



Dr. Eric Bengel, D.C.

Dr. Anthony Talorico, D.C.

Dr. Benjamin Shultz, D.C.

Gibsonia: 724 443-8444 Brackenridge: 724 224-2224

Our Pledge To You...

Our purpose is to help as many people as possible without the use of harmful drugs or surgery, but by helping our patients find the cause of their problems and treating the cause. Further, it is our purpose to educate our patients so that they can understand health and make the best possible decisions for themselves and those they care about.

“My Pain has Decreased Sufficiently.”

Because of lower back and hip pain and numbness in my leg, I was unable to do simple daily tasks. I could not bend to grab medicine bottles off of the bottom shelf in the pharmacy where I work. In addition, watching TV or reading a book on the couch became painful and all I wanted to do was lie on the floor. My pharmacist/boss/friend suggested I come to Allegheny Health & Rehabilitation Center for treatment. While here, I received such treatments as myotherapy, rehab, ultrasounds and adjustments and as a result my pain level has been reduced from a 7 to a 2!

Allegheny Health & Rehabilitation Center has absolutely benefited me. I can go to work and get through an 8-hour day without coming home and feeling like I want to cry. My pain has decreased sufficiently and I love visiting you guys! The staff is great;



Alyssa Stein

they completely understood that I am a busy person and needed an odd schedule. I live in the city and sometimes it could take 40 minutes to more than 1 hour to get here. I really didn't mind at all because I knew I would feel better when I left and I would forget the drive as soon as I got here!

Antibiotics and Asthma

Drugs often have unknown side effects, especially on the very young. In a study of 456 children, aged five to 10, by researchers in New Zealand, children given antibiotics in the first year of life had four times the risk of developing asthma. Taking antibiotics after age one increased asthma by one

and a half times compared to children not given antibiotics. One study revealed that young children under chiropractic care used little, if any, antibiotics. Why? They didn't need them. Chiropractic care kept their bodies un-subluxated so they could fight off infections naturally.

Insurance Corner

Network Providers for:

- Highmark
- UPMC
- United Health Care
- Auto
- Workers Comp.

We provide treatment for nearly **ALL** insurance in Pennsylvania.

We will gladly check for you if you have any questions at all about your coverage.

Educational Workshops

*Want more information?
Have a condition that has not been responding?
Not sure if we can help?*

**CALL TO RESERVE
A SEAT**

**Gibsonia:
Tuesday at 6:00**

**Brackenridge:
Wednesday at 7:00**



Words of Wisdom

The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.

– Ralph Nichols

If you think you're too small to have an impact try going to bed with a mosquito in the room.

– Anita Koddick

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

– author unknown



Chiropractic - Healing From Within

Have you ever seen a bored newborn? Of course not. Babies radiate awe, joy, wonder, vitality, energy, life and rejuvenation. It's *their* natural state. It is *your* natural state too. You are always in touch with the magic of life. Even the most ill person retains a healing ability: cut their skin, they'll bleed and begin healing. If there's life, there's still a spark of healing...of hope.

Doctors of Chiropractic do not put anything in your body – no drugs, no vaccinations and we don't take anything out of your body - no surgery.

Problems relating to interference with the nervous system can and do affect your immune system, digestion.....in fact they affect all of your body systems.

The main problem that Doctors of Chiropractic deal with are called Vertebral Subluxations. This is when a vertebrae

has gone out of its normal alignment and is putting pressure on a nerve. The nerve cannot function the way that nature intended it to and disease, pain, or loss of function may occur.

Doctors of Chiropractic fix vertebral subluxations by adjusting the spine, and by strengthening the spine with exercise and stretching.

Chiropractic isn't just for back pain, headaches and neck pain...

It's for HEALTH.

Be sure to bring your children to the office, because just as you may have nerve interference which causes your body to function less than optimal, they too (your children) need to be free from vertebral subluxations. You may actually find they get sick less often. Chiropractic care...Healing from within!

“my pain level has decreased from a 10 to a 2”

I have been a patient at Allegheny Health & Rehabilitation Center off-and-on for many years. Several months ago, I began suffering from sharp low and mid-back pain. The sharp pain caused me to be less active and made me feel very tired.

I have been receiving treatment for this problem for a little over a month now **and my pain level has decreased from a 10 to a 2. I no longer have sharp pain, I have increased my daily activities and I feel better overall.** During my visits here, I felt well taken care of.

Everyone is courteous, friendly and professional. I am glad you are here to provide services that improve our well-being.



Fran Ruggiero

About our Doctors

Dr. Anthony J. Talorico,

Dr. Talorico attended Rutgers University and completed his chiropractic training at Life College of Chiropractic. Dr. Talorico practiced in New Jersey and Alabama before relocating to Pennsylvania with this wife and three children in 2000.

Dr. Talorico is an active member of his community and serves as head coach and president of Beaver Youth Wrestling, an organization he started in 2005. Dr. Talorico is very interested athletics, and achieving and maintaining peak athletic performance and has competed postdoctoral training in sports injuries, clinical biomechanics and advanced spinal correction.

Dr. Talorico joined the staff of Allegheny Health and Rehabilitation Center in May of 2002 and serves as the clinic director. Since that time Dr. Talorico has strived to make Allegheny Health & Rehabilitation

Center the premier office in the region performing spinal correction.

Dr. Talorico performs patient workshops in the Gibsonia office twice monthly and conducts lectures to the public on a variety of topics including nutrition, athletic performance, Carpal Tunnel Syndrome, Fibromyalgia and the Four Essentials of Health.

Dr. Talorico's core philosophy is that the patients should be educated on how to maintain their bodies and especially their spinal framework as an active part of achieving and maintaining optimal health.

"I get tremendous satisfaction when a patient looks at their x-rays and sees the progress they have made. I think all chiropractic care should focus on results, and not just the relief of symptoms. That is what spinal correction is all about, and that's what I am passionate about doing for my patients."



Humour

From actual medical records as dictated by physicians:

"The patient has been depressed ever since she began seeing me in 1983."

"The patient is tearful and crying constantly. She also appears to be depressed."

"Discharge status: Alive but without permission."

"The patient refused an autopsy."

Dr. Benjamin Shultz,

Dr. Benjamin Shultz joined Allegheny Health & Rehabilitation Center in December 2004. Since that time, Dr. Shultz has helped to bring a higher level of care to his patients. Dr. Shultz is a native of Burrell where he attended Lower Burrell High School before attending Penn State University. He later transferred to New York Chiropractic College where he completed his Chiropractic training. Additionally, Dr. Shultz has pursued post-graduate studies in electrophysiology and physiological therapeutics.

While at New York Chiropractic College, Dr. Shultz was selected as the recipient of a chiropractic intern rotation at Camp LeJeune Military Base in Jacksonville, N.C. During his five-month rotation, he completed rotations with Neurologists, Orthopedic surgeons, General Practitioners,

Radiologists, Sports Medicine specialists, and Internal Medicine specialists. Not only did Dr. Shultz provide his patients with quality care, but he educated a multitude of health care professionals about the role and benefits of Chiropractic.

The youngest of eight children, a horse enthusiast, he is pleased to be close to his family and their boarding stables at Travesty Farms. Dr. Shultz also enjoys the outdoors, and often hikes with his wife Lisa and his pets Boxer and Savannah. His sports background is what brought him to Chiropractic. "As a high school wrestler, I began seeking Chiropractic treatment. What appealed to me were the technical aspects of Chiropractic – similar to the technical aspects of wrestling. I liked the fact that you actually do something to correct a problem, not just taking a pill."



Free Consultation with the Doctor

Dr. Eric Bengel • Executive Director

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5499 William Flynn Hwy
Gibsonia PA 15044
724 443-8444

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825 Freeport Road
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Treatment Available For

- *Low Back Pain*
- *Sciatica*
- *Neck Pain*
- *Migraines*
- *Carpal Tunnel*
- *Disc Problems*
- *Leg Numbness*
- *Auto Accidents*
- *Work Accidents*



The Doctors and Staff

30 Days from Today

Technology Corner (The Pro-Adjuster)



The **Pro-Adjuster** is a state-of-the-art, computerized adjusting instrument that allows our doctors to very specifically and gently treat patients. It is an alternative to traditional chiropractic manipulation.

The pro-adjuster is great for patients with complicating factors such as arthritis, surgery, congenital fusions or patients who just doing like the cracking and popping sound.

Why is the Pro-Adjuster so special? It uses 21st century technology to determine if each spinal vertebrae is in proper alignment, so the nervous system is free to effectively transport nerve impulses throughout you body.

The Pro-Adjuster uses the same type of technology that allows engineers to determine and handle weakness and stress on spacecraft. The information is graphically displayed, so our doctors can detect the problem area each time with every patient. Call to find out if the Pro-Adjuster is right for you.



How do I know if my problem can be helped with the treatment in your office?

We never know if we can help someone until we have them come into the office for an evaluation or at least talk to them over the phone.. Our success rate is very good for helping others get and stay well and we are pleased to have as many of our patients write testimonials as to the quality care they receive. However, unless we are able to communicate with you in some fashion, we can never know if we can help or not.

Our offices have been providing care for the past 45 years. Therefore, we have the experience to help you get well. If you are not a pill person, and don't like the idea of living with your pain, please call our office and talk to one of our doctors or schedule a time to come into the office.

If we can help you we will let you know. If we can't we will find the right person you should be going to help. Don't wait until your problem is so bad the treatment won't be as effective. Call us today.