



SANTIAGO CHIROPRACTIC ASSOCIATES

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***Dynamic Chiropractic* Quotes Dr. Scarano on the Foundation for Good Nutrition —**

In the July issue of *Dynamic Chiropractic*, Chiropractors were asked which nutritional supplements are most important to have available for all patients....

"There is only one magic pill for health in existence and that pill is called good nutrition and exercise. No nutritional supplement should be used allopathically as a cure for a problem. In other words, you should not take milk thistle to solve a problem with your liver or take saw palmetto to cure a problem with your prostate," said Dr. Julie Scarano from Lake Hiawatha, New Jersey. "The definition of supplement is something added to complete a thing, make up for a deficiency or extend or strengthen the whole. And a supplement should be just that, a supplement to your diet and in actuality, the only reason someone really should be taking a supplement is because you are unable to get that nutrient from a reasonable change to your diet or lifestyle. Nutritional supplements should be used to help supply the raw essential materials it requires to build a healthy body. Remember, essential doesn't mean important, it means that your body cannot produce it itself," Dr. Scarano continued....

To view this article at length and find out what supplements are essential, please visit: <http://www.depracticeinsights.com/mpacms/dc/pi/article.php?id=56002&pagenumber=1>



Olympic Gold Medalist Credits Chiropractic in Scottsdale, AZ

Dr. Scarano and Dr. Santiago with 1996 Decathlon Gold Medalist, Dan O'Brien at this year's American Chiropractic Association Sports Council's Symposium and General Membership Meeting in Scottsdale, AZ, July 20-22nd. O'Brien spoke at the annual luncheon praising chiropractors as the unsung heroes of Olympic athletes stating, "We can't be great athletes without you."

Be Inspired and then Inspire Others...



"You should always appreciate the goodness around you, and surround yourself with positive people."

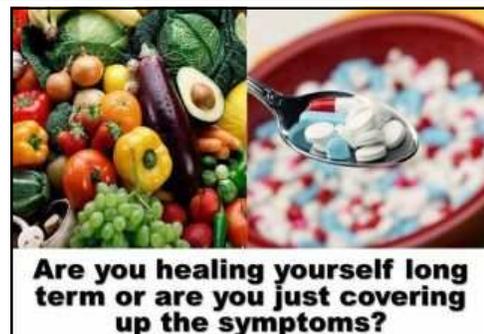
- Nadia Comaneci

"You can't put a limit on anything. The more you dream, the farther you get."

- Michael Phelps

"If you don't have confidence, you'll always find a way not to win."

- Carl Lewis



Are you healing yourself long term or are you just covering up the symptoms?



For more "health tips" and to stay up-to-date on what's new at our office please search for "Santiago Chiropractic Associates" on facebook and "like" our page!