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[www.wcchiropractic.com](http://www.wcchiropractic.com)

### Hours

Monday – 8:30am – 7:00pm  
Tuesday – 8:30 am – 5:00 pm  
Wednesday – Closed  
Thursday - 8:30am – 7:00pm  
Friday – 8:30 am – Noon  
Saturday – 8:30 – Noon

### Insurances Accepted

UPMC, Highmark, All Blues, Medicare,  
Health Assurance, Health America,  
United Healthcare, Advantra, Cigna  
All Auto Carriers  
Cash (POS) plans available

## Healthy Recipe Corner

### Grilled chicken thighs with pineapple, corn, and bell pepper relish



**Yield:** 4 servings (serving size: 2 thighs  
and 3/4 cup relish)  
**Total:** 20 Minutes

### Ingredients

- Cooking spray
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 8 skinless, boneless chicken thighs (about 1 1/4 pounds)
- 2 cups cubed fresh pineapple (about 1/2 pineapple)
- 1/2 cup fresh corn kernels (about 1 ear)
- 1/3 cup finely chopped red bell pepper
- 1/4 cup thinly sliced fresh basil
- 3 tablespoons finely chopped red onion
- 1 tablespoon cider vinegar
- 1 teaspoon sugar

### Preparation

1. Heat a grill pan over medium-high heat; lightly coat with cooking spray. Combine garlic powder, cumin, 1/2 teaspoon salt, and pepper in a small bowl; sprinkle over chicken. Add chicken to pan; cook 10 minutes on each side or until done.

2. Meanwhile, combine remaining 1/4 teaspoon salt, pineapple, and remaining ingredients in a medium bowl. Serve relish over chicken.

David Bonom, [Cooking Light](#)  
AUGUST 2011

Most items are variable in amounts and can be modified to accommodate personal tastes.

## The UPMC / Highmark Dilemma

The big question is, what happens with the subscriber or the patient? The We Care Chiropractic Center is an independent provider for both UPMC and Highmark subscribers (in addition to the other insurances listed left). If UPMC and Highmark should separate, this will not affect your care in this office. The only offices that will be affected are the ones that are owned by either Highmark or UPMC. You need to call your physicians and ask if they are independent or owned by either Highmark or UPMC. This dispute may well settle prior to the contracts end. In the interest of the patient, I hope they can come to some kind of agreement. If you have any questions, please feel free to call or email us directly.

Yours in Good Health,  
Phillip Nutter, DC

[drpnutter@wcchiropractic.com](mailto:drpnutter@wcchiropractic.com)

## Do you Know your Family History

From US Dept of Health and Human Services

When the whole clan is over for a summer party, what do people talk about? Not uncommonly, themselves and each other. So let's see if we can put some of this information share to good use, by getting together a family health history. A record of people's health conditions, and where they are in the family tree, can give doctors clues about possible inherited health problems. Dr. Griffin Rodgers is director of the National Institute of Diabetes and Digestive and Kidney Diseases, so he knows how diabetes and some kidney diseases could run in families.

Dr.'s side note: there are many more things than mentioned above that are genetic. When you have this conversation with your family run through the checklist of: heart attack, stroke, diabetes, arthritis, kidney problems, liver problems, osteoporosis, cancers, and mental illness. If there is a pattern and it's discussed with us or your MD there are many nutritional and conservative measures that can be done to prevent or slow the process.

## The Broader Spectrum

US Dept of Health and Human Services

With the sun, what you can't see can hurt you. Ultraviolet rays – too high up the spectrum for the human eye to see – can cause sunburns, premature skin aging and even skin cancer. We need to be concerned about two types of UV rays – UVA and UVB. Most UV radiation is UVA, although it has less energy. Far less UVB reaches us, but it can do greater skin damage. Sunscreens can protect the skin, so it makes sense to use sunscreens that work against UVA and UVB, which are called broad spectrum, and which are not too light to be generally protective.

Dr.'s side note: Protection from the sun is definitely a needed precaution but with 70% of the nation and 99% of Pittsburgh being Vit D3 deficient, some sun is needed for Vit D synthesis. Vit D3 has properties that are anti-cancer, anti-aging, boost the immune system, and help produce our body's natural "happy" chemicals. Nutritionists say 15 minutes of direct sun on at least 15% of the body for 3 consecutive days is needed to convert our dietary Vit D into D3 (the body's usable form). Most of us don't get that (especially in the 'Burgh) so we advise to shoot for 15 min of sun then cover up and/or apply sunscreen AND supplement with Vit D3. Dosages would be 1000 IU per day if you're getting a good amount of sun (outdoor jobs) and 5000IU for those who spend most of their days indoors.

## Links to Good Health

I've found so many good articles that will help many of our patients but are too large to fit into this newsletter. As a result I created a "links" section. Clicking on the links should work but if not, copy and paste into your browser. If any of you finds a good article that you'd like to share that may help our patients, feel free to email the link to [drtantonucci@wcchiropractic.com](mailto:drtantonucci@wcchiropractic.com).

**Join us on Facebook** – We have our page up and running. Hit the like button to receive updates on healthy articles, tasty recipes, new exercises, events and workshops at We Care Chiropractic Center, and tips on how to get the most out of your health insurance.

<http://www.facebook.com/pages/We-Care-Chiropractic-Center/100415126719590>

**Why Water Matters – Drink to your health:** Great article about the importance of hydration.

<http://www.experiencelifemag.com/issues/june-2010/wellness/drink-to-your-health.php#Why%20Water%20Matters>