



Creating Health

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

October 2008
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

Services Provided

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

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

Organic Whole Food Complex Supplements

Research has shown that vitamins found in food (i.e. the way nature has made them) are essential for normal functioning of human cells and hence organs, systems, tissues, etc. However, profit motivated people and companies looked for ways to capitalize on this fact and did two main things:

- 1) Manufactured synthetic (man-made) vitamins, minerals, etc. which attempt to mimic the real things. These supplements are chemicals, not food.
- 2) Extracted parts of food and created "natural" supplements which are actually only fractions of a food (and hence not really natural because they are incomplete). These we refer to as fractionated vitamins or vitamin isolates.

In both instances, the claim (whether implied or directly stated) is that these supplements are beneficial for a person to take. This is a false assumption!

The basic problem is as follows: In nature, vitamins never exist in isolation...they exist within a **complex** of other nutrients (synergists and cofactors) - amino acids, enzymes, trace minerals and other things that scientists haven't even identified or studied yet. The body needs to have the full array of nutrients in the complex to utilize any of them well.

Judith DeCava CN, PhD, in her book "*The Real Truth About Vitamins and Antioxidants*", states: "Synthetic, fractionated, crystalline-pure vitamins are not whole, natural compounds; they are not food which human systems can utilize as nutrients, with which human systems

are familiar, and which will not disrupt normal biochemistry. How could any scientist say that the body does not know the difference between natural and synthetic vitamins? The fact is that medicine has become addicted to the administration of vast quantities of non-biological medications - including synthetic vitamins. Such synthetic drugs tend to mask the difficulty, not eliminate it...they contaminate the internal environment [of the body]...is it any wonder that results of studies using synthetic vitamins are mixed, that is, good and bad effects occur, some studies indicating relief of symptoms or some other benefit while others do not; some show toxic or adverse effects to lesser or greater degrees depending on the chemical used and the amounts administered."

DeCava goes on to say " A vitamin supplement, then, cannot simply be an individual chemical or several chemicals. Supplements must be food concentrates,

intact, integrated, with their vitamin complexes incorporated so as to retain their functional and nutritional integrity. They must contain all the factors indigenous to food that make up the vitamin's organic unity and entirety. With foods and food concentrates - containing whole nutritional complexes - the body can choose its

needs for assimilation and excrete what it does not need; this is called 'selective absorption.' On the other hand, with fractionated or isolated and/or synthetic vitamins, there is no choice; the body must handle the chemical in some manner and can suffer consequences of biochemical imbalances and toxic overdose."

A common reason some people use for preferring synthetic, fractionated

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Office Hours:

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



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supplements over whole food complexes is that you can get much higher amounts of each “nutrient”. However, taking more of a potentially toxic, unnatural substance that the body can’t utilize does not mean you will get more benefit. It only means your body has to work harder to cope with the additional stress you just put on it. We are trying to help the body heal itself and to do that, it needs nutrients that it recognizes, can use and which will not create further imbalance and toxic stress!

You can’t put orange juice in your car’s gas tank and expect it to run. Likewise, a body is meant to run on specific fuel—substitutes will not do!

Probably 99% of the vitamin and mineral products sold in a grocery store or health food store are going to be synthetic or fractionated vitamins. Please don’t waste your money on these products! We need to give the body what it is suppose to have to function—whole foods and whole food complex supplements

One of the best whole food product lines and the ones we use primarily is Standard Process®. This company has been providing high quality whole food supplements to licensed healthcare practitioners since 1929. They have excellent quality control mechanisms (including growing much of their ingredients on their organic farm) and a wide variety of products which enable practitioners to zero in on what will work best for each individual.

There really is no one-size-fits-all pill you can take. When correcting long standing problems and deficiencies, there are certain products that will help more than others. This is where we come in...to help determine what is going to bring the best and fastest results for each individual person’s situation.



Take a look at our new website:

www.thewilmingtonclinic.com

Sinus Problems? Seasonal Allergies? We Can Help!

Having a chronically stuffed up nose is not only irritating, it also interferes with sleep and breathing....which are both rather important for your health!

We have a technique we can do in the office called nasal irrigation or nasal lavage which is a personal hygiene practice in which the nasal cavity is washed to flush out excess mucus and debris while moistening the mucus membranes of the nose and sinuses. It has been practiced in India for centuries as one of the disciplines of yoga. Clinical testing has shown that this is safe and beneficial with no significant side effects.

The procedure might feel a little funny the first time, but it isn’t painful or irritating. And, the results are quite remarkable. So, let us know if you are having sinus problems and we’ll clear things up in no time!

