

7575 Saltsburg Road  
Pittsburgh, PA 15235  
(412) 795-2900  
[www.wcchiropractic.com](http://www.wcchiropractic.com)

#### 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

#### Tuscan Rigatoni

- 1 – Grill 2-3 chicken breasts and dice or shred.
- 2 – Condimento: Place marinated artichoke hearts (quartered), sun dried tomatoes (chopped), cherry tomatoes (halved), cannellini beans, kalamata olives (pitted and chopped), broccoli florets, 1 tbsp minced garlic, grilled chicken in a skillet on medium-low with olive oil until heated through, add 1 cup pinot grigio and simmer with occasional stir while pasta cooks.
- 3 – Pasta: 1 box whole wheat or Barilla Plus rigatoni (cooked to el dente) in salted water add small amount of pasta water to condimento just before draining.
- 4 – Combine all ingredients into the larger pan add chopped parsley, salt and pepper to taste.
- 5 – Serve with pecorino romano shavings over each portion.

Most items are variable in amounts and can be modified to accommodate personal tastes. Majority of ethanol will cook out of wine while simmering.

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>

### Letter From The Owner to Commemorate Our First E-Newsletter

To the patients of “The We Care Chiropractic Center”,

This past July 29<sup>th</sup>, 2010 was the 25<sup>th</sup> anniversary date of my practice. As the practice moves into its 26<sup>th</sup> year, the electronic age moves into the 21<sup>st</sup> century. This is the first edition of our E-Newsletter for The We Care Chiropractic Center. I want this monthly newsletter to serve you as a patient, to better communicate with my office and give you the latest information as health care changes.

I want to start our first newsletter with a quote that I have lived by over the past 25 years. The quote was made by Confucius, a Chinese thinker and social philosopher. – (Born September 28, 551 BC) – The quote is- “Choose a job you love, and you will never have to work a day in your life”.

I have spent the last 25 years practicing chiropractic and I want to spend the next 25 years speaking chiropractic to as many people as possible with your help. I have a saying in my office, “If I can help you I will tell you, if not I will refer you to someone who can”. My number one goal in the office is to make sick people well. Making you smile is just fun to do!

I have worked very hard earning the respect of medical doctors in the area in an attempt to communicate and get the best care for you, our patients. This new evolution of cooperation is called “integrated healthcare”. We currently have a network of physicians that we refer our patients in all areas of specialty. The same treatment we give you is what I expect from the physicians that I refer.

The group of people I have working with me currently are Marie - receptionist, Val – chiropractic assistant, Eileen – office manager, Linda – assistant manager, and Dr. Antonucci – associate and sports chiropractor. In the past 25 years of running this practice this is the best team I have had the pleasure of working for me.

I look forward to sharing both chiropractic and nutritional information with you through this newsletter. My [email address](#) is part of our website and is attached to this email. You can email with questions or concerns 24/7.

Yours in Good Health,

Dr. Phillip Nutter

### 99% of Pittsburgh is Vitamin D Deficient

Vitamin D is a vitamin that needs the sun (without sunblock) at 15 minutes of 15% body exposure per day to naturally form from what we eat and has been a hot topic lately due to national deficits. Living up north and furthermore in one of the statistically cloudier cities, local studies are showing 99% of us here are short on one of the most important vitamins. Vitamin D deficiency has been linked to depression, arthritis, decreased immune system, even cancer. Experts are boosting with high levels initially then dropping to a maintenance dose once a normal is reached. Typically here we use Metagenics D3 5000 (5000 IUs) to boost then Iso D3 (2000 IU) to maintain. Both are available currently in office at \$20 for a 4 month supply.

Click [here](#) to see our list of supplements available and/or visit our [online store](#) for delivery directly to your door. You can email supplement / vitamin questions to Dr. Antonucci at [drtantonucci@wcchiropractic.com](mailto:drtantonucci@wcchiropractic.com).

## 10 Tips To Get the Most From our Massage

By Marissa Mckown

As a member of the American Massage Therapy Association (AMTA) for the past 6 years they've developed a number of ways for patients to get the most out of their massage. Here are the top 10 I teach clients:

- 1 – Be receptive and open to the massage.
- 2 – Don't eat for at least an hour before a massage
- 3 – Arrive early or on time, getting to the massage rushed or frenzied takes longer to relax.
- 4 – Take off only as much clothing as you feel comfortable removing and what stays on should be comfortable and allow the massage therapist to move areas that are expected to be massaged. I leave the room during disrobing and redressing and a sheet is used during the massage to ensure modesty at all times.
- 5 – Communicate with me: health problems; allergies to lotions, oils or powders; music preference; feedback about pressure, speed, discomfort of sensitive areas; comfort of room (lighting, temperature, etc).
- 6 – Breath normally, slow deep breaths help the relaxation process. Many people hold their breath when they feel anxious or when a sensitive area is massaged.
- 7 – Relax your muscles and your mind. Stressing out mentally leads to tightening of the muscles which is counterproductive for the massage. Try focusing on the massage depth, speed, feel, even music and breathing to distract the mind and relax.
- 8 – Drink extra water after the massage. The body can build up lactic acid in muscles, which is released by massage, and if not flushed out can feel like a hard workout soreness the later that day and/or into the next.
- 9 – Don't get up to quickly after massage. A light headed or dizzy sensation can happen after a period of time of increased relaxation that can lower blood pressures.
- 10 – Be prepared to schedule several massage sessions. Some people have greater levels of damage and/or scar tissue that require a number of sessions with healing time between in order to maximally benefit from massage therapy.

To schedule an appointment for massage call or text (724) 994-0597 or email at [mckownmt@yahoo.com](mailto:mckownmt@yahoo.com).