

Robert G. Silverman

DC, MS, DABCN, DCBCN, CNS, CCN, CSCS, CIISN, CKTP, CES, HKC, FAKTR

311 North St., Ste. G1, White Plains, NY 10605

Office: (914) 287-6464 Fax: (914) 949-3735

Info@DrRobertSilverman.com • www.DrRobertSilverman.com

CURRICULUM VITAE

Education

- 2000 – 2001 M.Sc. in Human Nutrition; Univ. of Bridgeport, Bridgeport, CT; Magna cum Laude
- 1996 – 1999 D. C., Doctor of Chiropractic; Univ. of Bridgeport, Bridgeport, CT; Magna cum Laude
- 1983 – 1988 BBA – Major in Accounting; Pace University, Pleasantville, NY

Licensure

- December 2013 ART[®] – Credentialed Provider, Complex Protocols
- April 2013 Certified SASTM provider
- March 2013 CrossFit – Level 1 trainer
- December 2012 RockTape – Fascial Movement Taping, Levels 1 & 2 certified
- August 2011 ART[®] – Credentialed Provider, Palpation, IronMan Masters
- February 2011 Functional Movement Screen - credentialed provider
- December 2010 HKC – Hardstyle Kettlebell Certified instructor
- July 2009 DCBCN – Diplomate with the Chiropractic Board of Clinical Nutrition
- September 2008 NASCM – Corrective Exercise Specialist
- April 2008 Kinesio Taping – Certified practitioner
- November 2006 CIISN – Certified Sports Nutritionist
- November 2005 ART[®] – Credentialed Provider, Biomechanics
- November 2005 ART[®] – Credentialed Provider, Long-Tract Nerve Entrapments
- March 2004 Graston Technique[®] – Certified Provider
- May 2003 DACBN – Diplomate with the American Board of Clinical Nutrition
- October 2000 ART[®] - Credentialed Provider, Spine
- July 2003 ART[®] - Credentialed Provider, Lower Extremity
- November 2003 ART[®] - Credentialed Provider, Upper Extremity
- June 2001 CNS – Certified Nutritional Specialist
- April 2001 CCN – Certified Clinical Nutritionist
- May 2000 CSCS – Certified Strength & Conditioning Specialist
- February 2000 Connecticut State Chiropractic license - #1353
- January 2000 New York State Chiropractic license - #09627

Clinical Experience

- June 2019. Principle investigator on a level-1 laser FDA study
- Successful referral-only private practice since February 2000
- Owner and Clinic Director of Westchester Integrative Health Ctr.; Specializing in the diagnosis of joint pain and soft-tissue management and its treatments with an innovative, established and well-researched approach to non-surgical care while incorporating proper nutrition protocols

Book Published

- Nov. 2022 *Immune Reboot: Your Guide to Maximizing Immunity, Restoring Gut Health, and Optimizing Vitality*
- Aug. 2016 *Inside-Out Health: A Revolutionary Approach to Your Body*. Amazon #1 Best seller

Awards

- “2015 Sports Chiropractor of the Year”, American Chiropractic Sports Council
- April 2008: Recipient of Iona College Women’s Basketball team “6th Man Award” for off-court contribution of time and expertise in nutritional support to enhance performance

Webcast

- 2018-present Founder & host: *Proven Health Alternatives*

Professional Organizations

- Science Officer, Nutri-Dyn, 2019-present
- Metagenics Medical Advisory Board, 2017-2019