

# FEELING LUCKY?

Pick a **Golden Coin**  
with each appointment  
**MONDAY MARCH 11th**  
**THRU**  
**SATURDAY MARCH 16th**  
you might just be  
**LUCKY** enough to  
**WIN A PRIZE!**



*All it takes is a little Irish Luck!*

# *Welcome New Patients*

Steve S.

Karen R.

Erica W.

Glenn P.

Bryan D.

Gina L.

Darren M.

Joey P.

Ophelia P.

Dawn S.

Gary M.

Ryland N.

Luanne D.

Andy P.

Amanda P.

## *Thank You for Your Referrals*

Bud W.

Aly P.

Tania M.

Mark P.

Megan V.

Amy N.

Sarah R.

Toots A.

*March's Patient of the Month... Dana B.!*

We are pleased to name Dana as our patient of the month! She will be awarded a restaurant and HealthyWays Gift Certificate to thank her for being an exemplary patient. Look for your name here in coming months.



**BOOST YOUR WEIGHT LOSS  
NATURALLY!**

**15% OFF**

## TRI LEAN FORTE

Tri-Lean Forte is Our Specially formulated Natural Supplement Combination that works together for many natural benefits including weight loss, appetite suppressant and energy boost. If you are looking to lose a few to many pounds, our Tri Lean Supplements will help get the job done!

**GET YOURS TODAY!**



**GET CLEAN – GET LEAN**

**15% OFF**

**THIS MONTH!**



Nutritional Frontiers Clean & Lean Kit is a three-phase, 30-day program that provides a holistic approach to reduce oxidative stress, optimize nutrition, and regenerate mitochondrial strength. The program is perfect to optimize health and can easily be implemented into your fitness or weight loss plan

*It's time to  
achieve your*





# WEIGHT LOSS TESTIMONIAL

"I have struggled over the years to drop weight and maintain it. The HealthyWays' Clean-Lean Detox Program and TriLean Forte Products have been amazing. The support of the wonderful staff is keeping me motivated & working hard! Using their mobile tracking App and meal plans have been easy to use and helpful. If you have struggled with weight loss, I suggest using HealthyWays' products. I have lost 16 pounds!"



John F. Jr

**"The Weight Loss Program is Fantastic!"**

**Wondering what good may come from sticking to your weight loss journey?**

**Losing weight may have several health benefits, including:**

- boosting energy levels
- lowering cholesterol
- reducing blood pressure
- increasing mobility
- improving breathing
- reducing risk of heart disease or stroke
- preventing type 2 diabetes
- enhancing sleep-quality
- reducing risk of certain cancers
- improving mood





**soon**

**ACCEPTING NEW  
PATIENTS**



**Welcome  
HealthyWays'  
Newest  
Provider**

**Dr. Francesca Pettinato, the newest chiropractor at HealthyWays Integrated Wellness Solutions. She received her Bachelor of Science in Biology at Kent State University in 2019 and doctorate from Palmer College of Chiropractic in February 2024. Dr. Francesca is passionate about helping the people in the community and committed to providing patients with a pain-free life! When not in the office, she enjoys spending quality time with family and hanging out with friends. Fun Fact: Francesca sang the National Anthem at PNC Park for Pittsburgh Pirates games twice!**



## SOURCES

<http://www.wsaw.com/seasonal/misc/40129602.html>  
[http://holidays.kaboose.com/saint-patricks-day/quick\\_facts.html](http://holidays.kaboose.com/saint-patricks-day/quick_facts.html)  
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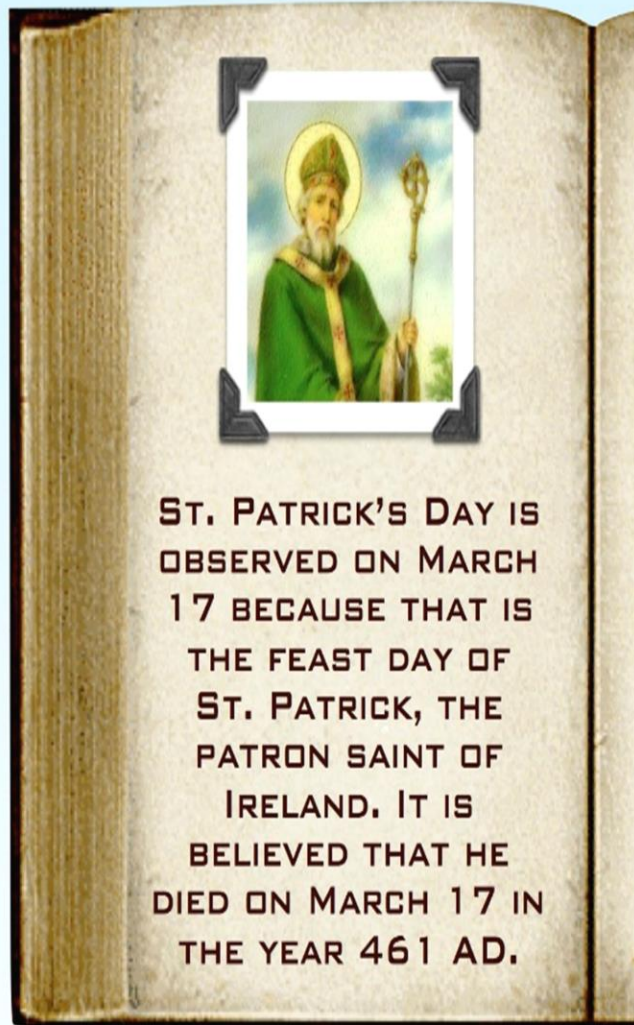
The actual color of St. Patrick is blue. Green became associated with St. Patrick's Day during the 19th century.



**90%**  
of Americans celebrate  
St. Patrick's Day.



St. Patrick did not actually drive snakes out of Ireland; the "snakes" represent the pagans that he converted to Christianity.



ST. PATRICK'S DAY IS OBSERVED ON MARCH 17 BECAUSE THAT IS THE FEAST DAY OF ST. PATRICK, THE PATRON SAINT OF IRELAND. IT IS BELIEVED THAT HE DIED ON MARCH 17 IN THE YEAR 461 AD.



The very first St. Patrick's Day parade was not in Ireland. It was in Boston in 1737.



According to lore, Patrick used the three leaves of a shamrock to explain the Christian holy trinity.

Many bars in the United States, and abroad, serve green beer to celebrate St. Patty's Day.





# IRISH SODA BREAD RECIPE

Irish Soda Bread is a quick bread that does not require any yeast. Instead, all of its leavening comes from baking soda and buttermilk. This Irish Soda Bread recipe is my grandmother's and has been cherished in my family for years. It's dense, yet soft and has the most incredible crusty exterior.



- 1 and 3/4 cups (420ml) buttermilk\*
- 1 large egg (optional, see note)
- 4 and 1/4 cups (531g) all-purpose flour (spooned & leveled), plus more for your hands and counter
- 3 Tablespoons (38g) granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 5 Tablespoons (71g) unsalted butter, cold and cubed\*
- optional: 1 cup (150g) raisins

1. **Preheat oven & pan options:** Preheat oven to 400°F (204°C). There are options for the baking pan. Use a regular baking sheet and line with parchment paper or a silicone baking mat (bread spreads a bit more on a baking sheet), or use a seasoned 10-12 inch cast iron skillet (no need to preheat the cast iron unless you want to), or grease a 9-10 inch cake pan or pie dish. You can also use a 5 quart (or higher) dutch oven. Grease or line with parchment paper. If using a dutch oven, bake the bread with the lid off.
2. **Whisk the buttermilk and egg together.** Set aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, a fork, or your fingers. Mixture is very heavy on the flour, but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
3. **Transfer the dough to the prepared skillet/pan.** Using a very sharp knife or bread lame, score the dough with a slash or X about 1/2 inch deep. (“Score” = shallow cut.)
4. **Bake until the bread is golden brown and center appears cooked through,** about 45-55 minutes. Loosely tent the bread with aluminum foil if you notice heavy browning on top. For a more accurate test, the bread is done when an instant read thermometer reads the center of the loaf as 195°F (90°C).
5. **Remove from the oven and allow bread to cool for 10 minutes,** and then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.
6. **Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week.** We usually wrap it tightly in aluminum foil for storing.



# HEART HEALTH WORKSHOP

Coming soon

Tuesday April 30 at 6pm

Cardiovascular health is a priority! Find out more about your heart health and Cardiovascular Inflammation Test (CIT) offered at HealthyWays Wellness

Since most adults have some degree of cardiometabolic risk, the CIT has been designed to evaluate and monitor the extent of this risk for patients. Cardiovascular disease, type 2 diabetes, metabolic syndrome, and obesity are widespread and very common among patients. These lifestyle diseases are largely preventable, treatable, and reversible. The right combination of blood tests can unmask and monitor risk for serious health problems including premature death and dramatically reduce quality of life.

## Learn More about Heart Healthy Natural Supplements & Enjoy Special Discounts!

### Featured Presenter:

**Mike Gallagher** is a certified lifestyle educator and consultant that has been in the nutritional industry for over 28 years. Mike is looking forward to discuss your gut health and Nutritional Frontiers, a research and science based company located in Pittsburgh, PA.



healthyways

integrated wellness solutions



**NUTRITIONAL  
FRONTIERS**

Making the world healthy