

APRIL 2024 NEWSLETTER

HELP US GROW

Does Someone You Know

Need Relief from

ACHES & PAINS?

Refer them to HealthyWays

FREE PHYSICIAN

CONSULTATION



You will be Registered to WIN our
SPRING BLOOMS BASKET
with EACH NEW PATIENT REFERRAL!

Can chiropractic help with allergies?



While many of us look forward to spring because of the warmer weather, there is one thing that prevents many individuals from thoroughly enjoying it: allergies.

Allergic rhinitis is a common illness characterized by allergic sensitivity to pollens from trees, grasses, or weeds or to mold spores in the air. Those who suffer from allergies frequently dread spring, limiting their time outside due to severe symptoms such as sneezing, stuffy nose, runny nose, watery or itchy eyes, and scratchy throats. Fortunately, chiropractic treatment may be able to help you in resolving your allergy symptoms.

Below, we'll discuss what allergies are, what causes them to occur in some individuals, and how chiropractic treatment can help alleviate your allergy symptoms.

What Causes Allergies?

Your immune system's job is to identify and eliminate hazardous substances from your body. When substances enter your body, immune cells known as mast cells are activated to identify chemicals that are either harmful or beneficial to the body.

When harmful chemicals are discovered, histamines are released to rid the body of the hazardous components. Unfortunately, your immune system will occasionally overreact to substances that are ordinarily harmless to the human body, resulting in allergies.

Some allergies appear each year in the form of seasonal plant compounds, such as grass, pollen, and airborne pollutants. In most instances, your body will use inflammation, sneezing, and coughing to fight against the ordinarily harmless substances.

How Chiropractic Care Can Help with Allergies

Allergies can be inconvenient, irritating, and debilitating for many people. Fortunately, chiropractic treatment has been proven to be a treatment alternative for those who suffer from allergies.

The immune and respiratory systems both rely on proper communication between the brain and the spinal cord to manage and coordinate their operations. If there is an interruption in the communication system, such as misalignment, the immune system can be affected.

Chiropractic care can help relax the neural system, realign the body, and re-open vital channels between the brain and spine by allowing the immune system to function more effectively.

Many allergy sufferers also have impaired adrenal glands, which makes it difficult for their bodies to modulate allergic reactions. Because spinal nerves directly nourish the adrenal glands, chiropractic care can help regulate the quantity of cortisol produced by the body.

Furthermore, the respiratory system, like the immune system, is dependent on an unhindered flow of information to and from the brain. Chiropractic care keeps the channels open, reinforcing the respiratory system and making it more resistant to allergic reactions.

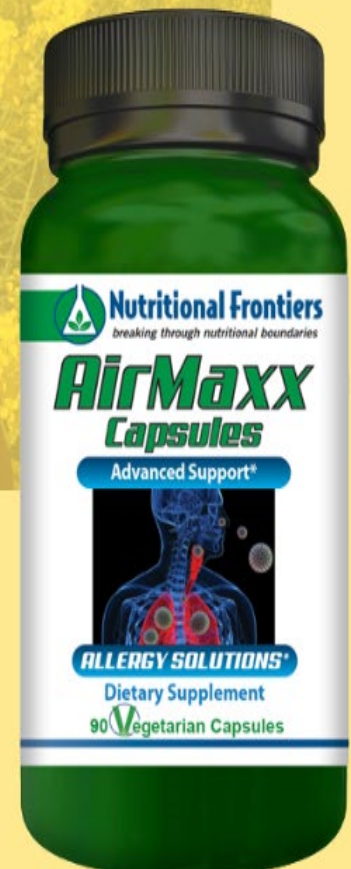
ALLERGY SEASON



ONLY \$39.95

Find Relief with AIRMAXX

AirMaxx was designed to support healthy respiratory function and reduce allergic response. The ingredients in this supplement were selected with the goal of maintaining histamine levels within normal ranges. People take AirMaxx to help with itchy skin and eyes, congested and runny nose, splotchy, red skin, and discomfort associated with skin irritation and respiratory dysfunction.



WELCOME *New Patients*

Wendy M. Alex B. Bob B. Randy D.
Srarami S. Alice G. Rich M. Diana C.
Kevin W. Linda G. Brady W. Sharon A.
Sarah D. Angela C. Jim D. Teresa F.
Sheila I. Aaron R. Annabella V.

Thank You for your Referrals!

Beth G. Collen R. David K. Jocilyn D.
Kevin W. Wanda B. Deanene D. Luann D.
Carol C. Vanessa H.



Congratulations to April's Patient of the Month

Renae Z.

will receive a Gift Certificate
to HealthyWays as well as a
Restaurant Gift Certificate!
As a Thank You for being an
exemplary patient!

Look for your name here in
coming months!



SAVE \$50

ON EACH PAIR OF YOUR CUSTOM ORTHOTICS!

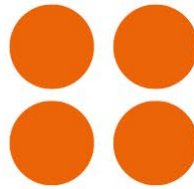
*Call to Schedule
(724) 444-6644*

**LIMITED
TIME
OFFER**

healthyways
integrated wellness solutions



ON YOUR FEET ALL DAY?



**BACK PAIN?
KNEE PAIN?
NECK PAIN?
FOOT PAIN?**

Custom Orthotics.
More Comfort.
Less Pain.

Why Foot Levelers?

COMPARISON BETWEEN OVER THE COUNTER INSERTS AND CUSTOM ORTHOTICS		Basic Insoles
Maximum Comfort	✓	✗
Premium Materials/Support	✓	✗
Individually Designed for You	✓	✗
Crafted by Hand	✓	✗
3 Arch Advantage™	✓	✗
Pelvic Stabilization	✓	✗
Whole-Body Pain Relief	✓	✗
1 Year, 100% Money-back Guarantee	✓	✗
Clinically Proven	✓	✗

Ask about getting your feet scanned!



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 heart health and Nutritional Frontiers, a research and science based company located in Pittsburgh, PA.



SPRING KIDS COLORING CONTEST IS IN FULL BLOOM

Grab a page at the office or print the next page

Each child's submission gets a treat bag and are welcome to a complimentary spinal exam.

The Winner will receive a \$25 AMAZON GIFT CARD



Chiropractic for Your Growing Child

Chiropractic care is foundational for every person to live healthily -- children included. There are so many ways that chiropractic care is good for kids that many parents aren't aware of. Some of the benefits of chiropractic for your youngest family members include:

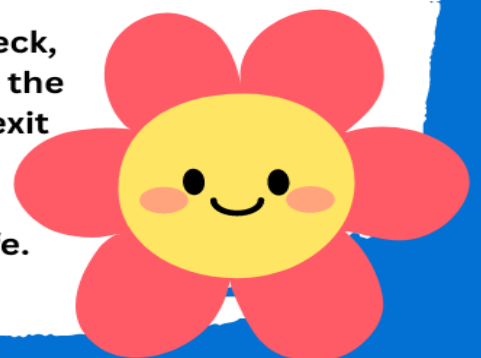
Promotes good health - A child with a body free from joint dysfunctions has a central nervous system that is working at its very best. Chiropractic is a full-body approach to health.

Effective treatments - Does your child struggle with issues such as chronic ear infections or colic? Several common childhood conditions can be effectively and naturally treated with chiropractic care.

Address sleep concerns - It is the fervent wish of every parent that their child sleeps well. It's not uncommon for a child to have a joint dysfunction that may be impacting their central nervous system and causing sleep disturbances.

Help with injuries - Regular chiropractic care can help to ensure the body is doing what it was made to do, heal itself, and keep the joints free from restrictions that could lead to injuries.

Many people operate under the assumption that back, neck, and joint problems are reserved only for adults. But, but the truth is that joint restrictions can occur the moment we exit the womb -- it's quite a traumatic trip for a newborn -- , which is why being proactive with chiropractic care from a young age can help your child to live a healthier life.





WELLNESS BLOOMS

HealthyWays

NAME:

Healthy Spring Comfort Recipe

Greek lemon chicken soup is loaded with bright and bold flavors that make it every bit as delicious as it is good for you. This light and healthy recipe is similar to a classic chicken and rice soup, with celery, onion and of course chicken, but includes some unexpected ingredients like fresh dill and leeks. Plus, whisked eggs and lemon juice, tempered with a little hot broth to prevent scrambling, add ultra-velvety texture to the soup without using any cream. That's right – this recipe is completely dairy-free while still tasting 100% cozy. It's easy comfort food that's perfect for a chilly night or healthy lunch.

How to make Greek lemon chicken soup

1. In a large pot, bring water to a boil with onion, leek, celery and bouillon. Add the chicken, oregano and dill, and simmer until the chicken is cooked through.
2. Transfer the chicken to a bowl and shred the meat.
3. Strain the cooking liquid and return it to the pot. Add the rice and simmer.
4. In a medium bowl, whisk together the eggs and lemon juice. Slowly whisk a bit of broth, 1 tablespoon at a time, into the egg mixture to temper the eggs.
5. Then, whisking constantly, gradually add this egg broth mixture to the pot. Simmer until the soup is slightly thickened and velvety and the rice is tender. Stir in the shredded chicken.
6. Serve topped with dill and freshly cracked black pepper. Enjoy



- 1 medium onion, quartered
- 1 leek, white and light green parts only, cut into 1-inch pieces
- 1 stalk celery, cut into 1-inch pieces
- 3 tbsp. low-sodium chicken bouillon base (we like Better than Bouillon)
- 1 bone-in chicken breast (about 2 1/2 pounds), split
- 1 small sprig fresh oregano
- 1/4 small bunch dill, plus sprigs, for serving
- 1/2 c. Long-grain white rice
- 2 large eggs
- 6 tbsp. fresh lemon juice
- Cracked pepper, for serving

Directions

- a. Step 1. In a large pot, combine onion, leek, celery and bouillon with 10 cups water and bring to a boil. Reduce heat, add chicken, oregano and dill and simmer until chicken is just cooked through, 15 to 20 minutes.
- b. Step 2. Transfer chicken to a bowl and when cool enough to handle, shred the meat, discarding the skin and bones.
- c. Step 3. Strain the liquid and return it to the pot. Add the rice and simmer for 12 minutes.
- d. Step 4. Meanwhile, in a medium bowl, whisk together the eggs and lemon juice until foamy and combined.
- e. Step 5. Ladle 1 cup of hot broth off the top of the soup into a measuring cup. Slowly whisk broth, 1 tablespoon at a time, into the egg mixture. Then, whisking constantly, gradually add this egg-broth mixture to the pot. Simmer until the soup is slightly thickened and velvety and rice is tender, about 5 minutes. Remove from heat; stir in the shredded chicken. Serve topped with dill and pepper.

NUTRITIONAL INFORMATION (per serving): About 440 cal, 13 g fat (3.5 g sat), 52 g pro, 1,260 mg sodium, 26 g carb, 0 g fiber