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www.wcchiropractic.com

Hours

Monday – 8:30am – 7:00pm
Tuesday – 8:30am – 5:00pm
Wednesday – Closed
Thursday - 8:30am – 7:00pm
Friday – 8:30am – 12pm
Saturday – 8:30am– 12pm

Insurances Accepted

UPMC, Highmark, All Blues, Medicare, Health Assurance, Health America, United Healthcare, Advantra, Aetna, Cigna, Workman's Compensation Cases and All Auto Carriers Cash (POS) plans available

Baked Halibut Steaks



15mins PREP TIME ; 15 mins Cook Time
30mins TOTAL TIME

Yields: 4 servings

Nutritional Information

Calories

259 kcal

Carbohydrates

6.7 g

Cholesterol

66 mg

Fat

8 g

Fiber

1.7 g

Protein

38.5 g

Sodium

385 mg

Ingredients

- 1 teaspoon olive oil
- 1 cup diced zucchini
- 1/2 cup minced onion
- 1 clove garlic, peeled and minced
- 2 cups diced fresh tomatoes
- 2 tablespoons chopped fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 (6 ounce) halibut steaks
- 1/3 cup crumbled feta cheese

Preparation

1. Preheat oven to 450 degrees F
2. Lightly grease a shallow baking dish.
3. Heat olive oil in a medium saucepan over medium heat and stir in zucchini, onion, and garlic.
4. Cook and stir 5 minutes or until tender. Remove saucepan from heat and mix in tomatoes, basil, salt, and pepper.
5. Arrange halibut steaks in a single layer in the prepared baking dish. Spoon equal amounts of the zucchini mixture over each steak.
6. Top with feta cheese.
7. Bake 15 minutes in the preheated oven, or until fish is easily flaked with a fork.

<http://allrecipes.com/Recipe/Baked-Halibut-Steaks/Detail.aspx?evt19=1>

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<http://www.nutritionalfrontiers.com/detoxificationsolutions.aspx>
<http://www.balanceyourchemistry.com/picts/detox.jpg>
<http://www.loseweightq.com/wp-content/uploads/2013/12/images-1.jpg>

Notes from the Doctor: Take your Vitamin D!!



Vitamin D can...

- Reduce your risk of the **flu**.
- Reduce your risk of **cancer**.
- Reduce chronic **muscle aches**.
- Reduce your risk of **cardiovascular disease**.
- Reduce your risk of **depression**.
- Reduce your risk of developing **diabetes**.
- Reduce your risk of getting **autoimmune disease**.
- Reduce your risk of **osteoporosis**.



About Vitamin D

Vitamin D is a fat-soluble vitamin that is essential for maintaining normal calcium metabolism. Vitamin D3 (cholecalciferol) can be synthesized by humans in the skin upon exposure to ultraviolet-B (UVB) radiation from sunlight, or it can be obtained from the diet.

Calcium Balance

Maintenance of serum calcium levels within a narrow range is vital for normal functioning of the nervous system, as well as for bone growth, and maintenance of bone density. Vitamin D is essential for the efficient utilization of calcium by the body.

Cardiovascular Support

Adequate vitamin D levels may be important for maintaining blood pressure within normal ranges. Vitamin D also impacts heart health by supporting the body's natural cytokine production and vascular function.

Cell Differentiation

Cellular proliferation is essential for growth and wound healing. Uncontrolled proliferation of damaged cells is unhealthy. Vitamin D inhibits uncontrolled proliferation and stimulates differentiation, which is the process of specializing cells for specific healthy functions.

<https://www.nutritionalfrontiers.com/catalog/d3>

http://i2.wp.com/allergiesandyourgut.com/wp-content/uploads/2014/11/Vitamin_D.jpg

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