



SANTIAGO CHIROPRACTIC ASSOCIATES

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World Cup Athletes Score with Chiropractic



Lake Hiawatha, NJ, July 2014 — Athletes of the 2014 World Cup are seeking opportunities for success both on and off the field.

Pictured below treating Brazilian Captain, Carlos Alberto Torres (better known as Dante), is Chiropractor, Dr. Elisa Dallegrave.



Dallegrave was invited by team doctor, Jose Luiz Runco, to treat the players at the new Brazilian Football Confederation (CBF) Training Center offices. Dallegrave uses a unique analogy to explain the importance of chiropractic care.

“I often compare spinal care with dental care. You eat and brush daily and need to get regular care for your teeth. With the spinal column it is the same. You use it all the time, but some people only remember to go for care when they have pain. Indeed, it is important to have regular preventative treatment,” she explains.

Although little known in Brazil, chiropractic is widely used by football players. Dante, who has benefited from chiropractic treatment for more than six years since he played in Belgium, requested the services of a chiropractor.

“It is an excellent help. You feel your body is more balanced, with everything in place. This makes a difference when it comes to high performance,” said the player.

Do you know anyone who would like:

- 60% less hospital admissions
- 59% less days in the hospital
- 62% less outpatient surgeries
- 85% less in pharmaceutical costs

A 7-year study showed that patients whose primary physician was a chiropractor, experienced the above results.

For the health of your loved ones...

**CHOOSE
CHIROPRACTIC**

Journal of Manipulative and Physiological Therapy, May 2007; 30(4): 263-269,
Richard L. Simey, PhD, James Winters, DC, Jennifer A. Carlton, DC, PhD

Your Top 5 Summer Super Foods

Watermelon

Pistachios

Grape
Tomatoes

Lemons

Sardines



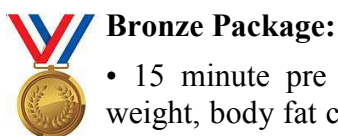
Want to know why these foods are so super? [Like Us!](#)
“Santiago Chiropractic Associates” on facebook today to find out!



6 Week Fitness Challenge #2!

Did you miss the **6 Week Fitness Challenge** the first time around? No sweat! This month, SCA is offering a second chance to take advantage of this unique opportunity. However, this time, the challenge will feature a tiered program allowing you to select the level of commitment comfortable for you to achieve your goals.

This 6 week fitness challenge includes 3 options:



Bronze Package:

- 15 minute pre & post-assessment covering weight, body fat composition, resting heart rate & blood pressure under medical supervision.
- Exercise program complete with video demonstrations & instructions viewable to you on your computer or smart phone.
- Weekly fitness, health and nutrition related articles and emails to help motivate you to succeed.
- Access to a Certified Personal Trainer if you have any questions.

Cost: \$25



Silver Package: *Includes benefits of the Bronze Package PLUS:*

- A more in depth 45-60 minute pre-assessment/30 minute post-assessment including specific goals, flexibility/strength testing and aerobic capacity.
- A **CUSTOMIZED** exercise program complete with video demonstrations and instructions viewable on your computer or smart phone.

Cost: \$75



Gold Package: *Includes benefits of both the Bronze and Silver Packages PLUS:*

- One 45 minute personal training session to be scheduled during the Fitness Challenge.

Cost: \$125

Pre-Assessments: July 21st—25th
Challenge: July 28th—September 8th
Post-Assessments: September 8th—12th

Expanding Family...

We would like to welcome the newest member of the Santiago Chiropractic family, Ryan Riggs Clancy. Ryan was born Friday, June 6th. Congratulations to Daren & his wife, Kelly, on their handsome, new addition!



ATTENTION:

Santiago Chiropractic will be closed Friday, July 4th. Summer hours will begin the week of 7/7 & extend through Labor Day:

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

Tuesday: 10AM-12:30PM

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

Thursday: By Appointment Only

Friday: 9AM-1:00PM, Afternoon by Appointment Only