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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 Quick Pastitsio



Yield: Serves 6 (serving size: 1 1/3 cups)
Total: 40 Minutes
Amount per serving :
Calories: 431
Fat: 15.9g
Saturated fat: 6.9g
Monounsaturated fat: 6.1g
Polyunsaturated fat: 0.7g
Protein: 27.8g
Carbohydrate: 41.9g
Fiber: 1.9g
Cholesterol: 61mg
Iron: 2.4mg
Sodium: 679mg
Calcium: 289mg

Ingredients

8 ounces uncooked penne (tube-shaped pasta)
Cooking spray
1 pound ground sirloin
1 tablespoon olive oil
1 1/2 cups chopped onion
5 garlic cloves, minced
3/4 teaspoon kosher salt
1 tablespoon all-purpose flour
2 cups fat-free milk
1 (14.5-ounce) can diced tomatoes, drained
1/2 cup (4 ounces) 1/3-less-fat cream cheese
1 (3-ounce) package fat-free cream cheese
3/4 cup (3 ounces) shredded part-skim mozzarella cheese
2 tablespoons chopped fresh flat-leaf parsley

Preparation

- Preheat broiler.
- Cook pasta according to package directions, omitting salt and fat. Drain.
- Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add beef to pan; sauté 5 minutes or until browned, stirring to crumble. Remove beef from pan; drain. Wipe pan clean with paper towels. Add oil to pan; swirl to coat. Add onion; sauté 4 minutes, stirring occasionally. Add garlic; sauté 1 minute, stirring constantly. Add beef; sprinkle with salt. Add flour; cook 1 minute, stirring frequently. Stir in milk, tomatoes, and cream cheeses, stirring until smooth; bring to a simmer. Cook 2 minutes or until thoroughly heated. Stir in pasta.
- Spoon pasta mixture into a 13 x 9-inch broiler-safe baking dish coated with cooking spray. Sprinkle mozzarella evenly over top. Broil 4 minutes or until golden. Sprinkle with parsley.

Juliana Grimes, [Cooking Light](#)
OCTOBER 2011

Dr.'s Note: To make this dish a little healthier regular pasta can be switched to either whole wheat pasta or Barilla Plus pasta (yellow box). Barilla plus is made more from legumes than flour so that it has a higher protein content and lower Glycemic index. Also I would recommend pulling out the pasta just before recommended done time as it will continue to cook under the broiler.

Lower Your Cholesterol with Macadamia Nuts

Heart disease is all-too-common, especially in the United States. Although there's a definite tendency for heart disease to run in families, lifestyle factors such as diet, smoking and stress also play a substantial role.

Dietary practices have long been linked to heart disease, especially the consumption of foods that help lower cholesterol levels.

A study published in the *Archives of Internal Medicine* evaluated the cholesterol-lowering ability of macadamia nuts in 30 volunteers, aged 18-53. Subjects consumed three specific diets in random order: a "typical American diet," with 37% of energy derived from fat; an American Heart Association "Step 1" diet, with 30% of energy from fat; and a macadamia-nut based diet, with 37% of energy derived from primarily monounsaturated fat.

After one month, cholesterol levels were lower in the group consuming the macadamia nut diet, compared with the other two groups. The typical American diet proved the least effective of the three diet plans in lowering cholesterol. No significant side effects were noted from ingesting large quantities of macadamia nuts, leading the authors to conclude: "Physicians can recommend the consumption of these and other nuts as part of a satisfying and healthy diet."

Reference:

Curb JD, Wergowske G, Dobbs JC, et al. Serum lipid effects of a high monounsaturated fat diet based on macadamia nuts. *Archives of Internal Medicine* 2000: Vol. 160, pp1154-58.

HHS HealthBeat Exercising against Alzheimer's

From the U.S. Department of Health and Human Services, I'm Nicholas Garlow with HHS HealthBeat.

Regular exercise may offer some protection against Alzheimer's. Two studies on people in three states measured the effects of exercise on brain function over five years.

Eric Larson is a commenter, and Executive Director of the Group Health Research Institute in Seattle.

"It's very likely that regular physical activity improves the ability for blood to circulate to the brain and oxygen to get to the brain. If you have healthy blood vessels, you're very likely to be able to withstand the stress on very sensitive parts of the brain like the hippocampus." (16 seconds)

He suggests people exercise regularly.

"Even people who are demented can benefit by regular exercise." (4 seconds)

The studies in *Archives of Internal Medicine* were supported by the National Institutes of Health.

Learn more at hhs.gov.

HHS HealthBeat is a production of the U.S. Department of Health and Human Services. I'm Nicholas Garlow.

One of my old professors used to say that "If exercise could be put into a pill, it would be the most widely prescribed pill in the world and would eliminate the need for 90% of the rest of them."

The research continues to pour out about the number of diseases / disorders that can be prevented, delayed, and reduced with exercise. Combine exercise with a healthy diet and many of them are eliminated. Look in your family history and start the prevention now.

COENZYME Q10

Coenzyme Q10, also called CoQ10, is a vital nutrient for the formation of ATP, the basic energy molecule. Found mainly in the mitochondria, CoQ10 plays a role in the electron transport chain and cellular aerobic respiration, generating ATP. CoQ10 possesses antioxidant activity since it readily gives up electrons. It prevents lipids & protein both from being oxidized and also regenerates vitamin E.

CoQ10 supports cardiovascular health. CoQ10 prevents oxidation of LDL. Oxidation of LDL may play a role in the development of atherosclerosis. CoQ10 has also been shown to reduce blood pressure, reduce complications after a heart attack, and improve angina, congestive heart failure and cardiomyopathy.

Other benefits of CoQ10 supplementation include benefits to periodontal health, carbohydrate metabolism, stamina, migraines and early Parkinson's disease. CoQ10 is a fat-soluble substance and is best absorbed when taken with food.

Coenzyme Q10 & Statin Drugs (Lipitor, etc.)

The cholesterol lowering drugs called statins block CoQ10 production in the body. CoQ10 is made within the body via the same pathway as cholesterol. Statin drugs inhibit the enzyme HMG CoA reductase, the very enzyme used in the synthesis of both cholesterol and CoQ10. Lipitor and other statins have been shown to be the cause of a 40% reduction in the levels of CoQ10! There is much to be gained and little to risk in supplementing at least 100mg CoQ10 in anyone who is taking a statin drug like Lipitor, Crestor, Zocor, Mevacor, Vytorin, etc. (These drugs are also called atorvastatin, rosuvastatin, simvastatin, lovastatin)

Dr.'s Side Note: If you are on a statin regimen and are experiencing muscle pain or weakness, please talk to the doctor who prescribed it. If not dealt with the muscle damage can become permanent in a condition called Rhabdomyolysis.

Links to Good Health

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 you'd like to share that may help our patients, feel free to email the link to drtantonucci@wcchiropractic.com.

Join us on Facebook – <http://www.facebook.com/pages/We-Care-Chiropractic-Center/100415126719590>

How Loving Myself Led to Losing Weight – Good article on how mindset is the most important part of any plan and why so many fail when your head and your heart aren't working together.
http://www.dailyspark.com/blog.asp?post=how_loving_myself_led_to_losing_weight

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

Is Your Food Making You Old?
<http://health.msn.com/healthy-living/is-your-food-making-you-old>

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