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Complimentary Consultation with the Doctor \$200 Value

(Does not include treatment or x-rays, valid for new patients only, Medicare rules apply.)

Allegheny Health & Rehabilitation Center offers treatment for:

Back Pain
Neck Pain
Headaches
Carpal Tunnel Syndrome
Sinus / Allergy Problems
Leg Numbness

Sciatica
Digestive Problems
Weight Loss
Auto Accidents
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(non-surgical with spinal decompression)

Expires in 14 days

Your complimentary consultation includes:

- An educational consultation with the doctor
- An explanation of treatment options available for you
- A brief postural screening

By scheduling a complimentary consultation with the doctor, you are not obligated in any way to utilize any services at Allegheny Health & Rehabilitation Center in addition to this complimentary consultation. However, if you choose to proceed with care, regular fees for any examinations, x-rays, and/or treatments will apply

Secrets of People Who Never Get Sick

It's tempting to dismiss it as luck: Some people might catch a slight cold or suffer an occasional ache or pain now and then, but they never seem to suffer from flu's, fevers and illnesses that send the rest of us diving under the covers for days. Despite centuries of scientific advances, doctors still can't tell us definitively how to stay well. So why not look for solutions from the people for whom the common cold is, well, uncommon? Here, 10 surprising habits of those people who never get sick—and how you can adapt them to your own soon-to-be healthier life.

They Stress Less

Researchers at Duke University found that stress damages the immune system and the heart. Other studies suggest that it increases your chances of contracting bacterial infections, such as tuberculosis. Of course, exercise is one of the best ways to chill out, and a diet rich in fruits and vegetables is also crucial, as is laughing: It releases endorphins in the body that act as natural stress busters. Plus, a good guffaw gives your heart muscle a workout.

They Sprinkle Brewers Yeast On Their Food

Just one tablespoon packs in most of the B vitamins you need each day, including thiamine, riboflavin, niacin, B6, folic acid and biotin. Without enough of these vitamins, the body isn't able to metabolize carbohydrates, fats and proteins. In times of stress, the Bs can be depleted, which compromises your immunity. Sprinkle a tablespoon of brewer's yeast over popcorn or cereal, mix it into soups or sauces

(the taste goes especially well with split pea soup or any dish made with tomato sauce) or bake into quick breads and cookies.

They Eat Less

As far back as the 1930s, studies found that animals that were fed less lived twice as long. More recent research in humans has linked calorie restriction to lower incidences of age-related health problems, including cardiovascular disease, diabetes and Alzheimer's. Keep in mind that calorie restriction is an easy diet to do unsafely, however. Start by limiting simple sugars and flours, and pack your meals with dark leafy greens and other vegetables.

They Embrace Bacteria

OK, so no expert will tell you to toss a few dirt clods into the blender the next time you whip up some pesto, but research suggests that the move toward complete sterility in the modern age wasn't necessarily more healthful. It appears that the path to increasing health is probably somewhere...



(Secrets of People Who Never Get Sick Cont.)

between the squalor of our ancestors' environment and the hyper-cleanliness of the developed world. Bacteria and our bodies have a symbiotic relationship in which their presence helps our systems stay healthy and balanced. "Good" germs can improve your metabolism, enhance your immunity and reduce inflammation. Scientists at the University of California, San Diego, found that the more bacteria you have on the surface of your skin, the better you combat inflammation. So go outside, have plenty of contact with Mother Nature and get dirty! And rather than scrub your foods raw, give them a quick rinse.

They Opt For Herbal Remedies

Although plant-based health aids have been long derided by the Western medical community, about one quarter of all prescription drugs are derived from plants. Herbal remedies (plants purported to have medicinal properties) are an integral part of traditional Chinese medicine, and what we know about plants' abilities to heal is impressive: They can alleviate high blood pressure, stimulate the nervous system, destroy germs and boost the immune system. But you needn't fill your medicine cabinet with supplements; something as simple as green tea can help improve your immunity and your health.

They Make Friends A Priority

Studies show that people with strong friendships tend to have more robust immune systems and are less likely to succumb to infectious diseases. If you feel the need to boost your crony count, try this little experiment for one week: Strike up at least two conversations every

day with someone you haven't talked to before. And aim to listen more than you speak; the more airtime you give someone, the more generous he or she will be with personal details. Also, keep the bellyaching to a minimum. Your tone can determine how often others will want to spend time and talk with you.

They Stay Ph Balanced

According to some practitioners of alternative medicine, the body is healthiest when its systems are functioning midway between completely acidic and completely alkaline (i.e., pH balanced). When pH levels fall below that midpoint, the body suffers from a condition called acidosis, which even in minor cases can cause fatigue, rapid breathing, stomach problems and confusion. Many experts say that the typical American diet, chock-full of meat and sugar, has created an epidemic of acidosis in the Western world. Most vegetables are alkalizing, however, so eating them regularly can reduce your risk of being too acidic. Include lots of dark leafy greens, green beans, asparagus and carrots in your diet; other alkalizing foods to reach for include cucumbers, coconuts and avocados.

They Eat Garlic

Studies have shown that garlic can act as a powerful antioxidant and antibiotic, as well as cut the duration and the number of colds you catch. In addition, garlic has proved efficient in reducing blood pressure and triglyceride and cholesterol levels. Some experts say that garlic's medicinal value lessens when it's in a supplement form and recommend that you eat it fresh if you want to get garlic's health benefits.

They Detox Regularly

Many chemicals used commonly today that were absent from our environment a century ago. Although no long-term studies on the benefits of detoxification have been done, chances are good that your health will improve if you lower the level of synthetic chemicals present in your body. Digestive issues, fatigue, breakouts or muscle pain are often signs that you could benefit from a detox program, most of which require you to limit meats and avoid wheat, sugar, dairy, caffeine and alcohol. You can also purge toxins by sitting in a sauna or taking Bikram yoga classes, which are practiced in a hot room. Cleansing homeopathic or mineral baths might help, too. Talk to your doctor before embarking on a detox program of any length.

They Take More Naps

Sleep deprivation has the same biological effect as stress: Overtired bodies ratchet up production of the hormone cortisol, which gives you energy but restricts production of human growth hormone, limiting your body's ability to repair itself. Just like stress, sleep loss has a degenerative effect on your health, and lack of sleep is also tied to compromised immune function. A counterintuitive napping tip: Consider drinking a cup of coffee or other caffeinated beverage right before your nap. Because it will take about 20 minutes for the caffeine to travel through your digestive system, you can fit in a short snooze before it takes effect. Japanese researchers found that subjects who did this were more alert when they awoke than those who didn't, and that their post-slumber work productivity was higher.

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Summer Steps for Healthy Living



In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may

help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

Get Dirty -- and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots - indoors or out. Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

Get Outside to Exercise

Pick one outdoor activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, rollerblading, or swimming -- to shed that cooped-up feeling of gym workouts.

Vacation Time!

Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind. Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

Alcohol: Go Light

Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage. A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation -- defined as one to two drinks daily -- alcohol can protect against heart disease.

Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.

There they are: Super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're -- shhhh -- good for you.

Healthy Summer Recipe

Summer doesn't have to be all about the hot dogs, baked beans, and potato salad...check out this easy Healthy Summer Recipe you can grill up in just about 30 minutes!

Pepper-Jack Chicken with Succotash



Ingredients

- 4 ounces pepper-jack cheese, shredded
- 2 cups baby arugula, roughly chopped
- 2 large skinless, boneless chicken breasts (12 ounces each)
- 1 tablespoon olive oil, plus more for brushing
- Kosher salt
- 1 1/2 to 2 tablespoons Cajun spice blend
- Vegetable oil, for the grill
- 1 cup frozen lima beans, thawed
- 1 medium yellow summer squash, diced
- 2 cups corn kernels
- 1 cup grape tomatoes, halved
- Juice of 1 lime

Directions

Combine the cheese and arugula in a bowl. Cut a deep 2-inch-wide pocket in the thickest part of each chicken breast with a paring knife. Stuff with the arugula mixture. Brush with olive oil and season with salt and the Cajun spice blend.

Preheat a grill to high and brush the grates with vegetable oil. Grill the chicken until blackened and a thermometer inserted into the thickest part registers 155 degrees F, 8 to 10 minutes per side. Transfer to a cutting board.

Meanwhile, heat 1 tablespoon olive oil in a skillet over high heat. Add the lima beans, squash and corn, season with salt and cook until the squash is just tender, 2 to 3 minutes. Add the tomatoes and cook 2 more minutes. Remove from the heat and stir in the lime juice. Slice the chicken and serve with the succotash.

Per serving: Calories 462; Fat 16 g (Saturated 6 g); Cholesterol 120 mg; Sodium 1,018 mg; Carbohydrate 30 g; Fiber 7 g; Protein 48 g