteins and carbs during or after a workout promotes recovery.

**Q:** What supplements do you recommend, post-exercise?

**A:** My favorite is the branched-chain amino acids (BCAA), known to enhance energy, reduce muscle breakdown, increase brain function, reduce body fat, build up immune function, blunt muscle soreness and recovery, and help boost muscle growth. A 1500 mg. dose of BCAA reduced cortisol levels by 48%, an effective way to enhance muscle recovery and growth. Take BCAA (1000 mg.) 30 minutes before, and then 2000 mg. immediately after workouts to inhibit cortisol and its catabolic effects and boost testosterone's anabolic effect. A study from Sacred Heart

University and Florida State University found that branched-chain amino acid supplements reduced post-exercise markers of muscle damage in men following 90 minutes of moderate-intensity exercise on a stationary bike.

**Q:** When is the best time to do cardio, before or after a weight-training session?

**A:** It is okay to perform 5 to 10 minutes of cardio before weight training as a warm-up, but if you intend to do a cardio workout, it should be done after weight training, which will protect blood vessels from the harmful effects of weight training. A single weight training session stiffens blood vessels and stresses the heart. Cardio makes the vessels more compliant and enhances their health and function. Doing cardio right after weight training allows you to hit the weights harder when your energy levels are highest and leads to growth hormone levels that are three times higher.

**Q:** I'm an endurance athlete. What would you recommend as supplements to optimize my performance?

**A:** Probiotics are my top choice. Strenuous training can erode immunity and make us more vulnerable to catching colds. Australian researchers showed that a daily dose of "good" bacteria (probiotics) can bring immune systems back up to speed. Just make sure that you purchase probiotics from a reputable manufacturer, and ensure that use-by-dates are adhered to, as probiotics can degrade over time. About Vitamin C: Remember to take only the recommended amount. Avoid taking large doses of vitamin C. Spanish researchers have found that taking 1 g. of vitamin C supplement per day interfered with the capacity to increase endurance through training, as it prevented the increases in cell mitochondria and oxygen-related enzymes that produce ATP, the cells' major energy source.

**Q:** Do you recommend taking NSAIDs (e.g. Ibuprofen, as in aspirin, Advil, Motrin, Aleve, Naproxen, and so on) for pain, muscle soreness, or inflammation after workouts?

**A:** No. The NSAIDs mentioned above slow the healing process by decreasing the collagen content of tissues. A less well-known side effect is further degeneration of the joint cartilage. NSAIDs also act to blunt muscle-protein synthesis and muscle growth. Studies have found that runners who are NSAID users experience greater muscle soreness the day after their races. There are also studies that have found that NSAIDs interfere with muscle cell repair and hypertrophy. Use NSAIDs sparingly, if you have to. I would, however, recommend proteolytic enzymes and an herbal combination (which can be found in pill-form) after a workout. The herbal combination would consist of Boswellia, turmeric (curcumin), and ginger. All three are known to blunt inflammatory factors without any side effects. Researchers from the University of South Carolina found that curcumin reduced inflammation and promoted recovery following an intense eccentric training. Proteolytic enzymes such as trypsin, chymotrypsin, and bromelain are known to reduce swelling, pain, and inflammation. However, these must be taken two hours after post-workout meals. Take them in between meals, or they will function as digestive enzymes.

*"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](mailto:info@DrRobertSilverman.com)

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*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. 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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