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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 Football

Game Day Dish

Buffalo Chicken Quinoa Skillet
(alternative to Buffalo Chicken Dip!)



30mins PREP TIME
30mins TOTAL TIME
7 Ingredients

Nutritional Information

Amount per Serving		% Daily Value*
Calories	334	
Total fat	12 g	19%
Saturated fat	1 g	7%
Cholesterol	48 mg	16%
Sodium	948 mg	39%
Carbohydrate	31 g	10%
Dietary fiber	4 g	17%
Sugars	2 g	
Protein	24 g	
Vitamin A		9%
Vitamin C		5%
Calcium		4%
Iron		15%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients

1-1/2 cups quinoa, uncooked 2 tablespoons Pure Wesson® Canola Oil
1 pound boneless skinless chicken breasts, cut into bite-size pieces
1/2 teaspoon garlic salt
1 can (10 oz each) Ro*Tel® Original Diced Tomatoes & Green Chilies, undrained
1 cup chopped celery
1/3 cup buffalo wing sauce or cayenne pepper sauce
1/3 cup reduced fat chunky blue cheese dressing

Preparation

Cook quinoa according to package directions. Meanwhile, heat oil in large skillet over medium-high heat. Add chicken; sprinkle with garlic salt. Cook chicken 3 to 5 minutes or until lightly browned and no longer pink. Add undrained tomatoes and celery; cook 2 to 3 minutes more, stirring occasionally. Add buffalo wing sauce; stir to combine. Add cooked quinoa to chicken mixture; stir to combine. Top each serving with blue cheese dressing. Cook's Tips Quinoa typically is found in the rice and pasta section of supermarkets. Rinse well before cooking to remove the natural bitter coating, if it is not pre-washed.

http://www.readyseteat.com/recipes-Bufferalo-Chicken-Quinoa-Skillet-7299.html?utm_source=Outbrain&utm_medium=Outbrain&utm_campaign=Outbrain

Vitamin D Deficiency

The SUN  is leaving us and now more than ever we need our **VITAMIN D**.
What better way than Nutritional Frontiers D3 Vitamins:



About Vitamin D

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.

Calcium Balance

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.

Cardiovascular Support

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.

Cell Differentiation

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.

<https://www.nutritionalfrontiers.com/catalog/d3>

Pain Free Lifestyle without Surgery

Decompression / Axial traction is a wonderful addition to a chiropractic and rehabilitation protocol when it comes to disc damage. Many people have heard about traction or inversion tables. The new computerized tables available (such as the KDT table pictured below) give the doctor much greater control of patterns, time, and intensity in order to gain the most benefit in the shortest amount of time. Dr. Nutter has certification with the Kennedy Decompression Technique so he may deliver the greatest expertise and care to his patients.

Dr. Nutter has personally worked with a number of patients that have tried chiropractic alone and physical therapy alone but were still looking at an operating table for disc injuries. Most of these patients after following a combination protocol of adjusting, core strengthening, and decompression were able to regain a pain free lifestyle without surgery.



<http://www.wcchiropractic.com/decompression.php>

October

Nutritional Frontiers Sale!!!

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



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