



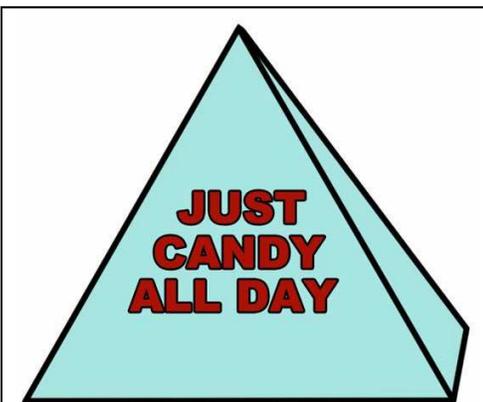
# SANTIAGO CHIROPRACTIC ASSOCIATES

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## Dr. Santiago Represents F.I.C.S at F.I.M.S. World Congress of Sports Medicine

Lake Hiawatha, NJ, October, 2012 —

As Secretary General of F.I.C.S (Fédération Internationale de Chiropratique du Sport), Dr. Santiago had the honor of accepting an invitation to attend the 32<sup>nd</sup> Annual F.I.M.S. (Fédération Internationale de Médecine du Sport) World Congress of Sports Medicine in Rome, Italy, where he presented on the topic of multidisciplinary care of the athlete. Attending this international event provided a unique opportunity for the finest sports medicine professionals to meet and share ideas. He is pictured (right) with World Olympians Association Commission Chair, Dr. Angela Salcedo of Cali, Colombia.



**NEW FOOD PYRAMID**

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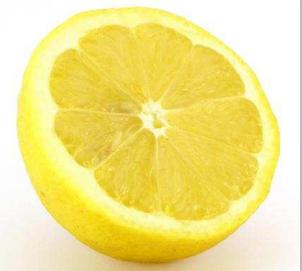
*Always be aware of where you get your information. Whether you're thinking about the right food to eat or who to vote for in the upcoming election, read labels, ask questions and educate yourself before making decisions!*

Have a  
Happy and  
Healthy  
Halloween!!!



### When life hands you lemons.....

Did you know studies have shown lemons are considered to be an antimicrobial against bacterial, viral and fungal infections? How about that they can help regulate blood pressure, combat fatigue, stress, depression, nervous disorders, acne, canker sores, fever, eczema, halitosis, bug bites, insomnia, pain and varicose veins? Additionally, according to the Institute of Health Sciences, lemon extracts have even been known to slow the growth of malignant cells in 12 cancers including colon, breast, prostate, lung and pancreatic....so when life hands you lemons: Juice them, eat the pulp, put them in your water (wash first), and on your food! For more



info visit: <http://www.beliefnet.com/Health/Physical-Health/Hidden-Health-Secrets-of-Lemons.aspx>



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!