

Detoxification for Athletes: The Key to Winning Performances



Dr. Robert Silverman

Do you want to give your athletes that winning edge, that extra ingredient that makes the difference between winning and losing? Do you want to give them the edge in life's health?

One of the most dangerous culprits affecting an athlete's ability to perform at an optimum level also happens to be one of the most elusive. Environmental toxins are elusive given their almost intrinsic nature; for instance, we don't often think too much about the packaging where the foods come from, or the air that we breathe, or the shampoo that we wash our hair with.

Environmental toxins come in two categories—chemicals and metals. They are accumulated from taking medications or food preservatives and/or being exposed to pesticides, air pollutants and other harmful toxic environments and are trapped in the fatty tissue of the human body. These toxins come from a variety of sources, but the initial exposure actually begins while a baby is still in the womb.

What Are These Toxins Affecting the Athletes?

The Center for Disease Control's Fourth National Report on Human Exposure to Environmental Chemicals has reported that over 212 chemicals have been found in the blood and urine of most Americans. The six most widespread chemicals found are: 1. polybrominated diphenyl ethers (PDEs) that is used as a flame retardant; 2. Bisphenol A (BPA) found in plastic products (e.g. bottled water); 3. PFOA, found in non-stick cookware; 4. acrylamide, which is in items cooked at high temperatures (e.g. French fries, fried chicken and coffee); 5. mercury (found in seafood) and; 6. MTBE (exposure from second-hand smoke.)

Research data has shown that there is a strong relationship between urine concentrations of Bisphenol A, type-2 diabetes and reduced testosterone levels.

So How Toxic Are We?

Our liver serves as our body's natural detoxification process. It supports the body's ability to excrete toxins once they have been neutralized, thus reducing the chance that they will re-circulate and be stored in the body. In a toxic body, as athletes start to exercise and sweat, these accumulated toxins get released back into the blood stream. Both health and

performance are impaired as the toxins reactivate in the body.

The common symptoms experienced, which indicate excessive toxins are fatigue, lethargy, weakness, depression, headaches, irritability, cognitive problems, (brain fog, memory problems) concentration difficulties, generalized muscle aches and decreased athletic performance. All these symptoms affect an athlete's ability to train and focus, not to mention play on game day.

The Body's Detoxification Pathways in a Healthy Liver

Step 1: Toxins, which are fat soluble, are transported from the intestine to the liver. These include metabolic end products, chemical pollutants and contaminants, micro-organisms, food additives, drugs/medications and alcohol.

Step 2: In the liver, toxins undergo Phase 1 detoxification to neutralize certain toxins.

Step 3: The remainder of the neutralized toxins that have not been neutralized move into Phase 2 detoxification, which then transforms the remainder into water soluble compounds.

Step 4: Newly transformed toxins are then transported to either the kidneys where they are excreted in the urine or to the gall bladder where they are excreted via the feces.

In an unhealthy liver, toxins are unable to be detoxified at the speed that they are brought to the liver. In these cases, toxins build up and re-circulate in the blood, contributing to poor health. These fat-soluble toxins can be stored in the body tissues such as fat, brain and nervous system, causing systemic symptoms and decreased athletic performance.

I uniformly recommend a program utilizing the UltraClear Renew in my office, and the effects on athletes have been tremendously positive. This "medical food" has specific nutrients that are required to support all phases and organs of detoxification. Coupled with a proper detoxification dietary intake, athletes can safely remove toxins from their bodies and improve health and performance.

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Putnam Valley Gets Some Revenge Against the Wildcats

By A.J. Martelli

Just a couple of weeks ago, Putnam Valley allowed Westlake halfback Dan Bassi to rush for 350 yards and four touchdowns that paved the way to a 40-29 Wildcat win over the Tigers.

But last Friday evening, in the Coach's Sugar Bowl at Putnam Valley High School, it was a much different story. The Wildcats could not generate anything close to the same offense and wound up losing 26-7.

Wildcats head coach Rich Hennessey knew playing the Tigers again would be a challenge.

"I've been telling the kids all week that it's hard to beat a team twice," he said. "They came to play. Put Valley had our number tonight."

Westlake was already trailing 20-0 when quarterback John D'Onofrio connected with J.C. Zangrilli on a 32-yard touchdown pass with 3:44 left in the third quarter. Kicker Mike McLynn followed with the PAT, but the Wildcats never scored again. It wasn't quite the way D'Onofrio wanted to end the season.

"They came out fired up," he said of the host Tigers. "Obviously, it was their last game too. I guess we might have taken them a little too easy. Easier than we should have. But I don't doubt my team in any way. We came out and tried our hardest, and that's all we can ask for."

The Tigers got started right away, scoring on their opening possession. They began the drive on their own 46-yard line and ended it with a 14-yard touchdown run by Anthony Gentile. Mike Walsh proceeded



J.C. Zangrilli of Westlake carries the football during the first half of Friday's game at Putnam Valley, won by the Tigers.

to connect with Rick Ortiz for a two-point conversion, giving Putnam Valley a quick 8-0 lead. With 5:01 left in the half, Ortiz ran 52 yards for a TD and the Tiger lead increased to 14-0.

Later in the quarter, Ortiz was at it again, catching a pass and then running to the end zone for a 31-yard score that left Westlake facing a 20-point halftime deficit. Trailing 20-7 midway through the fourth quarter, the Wildcats made one last effort to put some more points on the board. But a D'Onofrio pass was picked



Running back Dan Bassi finds some room to run with the ball in Westlake's loss to Putnam Valley on Friday evening.

off by Walsh and the Tigers took over on Westlake's 45-yard line.

They moved the ball to the 38-yard line, and then A.J. Martinez put the exclamation point on the Tigers' revenge as he scampered for a long touchdown that left Westlake with a 3-6 record but its coach with plenty of praise for some of his players.

"We have two seniors that were on this team for four years and have been to two section finals, and as a senior it's hard to look at the big picture," said Hennessey. "They have nothing to be ashamed about or nothing to be upset about. They've made a big impact on this team and this program. I'm proud of what they've done and I hope they are proud of what they've



Westlake quarterback John D'Onofrio throws a pass in the first half of Friday's game at Putnam Valley.

done."

Although he is unsure of which college he will be attending next year, D'Onofrio is hoping to continue his football career at the collegiate level.

"Unless something drastic happens, I am going to try to play college football," he said. "I'm looking to go somewhere in the northeast, but it's a complicated process. I'm just looking here and there. Whatever the best decision is, I just have to take that."