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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

### Roasted Cod with Warm Tomato-Olive-Caper Tapenade

The Mediterranean flavors of a warm tomato tapenade will brighten all kinds of white fish as well as chicken. Make It a Meal: Orzo and sauteed spinach will round out this meal.

#### 4 servings

**Active Time:** 20 minutes

**Total Time:** 25 minutes

#### Ingredients:

1 pound cod fillet, (see Ingredient note)  
3 teaspoons extra-virgin olive oil, divided  
1/4 teaspoon freshly ground pepper  
1 tablespoon minced shallot  
1 cup halved cherry tomatoes  
1/4 cup chopped cured olives  
1 tablespoon capers, rinsed and chopped  
1 1/2 teaspoons chopped fresh oregano  
1 teaspoon balsamic vinegar

#### Preparation:

Preheat oven to 450°F. Coat a baking sheet with cooking spray.  
Rub cod with 2 teaspoons oil. Sprinkle with pepper. Place on the prepared baking sheet. Transfer to the oven and roast until the fish flakes easily with a fork, 15 to 20 minutes, depending on the thickness of the fillet.

Meanwhile, heat the remaining 1 teaspoon oil in a small skillet over medium heat. Add shallot and cook, stirring, until beginning to soften, about 20 seconds. Add tomatoes and cook, stirring, until softened, about 1 1/2 minutes. Add olives and capers; cook, stirring, for 30 seconds more. Stir in oregano and vinegar; remove from heat. Spoon the tapenade over the cod to serve.

**Ingredient Note:** Cod: Overfishing and trawling have drastically reduced the number of cod in the Atlantic Ocean and destroyed its sea floor. A better choice is Pacific cod (aka Alaska cod); it is more sustainably fished and has a larger, more stable population, according to Monterey Bay Aquarium Seafood Watch

([www.mbayaq.org/ct/seafoodwatch.asp](http://www.mbayaq.org/ct/seafoodwatch.asp)).

#### Nutrition

**Per serving:** 168 calories; 8 g fat ( 1 g sat , 6 g mono ); 43 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 19 g protein; 1 g fiber; 373 mg sodium; 286 mg potassium.

**Nutrition Bonus:** Selenium (42% daily value), Vitamin C (15% dv).

**Exchanges:** 3 very lean meat, 1.5 fat (mono)  
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>

## It's Time for Spring Cleaning.

Are all detox plans "healthy"?

Water or juice fasting programs can cause muscle wasting and energy depletion. The body needs proper nutrients to clear toxins. That's why we recommend the Metagenics Metabolic Detoxification Program. It is based upon 27 years of clinical experience and scientifically developed to include a simple eating plan, nutritional support, and lifestyle tips to help the body detox.

Do you want more energy, better sleep, and better digestion?

Do you sometimes feel tired, irritable, or moody?

>> [Sign up now for a free Detox Webinar](#)

(<https://metagenics.webex.com/metagenics/onstage/g.php?i=a&d=966910828>) and learn how to feel better than ever with a simple, doctor-supervised detox. **Tuesday, April 19<sup>th</sup> at 4:00**

New research shows that exposure to toxins began while you were a baby in the womb. But, every day you're exposed to chemicals that can cause a buildup of toxins. In one study, 6 chemicals that were found in virtually every person's blood and urine were identified as probable health hazards. Environmental toxins not only affect the way you feel, but they can also lead to chronic health issues. But, there is a way to help your body get rid of toxins. A doctor-supervised detoxification program can help you feel better in as little as 10 days.

## Training With a Purpose: Making Muscles Work Together

By Miranda Mirsec, MA, CES via "To Your Health" magazine

*Functional fitness and functional exercise training are commonly used buzz words among fitness professionals. But what do these words really mean, and how can you make them work for you?*

### WHAT

"Functional fitness" is the level of fitness necessary for a person to take care of personal, household, social and daily living needs. Functional fitness focuses on improving your ability to perform daily living activities, such as walking, lifting, standing and carrying. This level of function is about maximizing the efficiency of the body's physiological system. Therefore, "functional exercise" focuses on building or training a body capable of doing real-life activities in real-life positions, not just lifting a certain amount of weight in an idealized posture created by a gym machine.

### WHO

This concept is ideal for anyone who has experienced changes in gait, balance, coordination, and in some cases, levels of fatigue and/or reduced strength (for example, people afflicted with multiple sclerosis - MS). Functional exercise requires more energy for the body to compensate for areas of dysfunction.

### HOW

Conventional weight training isolates muscles groups, but it doesn't teach the muscle groups you're isolating or targeting to work with others. The key to functional exercise is integration. It's about teaching all the muscles to work together for a specific purpose, rather than isolating them to work independently.

Integration particularly is important for people living with a debilitating disease. As illness affects particular parts of the body, other areas compensate for the weakness. Without teaching the muscles how to work in unison, over time, strong muscles get stronger and the weak ones stay weak. However, functional exercise teaches isolated muscles how to work together.

To get started with functional fitness, you might want to forget about the weights entirely at first. Taking the focus off the machine or weight allows individuals to concentrate on the movement itself - helping to build stability and strength in the muscles, allowing them to work together effectively, as they were designed to do.

The first step should be to teach your body to control/balance its own weight. Start with simple movements, such as one-legged squats and other balance exercises. Be sure to switch sides during each maneuver to promote balance and muscle integration on either side of your body.

Once you can control and balance your own body weight, you can start working with added weights. Put a five-pound dumbbell on a level chair, and then do the same one-legged squats, but this time, pick up the dumbbell as you come up.

Next, pick up the same weight from the ground while doing the squat. This challenges your total body integration and teaches the upper body to work with the lower body.

Other popular tools that promote functional exercise are stability balls and the "wobble board," both of which force you to work your core to keep your body balanced while you're lifting a weight.

### WHY

When our car's tires are off balance, we use more gas and wear out the tires sooner. Plus, the car does not steer as easily as it would if the tires were balanced. The same thing happens with our bodies - when we are weak in one area, another area takes on the extra duties and, in turn, perpetuates the weakness and risks injury due to overuse/misuse.

When performed successfully, functional exercise can help maximize strength and minimize overuse of muscles that compensate for their weaker counterparts. This translates to overall improved health, the ability to more easily perform the activities of daily living, enhanced quality of life and greater independence.

### WHERE

The key to success is quality supervision and help in implementing a good functional fitness program. Look for a professional who holds a degree in kinesiology or other related field, someone certified by a national organization who holds education in working with clients with illness, injury, etc. Centers that specialize in post rehabilitation clients or athletes often have multidiscipline professionals who understand training from a functional perspective.

Dr. Antonucci at We Care Chiropractic has been nationally certified by the American Chiropractic Board of Sport Physicians (ACBSP) to work with athletes in sports rehabilitation and functional training. If you have any questions or would like an appointment you can call 412-795-2900 or email to [drtantonucci@wcchiropractic.com](mailto:drtantonucci@wcchiropractic.com).

## Coenzyme Q10

### What is coenzyme Q10? Why do we need it?

Coenzyme Q10 is a substance found in the mitochondria of every cell in the body. It plays a role in the process that creates ATP, making it essential for energy production. Although Q10 is classified as an antioxidant, there has been some discussion as to whether it should be reclassified as a vitamin.

There is mounting research that suggests Q10 can play a vital role in the treatment of several conditions, particularly those related to the cardiovascular system. Q10 can reverse or prevent heart lesions associated with angina, hypertension and congestive heart failure. Supplementation with Q10 can reduce high blood pressure in patients with a coenzyme deficiency. It may be beneficial in controlling abnormal heart rhythms, and may protect the heart during surgery or a heart attack.

Additional studies have shown that Q10 supplementation may have a positive effect in the treatment of breast cancer, diabetes, immune deficiency, muscular dystrophy and periodontal disease. When used in conjunction with an exercise routine, Q10 can improve heart rate and maximal oxygen consumption.

### How much coenzyme Q10 should I take?

The generally recommended dose for coenzyme Q10 is 25mg twice daily. Some researchers have experimented with larger doses for the following conditions:  
Heart disease: 100mg a day; Enhancing athletic performance: 60mg a day for four to eight weeks; Potential prevention of cancers: 400mg per day

### What are some good sources of coenzyme Q10? What forms are available?

Coenzyme Q10 is found in every plant and animal cell. The best dietary sources include oily fish, organ meats (such as liver) and whole grains.

In addition to food sources, coenzyme Q10 supplements are available in several forms, including gel capsules, hard capsules, tablets and sprays. Because Q10 is oil-soluble, it should be taken with a meal that contains oil.

### What can happen if I don't get enough coenzyme Q10? What can happen if I take too much? Are there any side-effects I should be aware of?

Most people get enough Q10 in their diet. However, levels of Q10 can decline in elderly people or patients with certain health conditions, so supplementation may be necessary for these subjects. A lack of Q10 can eventually lead to heart failure.

In addition, no definitive studies have been conducted on Q10 supplementation during pregnancy or while breast-feeding. Women who are pregnant or lactating should consult with a health care provider before taking Q10 supplements.

#### References

Chopra RK, Goldman B, Sinatra ST, Bhagavan HN. Relative bioavailability of coenzyme Q10 formulations in human subjects. *Int J Vitam Nutr Res* 1998;68:109-113.  
Matthews RT, Yang L, Browne S, Baik M, Beal MF. Coenzyme Q10 administration increases brain mitochondrial concentrations and exerts neuroprotective effects. *Proc Natl Acad Sci USA* July 21, 1998;95:8892-8897.  
Murray MT. *Encyclopedia of Nutritional Supplements*. Rocklin, CA: Prima Publishing, 1996, pp. 296-308.  
Shils ME, Olson JA, Shike M, Ross AC. *Modern Nutrition in Health and Disease*, 9<sup>th</sup> ed. Baltimore, MD: Williams & Wilkins, 1999, pp. 90-92, 1377-1378.  
Sinatra S. *The Coenzyme Q10 Phenomenon*. New Canaan, CT: Keats Publishing, Inc., 1998, pp. 127-129.

**Doctor's Side note:** Research shows that statins (cholesterol lowering drugs like Crestor and Lipitor) deplete your body of CoQ10 inducing some of the above mentioned problems, most commonly decreased energy, muscle soreness, muscle weakness, and if not caught in time this damage can become a permanent condition called Rhabdomyolysis. We do carry CoQ10 in a chewable wafer form with 100 mg / tablet by Nutritional Frontiers.