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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, Advanta, Cigna
 All Auto Carriers
 Cash (POS) plans available

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.

Healthy Recipe Corner

Mustard – Crusted Salmon

Ingredients

- 1 1/4 pounds center-cut salmon fillets, cut into 4 portions
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 1/4 cup reduced-fat sour cream
- 2 tablespoons stone-ground mustard
- 2 teaspoons lemon juice
- Lemon wedges

Preparation

1. Preheat broiler. Line a broiler pan or baking sheet with foil, then coat it with cooking spray.
2. Place salmon pieces, skin-side down, on the prepared pan. Season with salt and pepper. Combine sour cream, mustard and lemon juice in a small bowl. Spread evenly over the salmon.
3. Broil the salmon 5 inches from the heat source until it is opaque in the center, 10 to 12 minutes. Serve with lemon wedges.

Recommend serving with a side of beans and greens, oven roasted asparagus or brussel sprouts, steamed broccoli, or another dark leafy green side dish.

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>

Start the New Year With a Plan. Attend the Healthy Weight Loss Class at the We Care Chiropractic Office.

Every year millions of people make the resolution to lose pounds and have a healthier new year but within 2 weeks 80% of them have already fallen off the proverbial wagon. This year on January 11th Dr. Antonucci having a class in the PT room that is open to patients and guests at no charge to teach people how to shift their thought process from looking at weight loss and healthy living as a boring tasteless chore into a fun and satisfying experience. We will be going over how to modify your diet to healthy taste bud tantalizing food, efficient exercises (who really wants to spend all day in the gym?), what supplements help and hurt, and how to track your progress to where you can see changes quickly. Join us **January 11th at 5:30pm** for a life altering event. Please call (412-795-2900) or email (drantonucci@wcchiropractic.com) to reserve your spot, seating is limited but with enough of a response a second class can be added.

**5 Bright Ideas for Coping with Darker Days
 Ways to combat general seasonal sadness as well as the disorder called 'SAD.'**

By Rodale.com Via MSN.com

As winter enters the horizon full-force, you can suffer mood changes ranging from mild "winter doldrums" to full-blown seasonal affective disorder (aptly acronymed SAD), all due to the decrease in daylight that occurs in fall and winter and the hormonal changes that coincide with it.

"SAD is a serious condition—a subtype of major depressive disorder in which life can be severely compromised by fatigue, low mood, anxiety, reduced sex drive, and more," says psychologist and SAD specialist Michael Terman, PhD, director of the Center for Light Treatment and Biological Rhythms at New York–Presbyterian Hospital in New York City. "But SAD is really just the tip of the iceberg," he adds. Far more of us experience similar but less intense symptoms, becoming just short of clinically depressed. And that's just, well, sad.

Light therapy for SAD, and other tactics, will combat both general seasonal sadness as well as full-blown disorder, Terman says. Here's what you can do:

1: Stop hitting the snooze button.

That is, try your best to keep to the same sleep hours on workdays and weekends. "Oversleeping, even if only on weekends, allows your circadian rhythms [your internal body clock] to drift later, out of sync with local time," says Terman. "And that can trigger the lethargy and low mood associated with winter."

2: Eat at the same time every day—and no later than 8 p.m. for dinner (to avoid interfering with your sleep).

"Just as with light, our biological clocks respond to meal timing," says Terman, "and consistency is the name of the game."

3: Schedule some outside time.

Light therapy for SAD or milder mood problems begins outdoors. If your schedule allows it, make a point to exercise outside, after the sun is up. "Less exposure to natural light is at the root of the winter doldrums," says Terman. "By working out in daylight, you're getting more light than you otherwise might and you're fighting depression with aerobic exercise." When your schedule precludes outdoor time, gym workouts can still make depression less likely. Make sure you work out at the same time most days, says Terman, and avoid working out in the late evening hours before sleep.

4: Let there be light.

To counter the season's reduction in light, create it—by purchasing a light-therapy box (a box that emits bright light that mimics natural outdoor light, which is more intense than normal household lighting). "By my estimate," says Terman, "half the U.S. population would benefit by using a light box for 30 minutes before work [light therapy can cause insomnia if performed late in the day]. It's just a highly convenient and effective breakfast-table routine." By the time you're done with your eggs and the paper, he says, you'll likely have received enough light therapy to prevent any mood shifts and stay energetic throughout the day.

The trick is to opt for the best box. "Light boxes come in all shapes and sizes, and with many uncontrolled properties, so the choice of device is very important," says Terman. He recommends light boxes that have been clinically tested and provide a broad field of illumination from above the line of sight. Also, UV radiation should be filtered out, and the light should be smoothly diffused, to eliminate glaring bright spots.

5: Win the battle of the bulb.

To a lesser extent, indoor light can also help combat the doldrums. But you don't need full-spectrum light bulbs, which can cost more than 10 times their non-full-spectrum cousins. "At the intensity needed to achieve an energizing/antidepressant effect, full-spectrum lighting is glaring and uncomfortable and it's no more effective than regular indoor light, at an appropriate intensity, at easing winter symptoms," Terman says. Instead of scouring the aisles for full-spectrum bulbs, Terman suggests choose light bulbs based on color temperature ratings. "A color temperature around 4100 Kelvin is ideal," Terman says. "Higher color temperatures of 5500 Kelvin and above should be avoided."

Still feeling blue, despite actively trying to lighten your days? You may have clinically significant depression. To get an objective assessment of where you fall on the seasonal-depression spectrum, check out the Center for Environmental Therapeutics' Personal Inventory for Depression and SAD—an online symptom self-assessment at www.cet.org. And, of course, consult your doctor.

There are also supplement options, B-complexes and Vit D among others can help with SAD. If you have any questions or would like an appointment you can call 412-795-2900 or email to drantonucci@wcchiropractic.com.

Aerobic Exercise for Asthma?

from www.chirofind.com

If you've never had to work hard for a breath, you don't really know what it's like to have asthma. For the millions of asthma sufferers, life can be a daily struggle to function. Although the benefits of aerobic training are well-established, the potential impact on asthma patients is controversial because many patients tend to show less tolerance to exercise.

A study of 42 asthmatic children (8-16 years of age) evaluated the effectiveness of aerobic exercise in managing asthma. Aerobic training consisted primarily of sessions on an exercycle, three times per week for two months (10-15 minutes of warmup/stretching, 30 minutes of cycling, and a 5-minute cooldown). Results showed that aerobic training was associated with a significant short-term reduction in the use of inhaled and oral steroids, which are commonly prescribed to asthma patients.

If you or someone you know suffers from asthma, ask your doctor about the pros and cons of aerobic exercise. A moderate aerobic training routine is a great way to stay fit, and it might be an appropriate way to fight asthma at the same time.

Reference:

Neder JA, Nery LE, Silva AC, et al. Short-term effects of aerobic training in the clinical management of moderate to severe asthma in children. *Thorax* 1999; Vol. 54, pp202-206.