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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

Lima Bean Spread with Cumin and Herbs

From Eating Well Magazine

Humble limas are transformed into a sensational Mediterranean spread that is vibrant with a mix of fresh herbs and spices. You can substitute frozen edamame beans for the limas in Step 1; cook according to package directions.



About 1 1/2 cups
Active Time: 20 minutes
Total Time: 1 hour

Ingredients

1 10-ounce package frozen lima beans
4 cloves garlic, crushed and peeled
1/4 teaspoon crushed red pepper
2 tablespoons extra-virgin olive oil
4 teaspoons lemon juice, juice
1 teaspoon ground cumin
1/2 teaspoon salt, or to taste
Freshly ground pepper, to taste
1 tablespoon chopped fresh mint
1 tablespoon chopped fresh cilantro
1 tablespoon chopped fresh dill

Preparation

- Bring a large saucepan of lightly salted water to a boil. Add lima beans, garlic and crushed red pepper; cook until the beans are tender, about 10 minutes. Remove from heat and let cool in the liquid.
- Drain the beans and garlic. Transfer to a food processor. Add oil, lemon juice, cumin, salt and pepper; process until smooth. Scrape into a bowl, stir in mint, cilantro and dill.

Tips & Notes

Make Ahead Tip: Cover and refrigerate for up to 4 days or freeze for up to 6 months.

Nutrition

Per tablespoon: 25 calories; 1 g fat (0 g sat , 1 g mono); 0 mg cholesterol; 3 g carbohydrates; 0 g added sugars; 1 g protein; 1 g fiber; 56 mg sodium; 62 mg potassium.

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

The Mediterranean Diet is a wonderful balance of nutrient rich vegetables and proteins, nuts and legumes, healthy fats, and lower but not eliminated levels of carbs.

Learn more at:

<http://www.mayoclinic.com/health/mediterranean-diet/CL00011>

Understanding Whiplash

Your head sits atop of your neck and weighs on average 10-12 pounds. Without notice, a car slams into your rear bumper. Your chin is forced into your chest and your head is thrown backwards toward impact. Your neck compensates for the sudden movement. In this split second, the ligaments, tendons, and nerves in your neck can all be torn instantaneously. Occurrences like this happen thousands of times each day. Even after all the paperwork has been accounted for and the car has been fixed, whiplash still remains.

Car accidents are one of the many causes of whiplash; other cases may be a result of sports injuries, or a serious fall. However, with an abundance of motorists on the road each year, the risk of being in a whiplash-related accident is a high probability. The slightest impact in a car can result in neck and cervical distress. "An 8mph car collision produces two times the force of gravity (or a G-2) deceleration of the car, and a 5-G deceleration of the head. This unnatural and forceful movement affects the muscles and ligaments in the neck, stretching, and potentially tearing them." Anyone that experiences pain after an accident should not ignore the symptoms.

The statute or timeframe a person has to seek treatment in Pennsylvania after an accident is 2 years from the date of the accident. Traumatic injuries can be financially devastating, so do not delay and end up paying out of your own pocket for injuries that should be taken care of by the auto carrier.

If you have any questions, refer to our website under auto accidents or email me at drpnutter@wcchiropractic.com.

Perfect Your Posture, Improve Your Health

By Editorial Staff @ www.toyourhealth.com

Ever try balancing a book on your head (for more than a second)? To do it, you need more than just patience; you need ideal posture.

One hundred and thirty thousand years ago, when residents of the planet possessed complete Neanderthal characteristics, posture wasn't really that high on the list of health priorities, to say the least. At the time, we assume finding food, surviving the seasons and avoiding death by all manner of creatures were considerably more important. But this is 2011 and we can stand upright, walk upright and consider our health a precious asset. And yet, like the Neanderthals, our apparent disinterest in good posture remains.

Why is good posture so important? It's pretty simple. When the spine is properly aligned with its natural curvature and the entire body – from the ears to the shoulders to the hips, knees and down to the ankles and feet – is in balance, we maximize spine health and avoid poor posture-related pain and dysfunction. Ideal posture creates ideal balance; it also optimizes breathing and circulation. And shouldn't we all want to achieve that?

May is National Correct Posture Month, so we thought it was high time to get you out of your slumped, bent-back, round-shoulders position that is likely all too common if you work at a computer, spend considerable time **texting or checking e-mail** on your cell phone (who doesn't these days?), or engage in any of the countless activities that put your back, neck and spine at risk courtesy of poor posture. It's time to stand tall, walk tall and improve your spinal health, all at the same time! For tips on the best ways to perfect your posture, look no further than Straighten Up America, a health promotion initiative developed in 2005 with an admirable vision: to educate the public about the importance of good posture and spinal health, to the point that "every American will take two or three minutes every day to care for their spinal health, just as they care for their dental health." Straighten Up, which partners in promoting the nation's health with the President's Council on Physical Fitness and Sports, is designed to get children and adults up and moving while they improve their posture and spinal health. The Straighten Up program also includes healthy lifestyle recommendations congruent with the goals and objectives of Healthy People 2010, **America on the Move**, Steps to a Healthier US and the **5 A Day** programs.

One of the earliest tests of this program proved quite encouraging: After five weeks of daily practice of "Straighten Up" exercises, more than 80 percent of participants reported improved posture; just under 80 percent said they had strengthened their core muscles; and 80 percent reported that after performing the exercises, they now sat and stood more upright, and their backs felt more comfortable in that position.

Are you and your family ready to perfect your posture? Here are a few Straighten Up exercises; to download the complete list and for more information, visit www.straightenupamerica.org.

The Butterfly: Standing and with head held high, belly button in, place your arms behind your head and gently pull your elbows backward. Slowly and gently press your head against your hands while counting to two. Relax, breathe, and repeat three times.

Tilting Star: With head high and belly button in, spread your arms and legs into a star. Breathe in and slowly stretch one arm over your head and slide your opposite arm down your leg. Slowly tilt your star to the opposite side. Relax. Repeat two times.

Twirling Star: In the star position (hands and legs forming a star; see Tilting Star description), turn your head to look at one hand. Slowly twist your entire spine to watch your hand as it goes behind you. Relax and repeat (each side) two times. Keep your head high, belly button in.

The Hummingbird: With head high and belly button in, put your arms out to the sides with your hands up and pull your shoulders together in the back. Now make small, backward circles with your hands and arms. Bend at your waist from side to side, keeping the circles going as you count to 10.

At We Care Chiropractic time is taken with each patient to teach them about posture and ergonomics through their day. It makes a significant difference to help people get better faster and stay better longer!! If you have any questions or would like an appointment you can call 412-795-2900 or email to drantonucci@wcchiropractic.com.

Links to Good Health

Over the past few months I've found so many good articles that are too big to fit into this little newsletter but will help many of our patients which created the need for a "links" section. Just clicking on the links should work but if not copy and paste into your browser. If any of you come across good article that may help our patients, feel free to email me the link at drantonucci@wcchiropractic.com.

6 Common-Sense Strategies to Get in Great Shape

<http://www.toyourhealth.com/mpacms/tyh/article.php?id=1429>

First Down and Chiropractic to go - (prevalence of injuries and chiropractic usage in sports)

<http://www.chirofind.com/mpacms/chirofind/article.php?id=644>

Baby Crying? Take a Trip to the Chiropractor – Infant Colic study

<http://www.chirofind.com/mpacms/chirofind/article.php?id=426>

Pooch too Pudgy? How to Slim Him Down

http://www.msnbc.msn.com/id/42459285/ns/health-pet_health/wid/11915773