



# SANTIAGO CHIROPRACTIC ASSOCIATES

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## World News in Sports Chiropractic

**Lake Hiawatha, NJ, July 2013** - During the last week of May 2013, the world of sport held its annual meeting at the SportAccord Convention, hosted in Saint Petersburg, Russia. Attending on behalf of the *International Sports Chiropractic Federation* (FICS) was our very own Dr. Philip Santiago. SportAccord is the umbrella organization for both Olympic and non-Olympic international sports federations. Its mission is to unite and support its members in the coordination and protection of their common aims and interests, while conserving and respecting their autonomy. The number and variety of services at this

event has been constantly growing and includes doping-free sports, fighting illegal betting, governance, sports' social responsibility, and multi-sports games. One of the major topics up for discussion at the convention following presentations from Istanbul, Tokyo and Madrid, was the selection of the host city for the 2020 Summer Olympics. According to Dr. Santiago, the conference this year gave immense opportunities for delegates to build new business relationships, promote individual sports and services as well as provided the framework for developing and coordinating new projects internationally.

“As a representative of FICS at SportAccord,” Dr. Santiago stated, “it is my goal to help ensure that athletes participating in these international events have the access to chiropractic care they both need and desire. In this particular arena, where drugs and surgery are not usually options, it has been humbling to see the demand for our services increase over the years on an international level.” For more information on SportAccord, please visit: [www.sportaccord.com/en](http://www.sportaccord.com/en)



**Toronto, Canada: FICS Administrative Office** — Dr. Scarano's presentation titled, *Communited Scapular Body Fractures: A Report of Three Cases Managed Conservatively in Chiropractic Settings*, was awarded 2nd Prize in the original research poster program, sponsored by Life University at the 2013 FICS Symposium held in Durban, South Africa on April 10, 2013. The corresponding paper was also recently published in issue 57(2) of the 2013 *Journal of the Canadian Chiropractic Association*.





## New Thoughts on Cholesterol

**Cholesterol is a very misunderstood molecule:** Many people might not be aware of it, but for a long time there has been a vocal minority of doctors, researchers, and health professionals who believe that cholesterol and fat have been wrongly convicted as the primary promoters of heart disease. Along with many of our fellow health professionals, we believe that this emphasis on cholesterol has caused us to take our attention off of what we believe to be the true promoters of heart disease – inflammation, oxidative damage, stress, and sugar. The evidence against cholesterol as a causal factor in heart disease is much weaker than was previously believed and statin drugs given to lower cholesterol are being over-prescribed and are not without significant side effects.

**Cholesterol is needed for life.** Cholesterol is the parent molecule for all the major sex hormones, such as estrogen, progesterone, and testosterone. It's needed for the immune system and is especially needed in the brain. In fact, one of the most serious side effects of cholesterol-lowering medication is memory loss. Cholesterol also makes vitamin D in the skin (which many people are low in), helps with neurotransmitter function, lubricates the skin, and protects us from infectious disease of the GI tract and of the lungs. The truth is, we need this stuff!

**Cholesterol is the wrong target for heart disease.** Trying to prevent heart disease by lowering cholesterol is like trying to reduce calories by taking the lettuce off your hamburger. It's not that the lettuce doesn't have any calories – it's that it's the wrong target, and cholesterol is the wrong target if you're trying to prevent heart disease. Neither cholesterol nor fat is the major villain in the American diet – sugar is. Many people with normal or low cholesterol have heart attacks, and fifty percent of people with elevated cholesterol have normal, healthy hearts. High “bad” cholesterol should be thought of as the body's response to inflammation, so rather than seek to control cholesterol, it is important to find and eliminate the root cause of the inflammation, so your body can find its own balance of healthy cholesterol.

### Guidelines to Achieve a Healthy Cholesterol & Heart



#### Avoid or reduce:

- All trans-fats and hydrogenated oils
- All GMOs – Soy, corn, cottonseed and canola oils
- Fried foods
- Pasteurized dairy products and gluten/wheat
- Iodized salt: Instead use Himalayan or Celtic sea salt
- Coffee intake
- High-sugar foods such as cakes, candies, cookies, etc.

#### Supplementation:

- Fish oil capsules (2-3 with breakfast)
- CoQ10 (1 upon waking and 1 mid-morning)

#### Add to your diet:

- Gluten-free grains: Quinoa, millet, amaranth, buckwheat
- Vegetables (especially fat-busting veggies such as onion, leek, radishes, garlic, scallions, shallots and chives) and dark, leafy greens
- Fruit: organic berries, apple, citrus fruits
- Spices: cinnamon and turmeric
- Wild coldwater fish: Salmon, tuna, herring, mackerel and sardines
- Pasture-raised animal meats
- Good fats: Avocado, raw nuts and seeds, ghee, grass-fed butter, grapeseed and coconut oil

### ATTENTION:

Summer Hours at Santiago Chiropractic will begin as of  
July 4 & extend through Labor Day Weekend:

Monday: 9AM-12:30PM, 4-6:30PM

Tuesday: 10AM-12:30PM

Wednesday: 9AM-12:30PM, 4-6:30PM

Thursday: By Appointment Only

Friday: 9AM-12:30PM, Afternoon by Appointment Only