



Creating Health

Providing knowledge to help you take control of your health and feel better

Brought to you by

Wilmington Clinic

Dr. Michael J. Fiscella DC
4918 Weber Road
St. Louis, MO 63123
314-353-1477



Dr. Fiscella has been in practice for over 35 years and holds the following certifications and licenses:

- Board Certified
Chiropractic
Orthopedist
- Certified Acupressure/
Nimmo Technique
Instructor
- Graston Technique®
Certified
- Licensed
Acupuncturist
- Certified EndoNasal
Instructor

Services Provided

- Myofascial Release
- Trigger Point Therapy
- Graston Technique
- Acupuncture
- Acupressure
- Orthotics
- Nutritional Counseling
- Spinal Decompression
- Sports Rehabilitation
- EndoNasal Technique

We are participating providers for many HMO's and PPO's.

Cure for the Common Cold and Cancer!

Doctors have been searching for a cure for cancer and the common cold (along with a host of other diseases) for decades, but have they been looking in the wrong place? We say yes! In this fast-paced, high-tech, quick-fix-oriented society, we often forget the most basic fact...like Dorothy in the Wizard of Oz, we've had what we need within ourselves all along.

Our bodies are designed and made with incredible healing powers and amazing systems which eliminate germs that cause the common cold, flu and all sorts of other infections. These same systems also eliminate mal-formed cells that eventually become cancer or already *ARE* cancer. The more you reinforce these miraculous systems in the body and the less you interfere with them, the more efficient your body is going to be able to do what it knows how to do...keep you healthy! It seems that somehow many of us have lost faith in the natural powers of the human body. Or, we've just gotten too wrapped up in life and have stopped paying attention to the simple things we can do to keep our innate powers intact!

In addition, traditional medicine tends to think in terms of "one cause, one cure". In alternative medicine (or natural medicine) we understand that usually many factors come together to cause illness and many factors come together to reinforce the natural, innate healing process. The "many factors" may include mental/spiritual issues, environment, lifestyle and physical health. The physical side of keeping us healthy includes having multiple systems working well together—such as the immune, endocrine, nervous and detoxification systems. As much as we'd all like to have a single pill or single treatment "cure" our cold, eliminate cancer and heal whatever ails us, this just isn't how the physical body is actually designed to work.

Throughout your life you have two major choices to make (which manifest as many little choices to make throughout every day): To participate in activities which support your body's innate powers of healing and move you in the direction of health, energy and productive longevity, or to participate in

activities which weaken your body and move you in the direction of illness, fatigue and premature death. Health or illness isn't a matter of one action—it is the sum total of your actions that move you in one direction or the other. The choice of how healthy you want to be is yours!

Luckily, you don't have to be perfect and take the "right" actions every single time. The body is adaptable and capable of handling some dietary and lifestyle imperfections. The healthier you are in general, the more your body is going to be able to kick in its innate powers to clean up after you. However, for those who have already declined into states of illness, you might have to be more strict in the beginning in order to reach a point of enhanced adaptability.



We all know the basics of what we need to do to move in the direction of health...

- Eat wholesome, unprocessed, organic foods as much as possible.
- Exercise or play sports, dance...move!
- Avoid toxic substances in your air, water, food, cleaning products, personal hygiene products.
- Keep your nervous system free from interference through chiropractic care.
- Get plenty of sleep and "down time".
- Avoid biologically incompatible people (those who irritate or belittle you).
- Keep up good oral hygiene with brushing, flossing and regular dental cleanings and check-ups. Bacteria in the mouth can be a MAJOR drain on your immune system.
- Take action to ensure your body is teaming with healthy bacteria (friendly bacteria, probiotics).

This last item is of such vital importance (particularly with regards to handling infections, cancer, and toxins) that we've put together a special article that goes into detail on this aspect of health. Please ask for a copy from our front desk next time you are in the office. We are here to support your path to wellness so we hope to see you soon!

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www.thewilmingtonclinic.com

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St. Louis, MO 63123
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Office Hours:

Mon, Wed, Thurs 11am -6 pm
Tuesday 8-11 am
Friday 6-11 am

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Information is Power!

Empower yourself by learning more about our specific techniques and strategies to maintain optimal health! Tell your friends/family so they can benefit too.

Check out our new informative videos and blog at:
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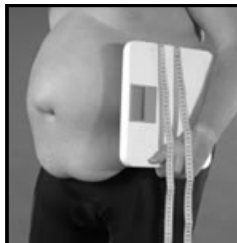
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Metabolic Logic

Metabolism – you hear a lot about speeding it up, how it slows down with age, ways to jump-start it so you can lose weight. But what is metabolism and how does it work?

Metabolism is the way your body converts the calories from the food you eat into the energy that your body needs to run your bodily processes. Metabolism refers to everything from the creation of new cells, the repair of injuries, regulation of temperature and the performance of the myriad of activities your body performs daily, such as digestion.

Maintaining a properly functioning metabolism is critical to keep your body functioning properly and controlling your weight. Generally, the faster your metabolism works, the leaner you are; if your metabolism is slower, it is usually easier for you to gain weight.



After you ingest a meal (calories) your metabolism breaks down the food into the energy that your body needs to run properly. Your pancreas and thyroid also break down the food that can be further reduced into sugars, amino acids and fatty acids. These three types of energy are transported to all of the cells in your body, through your bloodstream. Any leftover energy is stored in your body, usually as fat. Think of it as your body's "saving-for-a-rainy-day" reserve.

It's counter-intuitive, but to lose weight you want to eat at least three meals a day, along with a couple of snacks. If not, your metabolism slows down and your body goes into "starvation mode." Eating smaller meals, more frequently, can actually help you lose weight.

Another way to speed up metabolism is through exercise. It is recommended that you exercise for 30 minutes as often as four to five times a week. Keep in mind that your metabolism may stay elevated for up to 12 hours after you exercise.

People who suffer from diabetes and thyroid problems often have slower metabolisms. In addition, genetics may be a factor in your metabolism. As is your nervous system which of course is the focus of your chiropractic care.

Pain's Purpose

Pain causes you to pay attention to something that has ceased working correctly. It's a warning that a limit of some type has been reached in terms of function and that the body is not equipped to handle the activity and is unable to adapt further. It's a not-too-subtle way your body alerts you that a change in your action is required.

In many ways, pain is a good thing. It's only when we misinterpret the pain or make it go away without tending to its underlying cause that we get into trouble. That's what happens when we start popping pain medication to "make it go away."

Many people begin care in our practice because of a painful symptom. Naturally, we show our compassion, but our primary interest is in the underlying cause of the pain. Numbing the body with drugs to hide the pain may be convenient, but in the long run, expensive. And drugs simply mask the pain; they cannot "make it go away."

We can. Because we take a more natural approach.

It begins with a thorough examination. Plus, we'll ask about the various physical, emotional and chemical stresses you may be experiencing.

If you know someone who regularly takes pain medication to suppress their ability to sense pain, urge them to consult our practice. We promise to help identify the underlying cause of their problem and offer safe and natural solutions to their body's cry for help.

