

7575 Saltsburg Road
Pittsburgh, PA 15235
(412) 795-2900

www.wcchiropractic.com

Hours

Monday – 8:30am – 7:00pm
Tuesday – 8:30am – 5:00pm
Wednesday – Closed
Thursday - 8:30am – 7:00pm
Friday – 8:30am – 12pm
Saturday – 8:30am– 12pm

Insurances Accepted

UPMC, Highmark, All Blues, Medicare, Health Assurance, Health America, United Healthcare, Advantra, Aetna, Cigna, Workman’s Compensation Cases and All Auto Carriers Cash (POS) plans available

Healthy Thanksgiving



Day Dish :

Quinoa With Garlic, Pine Nuts and Raisins



5mins PREP TIME
20mins TOTAL TIME
Yields: 4 servings

Nutritional Information

Per serving (3/4 cup): Calories 300; Fat 15 g (Saturated 2 g); Cholesterol 0 mg; Sodium 5 mg; Carbohydrate 37 g; Fiber 4 g; Protein 8 g

Ingredients

1 cup quinoa, rinsed well
1/4 cup [pine nuts](#)
2 tablespoons [extra-virgin olive oil](#)
2 [cloves garlic](#), thinly sliced
1/3 cup chopped fresh parsley
1/4 cup [raisins](#)
1 tablespoon fresh [lemon juice](#)
Kosher salt and freshly ground pepper

Preparation

Place the quinoa in a [saucepan](#) and cook over medium heat until toasted, about 2 minutes. Add 1 3/4 cups water (or use low-sodium [chicken broth](#)) and bring to a boil. Reduce the heat to medium-low and simmer, covered, until the liquid is absorbed, 10 to 15 minutes. Remove from the heat and let sit, covered, about 2 minutes. Meanwhile, toast the pine nuts in a skillet over medium-high heat, stirring, until golden, about 3 minutes; transfer to a plate. Add the olive oil and garlic to the skillet and cook over medium heat, stirring, until golden, about 2 minutes. Transfer the garlic to the plate, reserving the oil. Fluff the quinoa with a fork. Add the pine nuts, garlic, reserved oil, [parsley](#), raisins and lemon juice. Season with salt and pepper and toss.

<http://www.foodnetwork.com/recipes/ellie-krieger/quinoa-with-garlic-pine-nuts-and-raisins-recipe.html>

Do you really need a FLU SHOT?
Nutritional Frontiers supplements
is a healthier alternative
without the *side effects!*

| ImmunoMax Solutions: | | |
|----------------------|---|----------------------------------|
| Supplement: | Product: | How many take daily? |
| Immunomax |  | 1-2 tablets daily |
| D3-5000 |  | 1 tablet daily |
| Ester C Plus (or) |  | 1-2 tablets daily |
| Cherry Chews |  | 1 chewable wafer with every meal |
| Airmaxx |  | 2 chewable tablets daily |



<http://www.nutritionalfrontiers.com/>

Are you Vitamin D deprived?
Missing the SUN and all of its health benefits? Try our D3-5000!!!



| Vitamin D | Calcium Balance | Cardiovascular Support | Cell Differentiation |
|--|--|---|--|
| Vitamin D is a fat-soluble vitamin that is essential for maintaining normal calcium metabolism. Vitamin D3 (cholecalciferol) can be synthesized by humans in the skin upon exposure to ultraviolet-B (UVB) radiation from sunlight, or it can be obtained from the diet. | Maintenance of serum calcium levels within a narrow range is vital for normal functioning of the nervous system, as well as for bone growth, and maintenance of bone density. Vitamin D is essential for the efficient utilization of calcium by the body. | Adequate vitamin D levels may be important for maintaining blood pressure within normal ranges. Vitamin D also impacts heart health by supporting the body's natural cytokine production and vascular function. | Cellular proliferation is essential for growth and wound healing. Uncontrolled proliferation of damaged cells is unhealthy. Vitamin D inhibits uncontrolled proliferation and stimulates differentiation, which is the process of specializing cells for specific healthy functions. |

<http://www.nutritionalfrontiers.com/>

November Nutritional Frontiers SALE!!!

Bring this coupon in for **\$5.00 off** any of our Nutritional Frontiers products.



Products: Whey Protein, Krill Oil, Vitamin C, Vitamin D, Garcinia Cambogia, TonaLean, Control, Detox Products, Stress Relievers, etc.

<http://www.nutritionalfrontiers.com/>