



SANTIAGO CHIROPRACTIC ASSOCIATES

75 NORTH BEVERWYCK ROAD, LAKE HIAWATHA, NJ 07034
(p) 973.335.5666, (f) 973.335.6187
www.SantiagoChiropractic.com

New Year New-trition

January 2017, Lake Hiawatha, NJ—January is upon us and with the new year comes thoughts of resolutions. A majority of those resolutions will involve some type of pledge to oneself to change eating habits and/or diet.



At SCA, our athletes/patients often ask us about the latest and greatest products in nutrition to help provide energy for early morning/post-work work-outs or an edge in competition. While there is no denying that sports nutrition is a booming industry in the U.S., grossing almost \$6 billion each year, most of these products (sports drinks and otherwise) are not significantly helpful or healthy...the level of success comes more from clever marketing and convenience for those who use the products.

In fact, real food and natural supplements provide just as many, if not more, of the same benefits as predesigned sports foods/drinks and can also be a lot less expensive.

That being said, here are three suggestions you can use to help create and sustain energy naturally as you prepare to meet your fitness goals in 2017:

1. A couple of hours before a hard workout or game, eat a small amount of protein, fats and complex carbs. Almond butter, sweet potatoes, flaxseed/olive oil, walnuts, brown rice, eggs, quinoa, whole-rolled oats and almonds are all easy to digest and can give patients continuous energy for the day.
2. Just before exercise, eat a little bit of fruit, such as a plum, apple, berries or citrus fruit (not juice). They're convenient right before a game or workout, as they give a small spike of energy without the massive fall.
3. Post-exercise, the body is nitrogen-poor and muscles have been broken down. At this time the body needs amino acids from animal proteins such as eggs, beef or chicken, as well as vegetable carbohydrates or a nutrient dense protein shake.



SAVE THE DATE

This spring, Santiago Chiropractic will be hosting a team for the 8th year in the *Lincoln Tunnel Challenge*. This Walk/Run 5k event will take place on Sunday, April 9. Mark your calendars to save the date and keep an eye out for registration details next month. We are looking forward to defending our 1st place title in the co-ed division and seeing some new faces at our annual post-race tailgate! If you are interested in joining us, ask for more details during your next visit.



For more health tips and ways to eat well, move well and think well:

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DISC-ussion

January 2017, Lake Hiawatha, NJ—One of the most common acute and chronic issues our patients suffer with is disc disease in the form of herniation, bulge or degeneration (See **Figure 1**) accounting for ~45% of back pain presentations. Among the many questions patients have for us regarding what we can

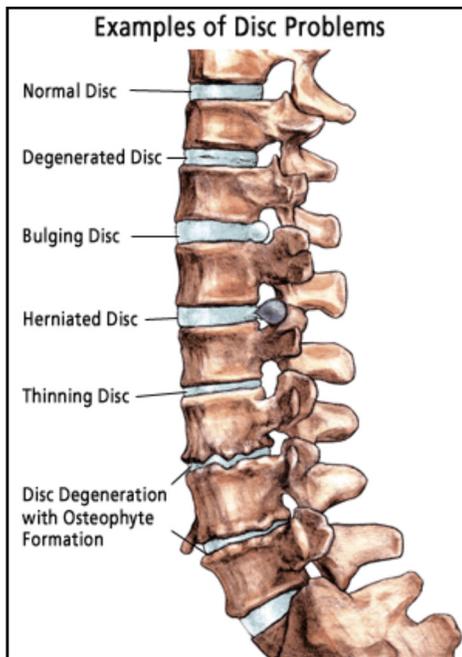


Figure 1

do to help and how long it will take is also why this happened in the first place.

While every case is unique, many follow a similar trajectory. Patient John Doe, for example, has led a fairly active life, enjoying activities such as hiking and bicycling. He presents to our office with low back pain related

to a herniated lumbar spinal disc. His problem, however, was years in the making. As a child and teenager, John lugged heavy backpacks to school, usually slung over one shoulder. In college, John slept on a poor mattress in his dorm and did not pay much attention to nutrition. When he went jogging, he often did so in worn tennis shoes.

Finally, as middle-age progressed, he began exercising less and his spinal discs began to lose their elasticity. So—it wasn't surprising when one day doing yardwork, he bent down to pick up a heavy bag of mulch and suffered from a disc rupture. The subsequent herniation pressed on the nerve causing pain down his leg leading to his appointment with us.

Perhaps this story sounds somewhat familiar to your own? The important take-away here is that in most cases we cannot simply blame what you were doing at the time the pain began. There is often a laundry list of things we might have done differently throughout the course of your life that could have changed the outcome of that moment.

That being said—there is also a laundry list of things you can do moving forward through your healing process in addition to your treatment to prevent future episodes including appropriate exercise, considering ergonomics at work and in your car, your mattress, your nutrition, etc.

At Santiago Chiropractic, we are happy to speak with you about all of these lifestyle changes that can complement treatment to help those with a similar history to our friend, John. With conservative care, most patients will see a significant improvement in symptoms within 4 weeks reducing the need for more evasive medications and forms of treatment for these cases.

If you have any questions regarding *your* disc's history let's DISCuss during your next visit!

Your recommended dose of quote inspiration for January

"Life shrinks or expands in proportion to one's courage."

— Anaïs Nin

"Motivation is what gets you started. Habit is what keeps you going."

— Jim Ryun, World Record middle distance runner

"There's no such thing as bad weather, just soft people."

— Bill Bowerman, Founder of Nike

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

— J.F. Kennedy