



# SANTIAGO CHIROPRACTIC ASSOCIATES

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## Dr. Santiago Heads 2013 World Game's Chiropractic Services



Lake Hiawatha, NJ, August 2013 — The 9<sup>th</sup> Annual World Games took place this summer in Cali, Colombia from July 25<sup>th</sup> to August 4<sup>th</sup>. The World Games, held every four years under the patronage of the International Olympic Committee, is the second largest multi-sport event in the world after the Olympics and includes sports not yet admitted into the Olympics. Held since 1981, this event now involves more than 4,000 athletes from over one hundred countries in 36 sports such as dance-sport, field archery, karate, rhythmic gymnastics, rugby sevens, squash, tug-of-war and ultimate frisbee.

The World Games has a standing agreement with the International Federation of Sports Chiropractic (FICS) to mandate sports chiropractic services at each venue. As Secretary General of FICS, Dr. Santiago oversaw a team of 35 Chiropractic and Sports Medicine Specialists from each corner of the world.

The next World Games will be held in 2017 in Wroclaw, Poland. Keep an eye out for SCA's Dr. Julie to join the next team of chiropractors providing services out on the field. To read more about the World Games visit: [www.worldgames.org](http://www.worldgames.org).



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## Can Exercise be the New Medicine?

If we could invent a pill that does everything exercise does (reduce the risks of heart disease, osteoporosis, and certain cancers such as breast, colon, and bladder; improve anxiety and depression; and strengthen the immune system, to name a few), we'd all be popping that pill on a daily basis! But unlike a pill or an injection, exercise has nothing but beneficial "side effects." There is no nausea, drowsiness, drug interactions, discharges, blurred vision, depression, or suicidal thoughts as is possible with medication. Instead, exercise gives you energy, mental clarity, healthy blood pressure and cholesterol levels, better circulation, and countless other wonderful side effects. It puts you in a great mood. Who wouldn't want all that?

Inactivity is tied to a variety of health problems: Depression, osteoporosis, dementia, heart disease, obesity, some cancers and type 2 diabetes. In fact, so many people are inactive these days that some experts have coined a new term for the epidemic: Sedentary death syndrome (SeDS). The condition helps cut short an estimated 250,000 lives in the U.S. annually according to research from the University of Missouri.

All of the diseases mentioned have one thing in common: Chronic inflammation. Inflammation is a swelling and redness in the body's tissues that is usually brought about by an injury or an infection. It usually does not last long. Inflammation is one of the body's natural protective mechanisms, but when it becomes chronic, it can turn destructive.

However, scientists have confirmed that exercise heals by triggering the release of healing chemicals, which help reduce inflammation. Clearly, the human body is designed to self-regulate and self-heal under the right conditions, and exercising is among the most important of those conditions.

So I ask you, if your doctor prescribed physical activity that suited your abilities, would you be willing to regularly comply? The bottom line is that exercise is medicine—medicine you can take to live a longer and healthier life. Ask Dr. Santiago or Dr. Julie at your next visit to help you get started with incorporating exercise into your daily routine. Your body will say, "Thank you"!



## Farewell and Thank-You!!!



*Best wishes to Hayley and Ryan as they head to college.*

*We wish you the very best this school year and thank you for the time you spent with us at SCA this summer!*



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