

OCEAN DRIVE

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BEACH PATROL

MATT COOPER

This Chiropractor's Theory Is Easy to Digest

Like the enzyme therapy he practices, Dr. Matt Cooper, D.C., is an advocate for better nutrition. The 35-year-old chiropractor and founder of Aventura-based Florida Chiropractic and Sports Rehab Center is adjusting his niche to include a burgeoning enzyme-therapy division. Nearly four years after establishing his practice, he is teaching patients how to incorporate enzyme supplements – capsules and powders naturally found in vegetables, fruits, nuts and meats – into their diets to fine-tune their digestion, maximize their health and, inevitably, improve their quality of life.

The New York-born and -raised doctor was inspired to incorporate enzymes into patients' care when he noticed that many appeared to have a chemical component to their pain that did not respond to chiropractic treatment. "It's all based on science, chemistry and physiology, so no guesswork is involved," says Cooper, who treats NFL star Zack Crockett, songwriter/record producer Cory Rooney and actor George Hamilton, among others. "Every time your muscle contracts, an enzyme is involved in the equation. You might take vitamins or calcium pills and supplements and don't know if they're helping. You *know* the enzymes help because you see and feel the results.

"Look up the definition of 'nutrition' and you'll see it involves ingesting, digesting, absorbing, utilizing and excreting," he continues. "We assume that if we eat well, the rest falls into place, but this isn't always true. Different bodies work better with different foods, and everyone's chemistry is different. Enzyme therapy can – and will – revolutionize the way the country approaches nutrition."

— S.B.



JUST THE FACTS

Favorite way to spend a Sunday afternoon: "At The Shore Club pool with my wife and daughter."

Favorite wine: "Penfolds Bin 389 Cabernet/Shiraz."

Worst fashion trend this year: "Skinny jeans."

Biggest turnoff in people: "Low self-esteem."

In 10 years, you will be: "Lecturing around the country on enzyme therapy and selling my product line from multiple enzyme centers around the world."

You never leave home without: "Enzymes and a picture of my daughter, Olivia."

Hobbies: "Working out with kettle bells, taking long walks with my daughter and trying to finish my first book."

In another life you were: "A mad scientist."

Favorite Miami meals: "I crave two dishes: One is the sea-bass skewers at Bond Street, the other is the veal roll at Quattro – it depends on my mood."

Where will you vacation this summer?: "The Hamptons and NYC. Maybe a fishing trip to Harbour Isle."