



# Creating Health

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

Brought to you by

## Wilmington Clinic

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Dr. Fiscella has been in practice for over 30 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.

## Is Antibacterial Soap Really Necessary?

By the looks of most bathrooms these days, just about everyone is using antibacterial soaps. In fact, it can take considerable detective skills to locate soap that *isn't* antibacterial.

Advertising teaches us to fear germs. You sell more antibacterial soap that way. It's even marketed as a preventative measure against colds and flu. The problem? Colds and flu are *viral*, so anti-*bacterial* products have no effect.



Antibacterial soaps contain carcinogens, are no more effective in killing germs than regular soap and are probably responsible for breeding stronger, more resistant strains of bacteria.

The U.S. Center for Disease Control agrees. It recommends that the most effective way to reduce the spread of infectious disease is washing our hands. But anti-bacterial soaps are not necessary. Neither is scalding hot water, since our hands can't withstand the temperatures necessary to kill germs with heat.

Experts recommend that you use a combination of soap and comfortably warm water. Rub all surfaces of the hands for at least 20 seconds, especially under your fingernails. The soap and scrubbing action, along with the slippery surface created by the soap, do the trick.

## How to Catch a Cold

Some people seem to expect a bout with a cold or the flu each year. If you

haven't had your quota yet, here are some things you can do:

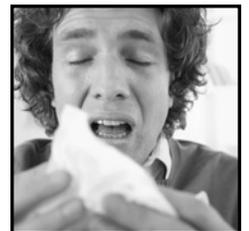
**Eat a poor diet.** If you want to catch a cold, make sure your body lacks the vitamins and minerals it needs. Eat lots of processed foods.

**Avoid adequate rest.** Deprive yourself of adequate rest. Stay up late and reduce the time you sleep as much as possible. Use tobacco, coffee and other stimulants to fool yourself into thinking you have more than enough energy.

**Stop exercising.** Unlike the circulatory system, your lymphatic system depends upon exercise and movement to circulate these germ-fighting fluids, so sit on the couch and stare at the TV.

**Think negative thoughts.** Look for opportunities to imagine having a cold. Pay attention to news reports about outbreaks of the flu and pay close attention to advertising that sells medications for cold sufferers.

**Invite stress.** Stress yourself physically with extreme temperature and humidity changes. Stress yourself mentally with constant worry.



**Become dehydrated.** Avoid drinking enough water. Reduce the effectiveness of your natural defense mechanisms by avoiding fluids.

**Forget your appointments.** Ignore your nervous system, the master control of your immune system. Avoid these preventive strategies and shun our suggestions of periodic chiropractic checkups to help you stay well.

### Office Hours:

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

Our intent is to inform, not annoy. If you would like to be removed from our mailing list, please call us.

## Why do we do Myofascial Release? *Because it works!*

**Myofascial Release Decreases Pain:** When a person has been in pain for a long time it causes both physical and emotional stresses on the body. Pain patterns evolve and often the person feels like "the pain is everywhere." Myofascial Release does not only work on the painful areas, but addresses the areas of dysfunction throughout the body. That is why this technique is so successful when so many other techniques have failed. Myofascial Release allows the body to heal by allowing the blood, lymph, and nerve receptors to work more effectively and by the release of endorphins, the body's natural pain killers thus eliminating the need for prescription drugs.

**Myofascial Release Strengthens The Immune System:** The immune system is a major factor in the body's battle to ward off infection and heal injuries. Fascial pulls cause the lymphatic flow to become sluggish. This, compounded by a less active lifestyle or limitations in movement because of pain, creates even more dysfunction in the lymphatic system. Myofascial Release increases the circulation of lymph throughout your body which thus speeds up your recovery from injuries and illness.

**Myofascial Release Improves Nerve Function:** Nerve pain presents itself as numbness, tingling, or pain into one's arms and legs. These symptoms are often created by fascial adhesions pressing on your nerves. Myofascial Release relieves the pressure that is placed on these nerves bringing a new awareness to areas affected. That is why other therapies alone do not work.

**Myofascial Release Increases Blood Circulation:** Fascial adhesions decrease blood circulation by compressing the arteries. This added pressure to the system places stress on your heart and creates painful and cramping extremities. Myofascial Release increases in blood flow which allows nutrients to get to your tissues and metabolic wastes to be taken away. Many circulatory conditions can be helped or alleviated by freeing the fascia that is preventing the system from functioning effectively.

## 10 Reasons NOT to Eat Sugar!

Many of us eat the equivalent of 53 teaspoons of white sugar every day! Here are ten reasons to avoid refined (white) sugar:

1. Sugar contributes to tooth decay because it decreases the effectiveness of a particular type of white blood cell that "eats" harmful bacteria.
2. Sugar causes the body to release more adrenalin, a stress hormone which isn't good.
3. Calcium loss in urine occurs when a person consumes a soft drink containing sugar.
4. Ingesting sugar makes the pancreas work harder to produce insulin. Diabetes results when the overworked pancreas can no longer eliminate sugar from the blood stream.
5. Bleached with chlorine, when white refined sugar is exposed to certain organic compounds it converts to dioxin, which is a lethal compound.
6. Sugar can hinder weight loss because high insulin levels cause the body to retain any excess carbohydrates as fat.
7. Sugar increases the likelihood of chronic fatigue.
8. Sugar increases mood swings, irritability and anxiety.
9. Sugar compromises the immune system because it lowers the efficiency of white blood cells for a minimum of five hours after ingesting the sugar.
10. Eating sugar can decrease helpful high-density cholesterol (HDLs) and result in an increase in harmful cholesterol (LDLs).

Need to sweeten your food? Try liquid stevia or honey – both are safe and simple alternatives.