



SANTIAGO CHIROPRACTIC ASSOCIATES



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Time to Ditch Your Sports Drink?

Lake Hiawatha, NJ, November 2014—It's difficult to imagine a world in which sports and sports drinks don't go hand in hand. After all, Gatorade is the official sports drink of the NFL, MLB, NBA, NHL and most all other leagues. However, a recent review in the *Journal of Medical Ethics* makes an interesting argument against sports sponsorship from nutritional supplements and sport drink companies reasoning that, "Sport may have found itself lending unwarranted credibility to products which would otherwise not necessarily be seen as beneficial for participation in sports and exercise or as inherently healthy products."

While it is unlikely that these relationships will change anytime soon, it is an important reminder to keep the associations we may have between sports drinks and increased athletic performance in check (in the same way we all know that just because McDonalds is a high-profile sponsor of the Olympics doesn't mean eating it will help us become an Olympian) and to stay educated on what *is* really necessary while exercising:



1. **You may not really need to replenish electrolytes.** This necessity usually depends on the duration and intensity of your workout. If you're not sweating or working out for longer than 60 minutes, you probably do not need the electrolytes.
2. **Eat your way to recovery.** You can just as adequately replenish electrolytes lost with your first post-exercise meal and a glass of old-fashioned H₂O. Nutrients you should look to include in a meal are magnesium, sodium, potassium and chloride found in foods such as dark green vegetables, nuts, tomatoes, celery, citrus fruits, etc..
3. **If your body DOES require electrolytes:** Keep in mind products such as Gatorade and Powerade may contain harmful ingredients such as red dye 40 or high fructose corn syrup, Vitamin Water contains only trace amounts of these electrolytes which play key roles in enzymatic reactions in our bodies, and Coconut Water, the latest fad in recovery drinks, was found in a 2012 study in the *Journal of the International Society of Sports Nutrition*, to be only equally as effective for rehydration as water. So what options does that leave you with?

At Santiago Chiropractic we recommend our athletes who require electrolyte replacement try Metagenic's® product Endura®. Endura, a gluten, corn-syrup and dye-free product, is a specialized supplement that supplies a unique blend of electrolyte minerals in a formula designed to enhance absorption of fluids and electrolytes preventing dehydration without causing gastric distress. Endura's formula includes a special form of magnesium—magnesium bis-glycinate—especially important for rehydration, and carbohydrates in the form of glucose polymers and fructose, delivered in a specially balanced ratio designed to help delay the onset of fatigue during strenuous activity. Endura is now available on our shelves at Santiago Chiropractic. Please ask our doctors if you would like more information on this product.





Foundation for Chiropractic Progress Films at Santiago Chiropractic

On October 9th, 2014, Santiago Chiropractic hosted the Foundation for Chiropractic Progress (F4CP), a not-for-profit organization established in 2003, in filming two commercials at their facility. The goal of the F4CP is to educate the public about the many benefits associated with chiropractic care through positive press. Dr. Santiago and Dr. Scarano were interviewed regarding two topics—sports chiropractic care for golfers and issues on dehydration respectively.



Dr. Santiago was happy to volunteer the use of his facility for these productions, “Currently the percentage of consumers seeking chiropractic care is only 7% of the population. Anything we can do to help the F4CP raise public awareness of the many benefits associated with chiropractic care and in turn help to ensure inclusion of chiropractic benefits in employee health plans, we are grateful to support.”

Dr. Santiago and Dr. Scarano would also like to thank volunteers Michelle Snyder and Kevin Vrabel for the time they donated to serve as actors for the commercials. To learn more about the Foundation for Chiropractic Progress, please visit www.f4cp.com or check out the videos on our office’s Facebook page:



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Extern to Spend November with Santiago Chiropractic



Andrew Blonski, raised in Edmonton, Alberta, Canada, attended University of Alberta receiving a science degree with a major in biological sciences and a minor in neuro-psychology. While attending undergrad, Andrew worked as a manual laborer at various power plants during summer breaks. Due to the long hours of strenuous exercise, he experienced low back pain and sought chiropractic care. During the course of

his treatment and interactions at the office, Andrew realized his personal direction in life was to become a chiropractor

hoping to deliver the same health and wellness to others. Andrew began his journey at University of Western States in Portland, Oregon in September 2011 and will be finishing his requirements at Santiago Chiropractic Associates this fall. Andrew plays and enjoys several sports including: hockey, soccer, football and rugby and is looking forward to completing his final requirements alongside Dr. Santiago and his Associate, Dr. Scarano.

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

Dr. Scarano Serves X-Country Championships



On October 26th, Dr. Scarano served as Medical Director of the USATF Open & Masters 8k Cross Country Championships at Natirar Park in Peapack/Gladstone, NJ. The field of over 300 runners had a gorgeous day to finish out the 2014 Season. Accolades go out to all of the winners. For more

information on local USATF events, check out: www.usatf.org.



CONGRATULATIONS!!!!

Last month we invited our patient population to join in the **100 (or 50) Miles in October Challenge**. Participants were challenged to walk, run, swim or bike 100 miles before November 1st. For all of those who participated and succeeded in the challenge—Congratulations on your efforts!!! It’s not always easy to take the time to get moving every day, but we hope this provided you with a great example of how getting into a routine helps. Please share your success on our office Facebook page & keep up the good work!

