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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

Nutrition Classes at We Care Chiropractic

Last month we had guest speaker Kelly Merkle from Metagenics present a workshop on liver detoxification (what it is and why it's important to occasionally clean our body's filter) and body composition. The class went very well. There was lots of great information and a question and answer session afterwards about nutrition and supplements.

We would like feedback as to what topics our patients would like to see in the future. Responses from this newsletter will point us in the direction of what you would like to see for our fall class. Our thoughts on the next topic include:

1. Immunity Boosting – School will be starting up again and germs will be passed around.
2. Controlling Pain and Inflammation with Nutrition
3. Metabolic Syndrome – a combination of increased body weight, high blood pressure and high cholesterol.

All of our classes will have an open Q&A afterwards where general nutrition and supplement questions can be asked. Presenter will depend on topic chosen.

If you're interested please send an email to drtantonucci@wcchiropractic.com with your preference of class. I will announce the class and date in the next newsletter.

Healthy Recipe Corner

Fiery Grilled Peach and Habanero Salsa



Grilling the peaches caramelizes their natural sugar. Serve with grilled pork, fish—like striped bass—or chicken. Refrigerate for up to three days.

This recipe goes with [Grilled Striped Bass](#), [Grilled Chicken Breast](#), [Roasted Pork Tenderloin](#)

YIELD: 15 servings (serving size: 1/4 cup)
COURSE: Sauces/Condiments

Ingredients

4 large peeled peaches, halved and pitted (about 1 pound)
2 (1/4-inch-thick) slices red onion
Cooking spray
2 tablespoons chopped fresh cilantro
1 tablespoon fresh lime juice
1 teaspoon sugar
1 teaspoon grated orange rind
1 teaspoon finely chopped seeded habanero pepper
1/2 teaspoon salt

Preparation:

1. Prepare grill to medium-high heat.
2. Lightly coat peaches and onion with cooking spray. Place peaches and onion on grill rack coated with cooking spray; grill peaches 2 minutes on each side. Cool and chop peaches. Grill onion 3 minutes on each side. Cool and chop onion. Combine peaches, onion, cilantro, and remaining ingredients in a medium bowl; toss well. Let stand 15 minutes.

David Bonom, *Cooking Light*
AUGUST 2009

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>

Time to Cure Couch Potato Syndrome

From To Your Health Magazine

There you are, sitting on the couch again, watching TV instead of exercising. You know you should get up and get to the gym, or even just take a brisk walk around the block, but something's stopping you.

You're deep in the clutches of the evil couch potato syndrome.

Physical inactivity (often referred to as "sedentarism") is a major contributor to heart disease, osteoporosis, adult-onset diabetes and cancer. If you're sedentary, you spend too much time sitting around and not enough exercising, and that combination may be putting you at risk.

Too many of us are doing too much sitting these days. A recent study found that more than 79.5% of men and 87.3% of women were "sedentary", expending less than 10% of their daily energy in performing moderate or high-intensity exercise. Among active men and women, two fairly basic activities (sports and walking) were the main exercises performed.

So if you're one of those people who don't exercise enough, take some advice from the ones who do. Moderate exercise can be easy and fun to integrate into everyday life, and can include activities such as biking, walking, swimming... even gardening. Get off that couch and do something about your health. It's one of the best decisions you'll ever make.

Reference:

Bernstein MS, Morabia A, Sloutskis D. Definition and prevalence of sedentarism in an urban population. *American Journal of Public Health*, June 1999; Vol. 89, No. 6, pp862-67.

More Activity = Lower Health Care Costs

So maybe you don't care about exercise. Maybe you don't care about eating right. Maybe you don't care about following any of the established recommendations for living a long, healthy life.

But do you care about your wallet?

Previous research has suggested that \$4.3 to \$5.6 billion could be saved annually if 10% of inactive adults began doing one simple thing on a consistent basis: walking. Examining this potential cost savings further, the authors of a study in *Physician and Sportsmedicine* compared direct medical expenses (for a single calendar year: 1987) of active vs. inactive men and women, using actual medical expenditures from 35,000 U.S. consumers from 14,000 households.

Individuals reporting at least 30 minutes of moderate or strenuous physical activity three times or more per week were classified as physically active; those who reported less weekly activity were classified as inactive. Results showed that:

Average direct medical costs were substantially lower in the active group vs. the inactive group (\$1,242 vs. \$2,277).

Overall, active individuals reported less hospital stays, physician visits, and use of medications, with major savings derived from lower hospitalization costs (\$391 for active, \$613 for inactive).

Physical activity saved \$330 dollars per person, equating to \$29.2 billion in 1987.

Calculated to the present dollar value, this equals \$76.6 billion in the year 2000 alone!

Reference:

Pratt M, Macera CA, Wang G. Higher direct medical costs associated with physical inactivity. *The Physician and Sportsmedicine*, Oct. 2000; Vol. 28, No. 10, pp1-11.

For more information on fitness and athletic conditioning, go to <http://www.chiroweb.com/find/tellmeabout/sports.html>

Links to Good Health

Over the past few months I've found so many good articles that will help many of our patients but are too large to fit into this newsletter. As a result I created a "links" section. Clicking on the links should work but if not, copy and paste into your browser. If any of you finds a good article that may help our patients, feel free to email the link to drtantonucci@wcchiropractic.com.

Changing the Pain-Relief Mindset: Dietary Alternatives to NSAIDs
http://www.nutritionalwellness.com/archives/2011/may/05_seaman.php

Nutritional Supplements There is a Difference – longer, but very good article on why supplements are important and how to decide which ones to take.
<http://www.toyourhealth.com/mpacms/tyh/article.php?id=3&pagenumber=1>

The Sensible, Simple Route to Slim
<http://www.toyourhealth.com/mpacms/tyh/article.php?id=1442>