

# OCTOBER 2024 NEWSLETTER



GUESS THE CORRECT NUMBER OF  
CANDIES IN THE JAR AT THE OFFICE  
BEST GUESS

WINS a \$25 GIFT CERTIFICATE

Can you guess the date that  
Amy's baby will be born?



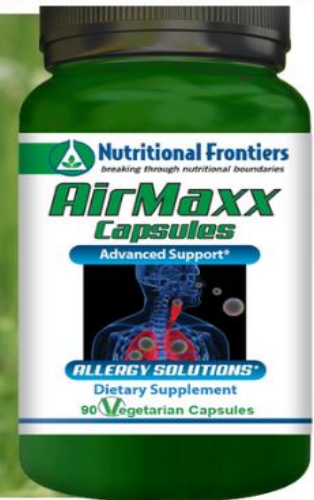
Here's a hint:

Her due date is MID-NOVEMBER!

It's **ALLERGY SEASON**

**Find Relief from your symptoms**

**ONLY \$39.95 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.

### **Product Review from actual customer of Nutritional Frontiers on AIRMAXX Supplement!**

Esperonsa N.

Excellent results!

I have struggled with seasonal and environmental allergies for many years and taking airmaxx has finally helped me regain my health. I wanted to stop taking over the counter meds because of the side effects of nervousness and dry mouth. A functional medicine doctor recommended nutritional frontier's airmaxx and they stopped my sneezing and itchy eyes after a couple days.





# Congratulations to Josh & Teri G.

October's Patient of the Month!

We appreciate our practice family & want to acknowledge each of you for your commitment to good health. Josh & Teri have been selected as this month's POM for their commitment to a treatment program & new patient referral. They will receive a HealthyWays and restaurant gift certificate as a

Thank You!

Look for your name in coming months!



## Welcome New Patients

Joann G.	Michelle G.
Jeremy P.	Brittany B.
Kevin W.	Robert K.
Millard H.	Nika C.
Susan S.	Liz S.



Thank You for  
Your Referrals



**KRISTEN P.**  
**JAKE B.**  
**CONSTANCE H.**  
**JAMES S.**





# YARDWORK CAN BE A PAIN IN THE BACK

Don't let back pain slow you down!



## HEALTHYWAYS WELLNESS HAS YOUR BACK



**Thank You Abby G. for your Google Review!**

**HealthyWays is pleased to have given you a pain free life again!  
Check out more of our 357 Google Reviews and hear more about  
how Healthyways Wellness and Chiropractic provides healing and  
pain relief!**

Dr. Joe and his staff are amazing. I had been struggling with lots of back tightness, stiffness, and pain for year. A previous chiropractor had helped to ease **symptoms** but did not do much for long term correction. Dr Joe and the plan that he set me up with helped me get out of pain and gave me things to continue working on for long term relief. I am so glad that I came to Pettinato Chiropractic.



HealthyWays is excited to offer our  
new, revolutionary service –

## Non-Surgical Spinal Decompression.

If you've been told that neck or back  
surgery is in your future, we want you to  
know that there is  
another path and we're here to help.



Our Non-Surgical Spinal Decompression is  
designed to help dealing with  
conditions such as **bulging, herniated, or  
degenerative discs**, find relief without resorting  
to drugs or surgery.

Find Out  
if you are a candidate for  
Spinal Decompression  
Therapy.

Ask about a  
complimentary  
consultation !



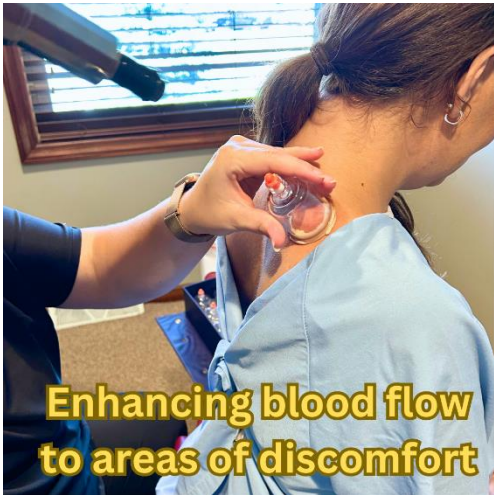


# WHAT IS CUPPING?



Cupping is a type of alternative therapy that involves:

- PLACING CUPS ON THE SKIN TO CREATE SUCTION.
- IMPROVING THE FLOW OF ENERGY IN THE BODY.
- FACILITATING HEALING.
- RELIEVING PAIN AND TRIGGERING THE BODY'S NATURAL HEALING PROCESSES



Enhancing blood flow to areas of discomfort



Relieves Pain

**DR. FRANCESCA**  
is offering  
Cupping Therapy



healthyways  
integrated wellness solutions

**SCHEDULE NOW**





# 7 SCARY FACTS ABOUT HALLOWEEN



Halloween is the second largest commercial holiday in the United States.



Approximately one hundred countries celebrate Halloween.



Over seven billion dollars is spent yearly on candy, costumes, and activities in the United States alone.



Many of today's modern haunted houses do a million dollars or more in revenue each Halloween season.



Commercial Haunted Houses collectively bring in \$300 million to \$500 million annually.



Popular uses for technology includes scares and animatronics set off by pressure plates triggered by the visitors .



Customers demand more technology advancements due to Hollywood effects becoming more affordable .

R.I.P.



# Healthy Halloween Stuffed Peppers Jack-O-Lanterns

Sweet orange bell peppers are stuffed with an Italian flavored mixture of lean beef, rice, mushrooms, and homemade roasted bell pepper sauce, bringing a new twist to a traditional family favorite. They're one of our favorite Halloween main dishes!



- **4 large orange bell peppers**
- **1 cup cooked rice white or brown**
- **1 Tablespoon avocado oil or other healthy cooking oil, plus additional for coating sheet pan.**
- **1 pound lean ground beef ground turkey, or ground chicken**
- **1 medium yellow onion diced small**
- **8 ounces mushrooms chopped**
- **2 cups roasted red pepper sauce homemade or store-bought**
- **1 teaspoon dried Italian seasoning**
- **¼ teaspoon red pepper flakes**
- **salt and pepper to taste**

1. Heat oven to 350 degrees F.

2. Use a sharp knife to slice the top off each bell pepper horizontally. Set tops aside (do not discard) Remove all seeds and membranes. Rinse and pat the peppers dry with paper toweling or a clean, soft cloth. Use a small paring knife to cut holes into the exterior of the peppers to make jack-o-lantern faces.

3. Cook rice according to package directions. As rice cooks, use olive oil or non-stick spray to lightly grease a small sheet pan. Arrange peppers and tops of peppers on pan and cook in oven for 20-25 minutes, or until peppers are cooked, but still are still firm (al dente). Remove peppers from oven and allow to cool while you make the filling.

## **FOR THE FILLING:**

1. Heat 1 Tablespoon olive oil in large skillet over medium heat. Add onion and mushrooms and saute for 3-4 minutes, or until mushrooms have softened and reduced in size. Increase heat to medium high. Add ground meat and spices to pan and continue to cook, stirring occasionally, until no pink remains.

2. Drain excess grease from pan, reduce heat to medium low, then add red pepper pasta sauce and cooked rice. Stir to combine and cook for 2-3 more minutes, or until mixture is heated through.

3. Prior to serving, fill each pepper with approximately 1 cup of mixture, over filling each pepper slightly. Place a top onto each stuffed pepper and serve with a big jack-o-lantern smile!