



SANTIAGO CHIROPRACTIC ASSOCIATES



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Extern to Spend November with Santiago Chiropractic



Lake Hiawatha, NJ, November 2013— Jonathan, raised in Morris County, NJ, attended County College of Morris receiving a dual degree in Biology Health and Business Science. At 14, Jonathan began running his own car detailing business. Due to the long hours of manual labor, he experienced low back pain and sought Chiropractic care. During the course of his treatment and interaction with the office, he felt his personal direction in life was to become a chiropractor and deliver the same health and wellness care to others.

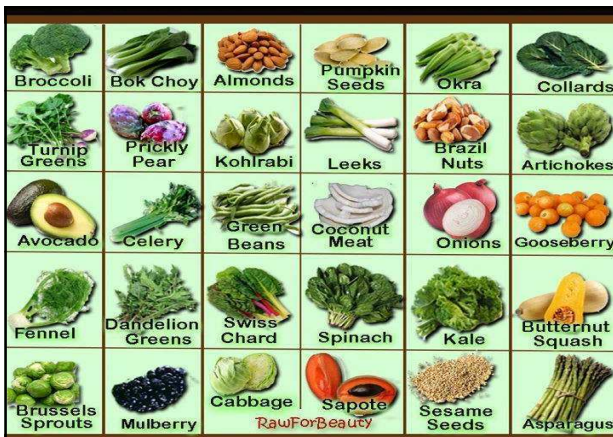
Jonathan began his journey at New York Chiropractic College in September of 2010 and is finishing his requirements at Santiago Chiropractic Associates this fall. Jonathan enjoys sports and is looking forward to working alongside the most prestigious doctors in the sports arena, Dr. Santiago and his associate Dr. Scarano. Jonathan feels with the guidance and education he will receive from this externship, he will join his family's practice specializing in sports related care, health and wellness, and continue to develop in the area of nutrition.

Please join us in welcoming Jonathan into the practice this month!

Osteoporosis—The 4 Best Practices for Prevention

Did you know osteoporosis is not a common disease? In fact, often, it is not even heard of in many parts of the world. However, osteoporosis is most common in Europe and in the United States, where dairy intake is exceptionally high. Why is that? Because osteoporosis is not simply a matter of calcium depletion. There are many other factors that must be considered. Here are your top 4:

1) Vitamin and Mineral Deficiency: Though calcium is important, magnesium, potassium, phosphorus, vitamin D and countless other vitamins and minerals are crucial to bone health. In fact, recent studies show that magnesium may be more important to bone health than calcium. Bottom line? Take a multi-vitamin and eat real foods that contain these essentials such as those seen below:



2) Soda Consumption (Including Diet): The worst thing you can do to your bones is drink soda. There are a large number of studies to prove this, but a recent long-term study published in the much-respected *American Journal of Clinical Nutrition* found that women who consume just one soda daily have 5-7% less bone material than woman who limit the fizzy stuff to just 1/month.

3) Lack of Fruits and Vegetables: Most Americans eat only 1-3 servings of produce daily. A recent study from the *British Journal of Nutrition* found that postmenopausal women who ate adequate vegetable matter (at least 5 servings) in their daily diets were between 200 and 400% better in terms of bone mineral density loss.

4) Lack of Weight-Bearing Activity: This means resistance. This means weights. Don't worry—weight bearing activities will not make you look like a protein-shake spokesperson. "Weight-bearing" activity can be simply going for a walk. Purchase some dumbbells (lbs. depending on your fitness level) and learn to do 4 or 5 different moves, 3 sets each, 8-10 reps/set, 2-3 times a week—and feel free to ask us if you need help!

What women think will happen if they start lifting weights



What actually happens when women start lifting weights





KIDS SPORTS EQUIPMENT EXCHANGE



Lake Hiawatha, NJ, November 2013—Do you have a garage or basement filled with your child’s out-grown sports equipment?

The Lakeland Hills Family YMCA will be collecting gently used sports items so that local athletes in training can put them to good use again. Donations will be accepted October 25th-November 9th. Hot items needed include: Hockey/Lacrosse Sticks & Gear, Cleats (all kinds), Baseball Bats and Tennis Racquets.

Following collection dates, on November 10th, the YMCA will host a “*Distribution Day*” where athletes and parents may come to pick items out **FREE OF CHARGE!**

Those who donate equipment will receive a VIP Voucher for early admission to Distribution Day between 10AM and 11AM. The event will then be opened to the public between 11AM and 2PM.

This is an excellent opportunity to clean out spaces in your home as well as provide a chance for your child to try a new sport without breaking the bank!

The Lakeland Hills YMCA is located at 100 Fanny Road in Mountain Lakes, NJ 07046, but you may also drop off your equipment at Santiago Chiropractic Associates anytime before November 9th.



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