

7575 Saltsburg Road
 Pittsburgh, PA 15235
 (412) 795-2900

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

Chicken and guacamole Tostada

Smoked paprika gives the chicken rich, grill-like flavor—with no cooking. Look for tostada shells (fried, flat corn tortillas) near the flour and corn tortillas or in the Mexican food section of your grocery store. Serve with lime wedges.

Yield: 4 servings (serving size: 2 tostadas)

Ingredients

1 ripe, peeled avocado
 1 cup plus 2 tablespoons finely chopped tomato, divided
 3 tablespoons minced fresh onion, divided
 3 tablespoons fresh lime juice, divided
 1/2 teaspoon salt, divided
 1 small garlic clove, minced
 1 tablespoon chopped fresh cilantro
 1 tablespoon minced seeded jalapeño pepper
 2 cups shredded skinless, boneless rotisserie chicken breast
 1/4 teaspoon smoked paprika
 8 (6-inch) corn tostada shells

Preparation

- Place avocado in a small bowl; mash with a fork. Stir in 2 tablespoons tomato, 1 tablespoon onion, 1 tablespoon juice, 1/4 teaspoon salt, and garlic.
- Combine remaining 1 cup tomato, 2 tablespoons onion, 1 tablespoon lime juice, 1/4 teaspoon salt, cilantro, and jalapeño; toss well.
- Combine chicken, remaining 1 tablespoon juice, and paprika; toss well to combine. Spread about 1 tablespoon guacamole over each tostada shell; top each with 1/4 cup chicken mixture and about 2 tablespoons salsa.

Nutritional Information

Calories:345 Fat:15.4g (sat 3g,mono 6.9g,poly 4.5g) Protein:25.4g
 Carbohydrate:26.9g Fiber:5.4g
 Cholesterol:60mg Iron:1.9mg Sodium:548mg
 Calcium:24mg
 Ann Taylor Pittman, *Cooking Light*,
 AUGUST 2010

Dr's side note:

To decrease fat content even further use soft corn tortilla instead of fried and roll or fold into a taco.

Next Class - Flexibility: The Missing Link to the Healthy Golf swing

This past month we held a weight loss class that went over very well with the attendees. Those that I've spoken with since have already made lifestyle changes and are all currently working towards healthy long term weight loss and a healthier life. We plan to do this class again in late spring, keep an eye in this newsletter for the date and time.

For our next class in early to mid March we will be having our "Healthy Swing" golf class where we will teach how to identify your problem areas, properly warm up, and safely improve your flexibility to improve your distance and control of the ball. This gives time to practice and improve before the season starts!!! I will send an announcement at least 2 weeks prior to having the class for everyone to respond and sign up.

If you have any questions concerning the classes you can email me at drtantonucci@wcchiropractic.com.

Exercise and Pregnancy: Can You Do Both?

Over the years, there has been considerable debate regarding the importance (and safety) of physical activity during pregnancy. Recently, the American College of Obstetricians and Gynecologists (ACOG) published new guidelines for exercise during pregnancy and the period immediately after giving birth.

This article examines the ACOG guidelines in depth. Included are various recommendations for health care providers and patients with regard to exercise during pregnancy, but the authors' conclusion perhaps sums it up best: "Pregnancy should not be a state of confinement, and pregnant women should be encouraged to continue and engage in physical activities. ... Despite the fact that pregnancy is associated with profound anatomical and physiological changes, exercise has minimal risks and confirmed benefits for most women."

As these guidelines emphasize, if you're expecting a child, certain physical activities are safe (and even beneficial), provided they're done in moderation. On the other hand, some activities may actually be dangerous to you and your developing child. Before you begin any exercise program during pregnancy, it's imperative that you meet with your doctor, and keep meeting with him or her periodically, to ensure that you and your growing child stay as healthy as possible.

For more information on women's health, visit www.chiroweb.com/find/tellmeabout/women.html.

Reference:

Artal R, O'Toole M. Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. *British Journal of Sports Medicine* 2003;37:6-12.

Dr.'s Side Note

In personal experience, a combination of exercise and chiropractic care not only helps pain and health during pregnancy but decreases labor time and speeds recovery after delivery. If you have any questions or would like an appointment you can call 412-795-2900 or email to drtantonucci@wcchiropractic.com.

Auto Accident?

Even minor accidents can have long term consequences. "A 3,500 pound car (average 2 door sedan) impacting the rear of a another vehicle at 10 mph equates to 25 tons of linear force on the head and neck of the people in the front seat of the impacted vehicle" according to Arthur Croft of the Spine Research Institute of San Diego.

If you have been in an accident get checked by us to make sure there isn't underlying damage that will show up later in life.