Study Offers New Hope for Depression Sufferers…

Research Shows Depression Linked to Inflammation!

NORTH PITTSBURGH – If you suffer with depression or know someone who does, then what you’re about to read may seem like it was written just for you. But first…

Have you heard of Stephen Hawking? He is widely regarded as the top mind in theoretical physics and possibly the best mind in any field. In fact, it's reported that his IQ score is around 160. (Anything over 140 is considered "genius.")

While IQ tests are great for measuring some parts on intelligence – like memory, mathematical ability, verbal reasoning, and logic – an IQ score only describes one part of the big picture. In other words, someone with a high IQ may be smart, but it doesn't necessarily make them wise.

But we're going to go out on a limb and say that not only does Stephen Hawking have a genius-level IQ, he's also extremely wise because he offers advice like this:

“However bad life may seem, there is always something you can do, and succeed at. While there’s life, there is hope.”

While there is life, there is hope. These are not hollow words from Hawking. Here is why… Hawking suffers from a rare early-onset, slow-progressing form of amyotrophic lateral sclerosis (ALS), also known as motor neuron disease or Lou Gehrig’s disease.

Hawking was diagnosed with ALS at the age of 21 and was not expected to live beyond age 25. Most people diagnosed with ALS are over 50 years old and die within five years.
Hawking is still alive today at the age of 73. The disease has gradually paralyzed him, and he lost the ability to speak in the 80s. In 1985, he began speaking through a computer system he could operate with subtle facial movements. Despite his physical limitations, Hawking spent 30 years as the Lucasian Professor of Mathematics at the University of Cambridge (the same position held by Isaac Newton), and he is currently the Director of Research at the school’s Center for Theoretical Cosmology.

While There Is Life, There Is Hope.

Here is a great example of why hope should never be lost. According to an article in FEELGUIDE, “New research is revealing that many cases of depression are caused by an allergic reaction to inflammation. Tim de Chant of NOVA writes: ‘Inflammation is our immune system’s natural response to injuries, infections, or foreign compounds. When triggered, the body pumps various cells and proteins to the site through the blood stream, including cytokines, a class of proteins that facilitate intercellular communication. It also happens that people suffering from depression are loaded with cytokines.’

“Inflammation is caused by obesity, high sugar diets, high quantities of trans fats, unhealthy diets in general, and other causes.”

Caroline Williams of The Guardian writes: “The good news is that the few clinical trials done so far have found that adding anti-inflammatory medicines to antidepressants not only improves symptoms, it also increases the proportion of people who respond to treatment, although more trials will be needed to confirm this. There is also some evidence that omega 3 and curcumin, an extract of the spice turmeric, might have similar effects. Both are available over the counter and might be worth a try, although as an add-on to any prescribed treatment – there’s definitely not enough evidence to use them as a replacement.”

Some people even believe this finding may eventually lead to a possible cure for depression. Maybe, maybe not. But…

Is There Anything You Can Do Right Now?

At the very least, start eliminating as many of the things that cause inflammation in your body as possible like processed foods, sugar, trans fats, etc. Just eliminating processed foods can go a long way in helping you reduce inflammation in the body (not to mention you'll probably also lose weight in the process).

It’s amazing that most health problems are self-inflicted. For example, a new study recently published in the journal The Lancet showed poor diet and high blood pressure are now the top risk factors for early death.

A huge 25-year international study of global causes of death showed that child and maternal malnutrition, unsafe water, poor sanitation, and lack of hand washing were the leading risks for death in 1990, but these have been replaced by dietary risks and high blood pressure.

Now it turns out inflammation caused by a poor diet may be a major player in depression as well. It’s amazing how simply eating a healthy diet has the potential to dramatically improve your wellbeing and quality of life, not to mention the length of your life…

Don’t forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We’re here to help and don’t enjoy anything more than participating in providing you natural pain relief.
Tip Of The Month

Half of Adults in the US Have Type 2 Diabetes or Prediabetes. Here's What You Can Do to Help Protect Yourself…

Diabetes is a big problem. If you have already been diagnosed, then you already know this to be true. The dangerous thing is most people with diabetes or pre-diabetes have no idea they have it, and it is silently killing them. People with type 2 diabetes are twice as likely as those without diabetes to have heart disease, and heart disease is the leading cause of death and complications for people with type 2 diabetes. It appears that diabetes can affect the structure and function of the left ventricle (the heart’s main pump) before any heart disease symptoms are obvious. Despite the importance of the heart, there are few treatment options to improve its structure and function.

According to a recent study in the Journal of the American Medical Association, in 2011-2012, the estimated prevalence of diabetes among adults in the United States (US) was 12-14%, and the prevalence of pre-diabetes was 37-38%, indicating that about half of the US adult population has either diabetes or pre-diabetes. Type 2 diabetes is out of control, and in most cases, it can be avoided through proper diet and exercise. The first step is eliminating processed foods and sugar. Just doing that can have a dramatic impact on the disease.

Besides that, exercise is a natural enemy of type 2 diabetes. In fact, a new study in Diabetologia (the journal of the European Association of the Study of Diabetes) is the first to show that high-intensity intermittent exercise training improves heart structure and benefits diabetes control in patients with type 2 diabetes. The authors write, “This study demonstrates, for the first time, that exercise can begin to reverse some of the early cardiac changes that are commonly found in people with type 2 diabetes. Interestingly, the data also suggests that this type of high intensity intermittent exercise benefits both the heart and diabetes control, but the benefits appear to be greatest in the heart. The strong positive effect of exercise on the heart is, although completely logical, a message that needs to be communicated to people with type 2 diabetes more clearly.”

They conclude, “The data reinforces how important a physically active lifestyle is for people with type 2 diabetes. Our findings also suggest that exercise does not have to be 30 minutes of continuous exercise – repeated short bouts of higher intensity exercise gives strong benefits to the heart. Getting more physically active is, quite literally, at the heart of good diabetes control.”

Remember, we’re always here to help your body heal and maintain the pain free body you deserve.

This information should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a health care professional who is familiar with your updated medical history.
Welcome New Patients

Mariah & Brianna K. from Valencia. Referred by Michelle K.  Thank you!
Casey T. from Gibsonia.
Lisa N. from Gibsonia.
Mark A. from Gibsonia. Referred by Jodi A.  Thank You!
Teresa F. from Pittsburgh. Referred by Lisa L.  Thank You!
Garrett H. from Gibsonia. Referred by Rachel T.  Thank You!
Connor A. from Allison Park. Referred by Camilla B.  Thank You!
Sandy A. from Allison Park. Referred by Camilla B.  Thank You!
Caleb R. from Cabot. Referred by Lisa B.  Thank You!
Deb M. from Gibsonia.
Jeff M. from Butler.
Michelle M. from Butler.
Erik L. from Gibsonia.
Wesley S. from Gibsonia.
Kathy J. from Mars.
Bobbi B. from Valencia. Referred by Joe B.  Thank You!
Joyce C. from Gibsonia.
Lawrence M. from Gibsonia.
Maxine N. from Gibsonia.
Cindy S. from Gibsonia.
Robert G. from Gibsonia. Referred by Mike G.  Thank You!
David A. from Allison Park. Referred by Sandy A.  Thank You!

Patient of the Month

Congratulations to Kevin C., November’s Patient of the Month!  We are excited to present Kevin with a Free 30 Minute Massage and Gift Certificate to Atria’s Restaurant as a Thank You for being an exemplary patient.
We look forward to naming each of you as patient of the month!

Patient News & Tid Bits

Our deepest sympathy to Chris C. on the passing of her mother. You and your family are in our thoughts and prayers during this difficult time.

Congratulations to Robin T. on the birth of her new granddaughter. We are so happy for you!

Congratulations to Lori W. on her recent engagement!

Please take note of our Thanksgiving Week Holiday Hours!

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<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<td>10am – 5pm</td>
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<tr>
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“You can cut all the flowers but you cannot keep Spring from coming.” ~ Pablo Neruda
Did You Know?...

Six Tips to Improve Your Mental and Emotional Well-Being!

Healthy living involves more than physical health, it also includes emotional or mental health. The following are some ways people can support their mental health and well-being:

- Get enough sleep daily: 12-18 hours from birth to 2 months; 14-15 hours from 3-11 months of age; 12-18 hours for 1-3 years of age; 11-13 hours for 3-5 years of age; 10-11 hours for 5-10 years of age; 8-1/2 -9-1/2 hours for 10-17 years of age; and those 18 and above need 7-9 hours of sleep. Elderly people need about 7-9 hours but do not sleep as deeply and may awaken at night or wake early, so naps may be needed to accumulate the total of 7-9 hours needed.
- Take a walk and reflect on what you see and hear at least several times each week. Try something new and often (eat a new food or try a different route to work).
- Exercise your mind by reading or solving a puzzle. Try to focus intensely on the activity for one to several hours, then take a break and do something relaxing (walk, exercise, or take short nap).
- Try to make some leisure time to do some things that interest you every week.
- Have fun. Go on a trip with someone you love, go shopping, or go fishing. Do not let vacation time slip away.
- Have a network of friends. Those with strong social support systems lead healthier lives.

New Exciting Developments in the Massage Department:

Ask about our new Detox massage and headache-relief massage with specially blended essential oils!

New techniques coming to Pettinato Chiropractic & Wellness Center: Lymphatic Drainage and Hawaiian Lomi Lomi massage therapies.

"All are non-invasive, effective, gentle therapies perfect for reviving the body at the cellular level."
Massage Matters  
by Kimberly Hanley, LMT

Lomi Lomi Hawaiian Massage

Unlike any other body treatment on earth, Lomi Lomi is an incredible full body massage in which the entire body is massaged. Performed for centuries in ancient Hawaiian Temples as sacred rituals, the secrets of the Lomi Lomi are only very slowly being brought to the mainland. Your therapist will use flowing strokes, working both the front and back of your body. The rhythmic waves of motion send deeply relaxing sensations to your brain. This fabulous treatment is perfect for relaxation, muscle tension, muscle pain, detoxification, increasing circulation, anxiety, depression, headaches, balancing emotions, and more.

Kimberly has trained in Temple Style of Lomi Lomi massage. A typical session takes over an hour and includes essential oil anointments in homage to ancient tradition and to honor and respect your higher self. The massage is performed unclothed but fully draped. Kimberly drapes the same way as in Swedish massage, in order to protect and respect your modesty, and to follow PA License regulations. Massage oil is used, so if you have allergies to particular ingredients, please let Kimberly know before a session begins. When you schedule a Lomi Lomi with Kimberly, you’ll schedule for a 90-minute session.

Lomi Lomi is safe for almost everyone to receive, but there are a few contraindications to be aware of: the elderly and very young (under 5yo), cancer, lymphedema, inflamed lymph nodes, acute infections, infectious diseases, fever, poisoning, and if you can’t lie flat face up or face down on the table. There are other types of massage work for such conditions. If you need to release anxiety, stress, depression, muscle tension, and activate creativity, joint mobility and balance and perception, then this type of therapy is indicated for you. Kimberly looks forward to working with you soon!
Available at Pettinato Chiropractic Center!!!

Purchase Your Friends, Family & Loved Ones a Massage Gift Certificate!!!

Massage offers Relaxation as well as Healing Properties! Enjoy the Healthy Benefits of Massage!

Watch for Our BLACK FRIDAY Special. Stop in Friday November 27th from 10:00 am until 12:00 pm to purchase an Hour Massage Gift Certificate for 40% OFF of the Regular Price! (Limit 2 per customer, Must be redeemed by February 28th 2016 for full massage value)

Product of the Month

10% Off Ultra Seasonal Protector

Natural Immune Support Formula

Combination of Western and Chinese herbs traditionally used as tonics to promote general health and well-being, as well as to support the immune response during times of stress. Get Yours Today!!!
NOVEMBER IS A MONTH OF GIVING!!

Join Us as We Prepare For the Holiday Season- Check inside for details!
This Month We are Collecting Food Donations for the Food Bank!
LOSE up to 10 POUNDS in 10 DAYS!!!

With Our Weight Loss Program that is Personalized to Your Metabolism!

1. We identify who you are, where you struggle with weight loss, what your body needs to burn fat and we will be collecting data through metabolic testing and blood work.

2. Plan Phase, you will receive Customized Nutritional Support & Supplementation, Meal Planning, and an Exercise Program!

3. Accountability, we’re here to support you! You will have a health coach, receive access to an application to track, monitor and record your calorie intake. You will be given all of the tools to help you Succeed on this Weight Loss Journey.

4. The Final Phase is the moving in the right direction phase where you will be given further instruction on how to be more physically fit. The perfect exercise program will be designed for YOU!

Get Started TODAY with the BEST PROGRAM Available!

(724) 444–6644
Fall & Winter Events

**WIN A TURKEY** - Refer A New Patient to Our Office between October 15th and November 15th & be registered to Win a Turkey from Mish’s Meat Market for your Thanksgiving Meal!

**NOVEMBER… A Month of Giving**

PCC’s Holiday Ticket Program Kicks off this month with YOU being entered to Win a Fabulous Holiday Basket!

*This November Join PCC in Donating a Nonperishable Food Item to The Food Bank!*

**DECEMBER begins Our 12 Days of Christmas Basket Program!**

The ticket program carries over from November into December

Schedule your appointments for December, refer your family and friends, schedule a massage, join us in collecting toys for Children’s Hospital of Pittsburgh and purchase products from our office for yourself or as gifts!!!

**Please Join PCC in Donating Toys and Craft Items to Children’s Hospital of Pittsburgh!** We are hoping to make the lives of those having to be in the hospital this holiday a little brighter!

*Collections will conclude on Dec 21st 2015!*

Your donations will earn you tickets toward our gift basket program!

Plan To Join Us For

**Holiday Celebration Day & Basket Distribution**

MONDAY DECEMBER 21st!!!
A Month of Giving

PCC’s Holiday Ticket Program Kicks Off with YOU being entered to Win a Fabulous Holiday Basket!

- Keep each of your scheduled visits to earn 1 ticket.
- Refer a family member or friend to earn 25 tickets.
- Donate a canned good for The Food Bank to earn 3 tickets.
- Receive a massage and earn 5 tickets.
- Fill out a Thankful Turkey and earn 1 ticket.
- Purchase a product and earn 5 tickets.

Please Join PCC in Donating a Nonperishable Food Item to The Food Bank!
Together we can give someone a reason to be Thankful this Thanksgiving Season!
THE TWELVE DAYS OF Christmas

MAKE YOUR HEALTH A PRIORITY THIS HOLIDAY SEASON!

During the hustle and bustle of the holidays, don't get caught up and forget about the most important thing—your health! You've made great progress this year and it's so important to continue your hard work and stick with your treatment plan and spend the holidays with us.

BEGINNING ON DECEMBER 1ST
We will be awarding tickets for our 12 Days of Holiday Giving.

Tickets will be awarded in the following manner:
1 Ticket - For Attending Your Scheduled Appointment
5 Tickets - For Purchasing A Nutritional Product
5 Tickets - For Each Children's Hospital Gift
5 Tickets - For A Half Hour Massage
10 Tickets - For An Hour Or More Massage
25 Tickets For Each Patient Referral

BONUS TICKETS for clinical progress

Drawings Held Daily December 1-19

OPEN HOUSE
Refreshments & Holiday Cheer. Gifts For Everyone December 21

PICTURES WITH SANTA and kids can paint their own ornament

PETTINATO Chiropractic and Rehabilitation Center

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