

Do you need help
Managing stress?

Let us know!

1 Free Chiropractic Consultation

1 Free Report of Findings

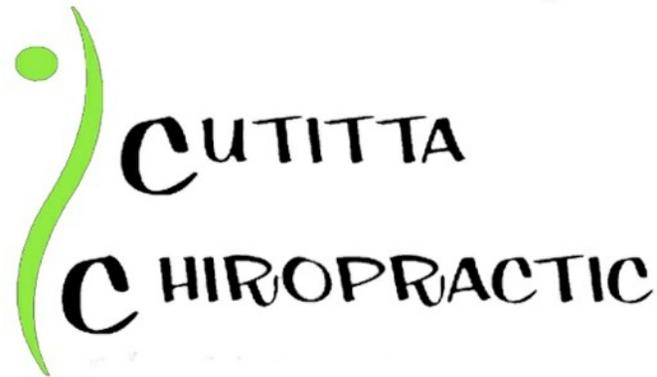
And when you come in for those visits get

1 FREE 30 Minute Massage!

New patients only. This certificate may be used for bodyworks sampler only and is not redeemable for cash. All Medicare Rules apply.

Complimentary consultation is for a pre-acceptance interview only, and does not cover any chiropractic services or procedures. Free Massage gift card will be issued on the Report of Findings visit and will be valid for 1 year following your report off findings. Cutitta Chiropractic reserves the right to change the contents or expiration date of this promotion at any time without notice. Transferable with recipients permission only.

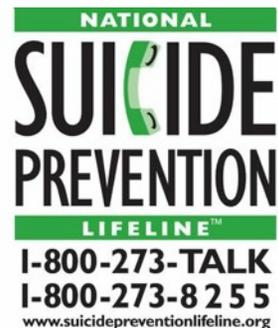
Contact the office today to
make your appointment!
See inside for savings!



412.325.4100

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Pittsburgh, PA 15201

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How we help:
Stress
Management



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The Causes of stress:

- ▶ Environmental Stress: Noise, weather, physical threats, time pressures, performance standards
- ▶ Physical Stress: Disease, organ malfunction, poor sleep, physical injury
- ▶ Emotional Stress: Reactions to environmental and physical stresses, different external stressors can affect each person differently.

The long term effects of stress on your body:

- ▶ High blood pressure
- ▶ Damage to muscle tissue
- ▶ Damage to immune response
- ▶ Slowed healing from disease and injury
- ▶ Increased risk of cardiovascular disease
- ▶ Chest pain
- ▶ Depression
- ▶ Panic attacks or generalized anxiety disorder

The signs and symptoms of stress:

- ▶ Headaches
- ▶ Dizziness or vertigo
- ▶ Digestion problems
- ▶ Increase in, or loss of, appetite
- ▶ Muscle tension in neck, face and shoulders
- ▶ Increased fatigue or exhaustion

What can our office do to help with managing stress?

- ▶ Chiropractic adjustments are shown to increase white blood cell counts in the hours following the adjustment. This can help your body fight disease, increasing your immune response.
- ▶ Chiropractic adjustments reduce nerve irritation and inflammation
- ▶ Both chiropractic and massage therapy can reduce muscle tension caused by stress

What can you do to help with managing stress?

- ▶ Ask yourself what you can do about the sources of your stress. Think through the pros and cons. Take action where you can.
 - ▶ Keep a positive, realistic attitude. Accept that although you can't control certain things, you're in charge of how you respond.
 - ▶ Stand up for yourself in a polite way.
 - ▶ Learn and practice relaxation techniques like breathing exercises, meditation, prayer, or tai chi.
 - ▶ Exercise regularly.
 - ▶ Eat healthy. Avoid too much sugar. Focus on fruits, vegetables, whole grains, and lean protein. Avoid less-nutritious comfort foods.
 - ▶ Say no, where you can, to things that would add more stress to your life.
 - ▶ Make time for hobbies and interests.
 - ▶ Get enough rest and sleep. Your body needs time to recover from stressful events.
 - ▶ Don't rely on alcohol, drugs, or food to help against stress. Ease up on caffeine, too.
 - ▶ Spend time with people you love.
 - ▶ Seek professional help if needed



Meet Dr. Cutitta

Dr. Cutitta has been practicing chiropractic care since 2004. After seeing how chiropractic care helped his parents, he wanted to provide the same care to his own patients. He is committed to providing excellent care and helping his patients achieve optimal health and well-being.

Through years of experience, Dr. Cutitta can pinpoint the source of a patient's pain. "We can pretty much treat every joint in the body - head to toe". Though his primary complaints are headaches and backaches, Cutitta Chiropractic has treated patients with injuries and pain in all areas of the body.

Our office

In addition to providing excellent care, our office is dedicated to helping in the local community. Through continued community outreach, including lectures, pamper events and fundraising opportunities, he tries to give back as much as he receives.

If you have any questions for our office, don't hesitate to ask us! We always want to keep communication open between ourselves and our patients, and genuinely care about every question we receive