



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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Both Dr. Fiscella and Dr. Cantrell are committed to helping clients of all ages achieve optimal health utilizing effective chiropractic, nutritional and energetic methods.

With decades of clinical experience as well as several advanced certifications between them, they are pleased to offer evidence-based services which improve the health and lives of those they serve.

Services Provided

- Myofascial Release
- Trigger Point Therapy
- Graston Technique
- Acupuncture/Pressure
- Nutritional Counseling
- Spinal Decompression
- Sports Injury/Rehab
- Orthopedic Treatment – Acute and Chronic
- Sinus/Allergy Treatment
- Auto/Work Injuries
- Digital X-rays
- Cold Laser Pain Control
- Weight Management
- Pregnancy & Pediatrics

Most Insurances Accepted

Lessons Learned from a Pandemic

With the hectic lives we tend to live, it can be easy to put healthy routines on the back burner. Then, along comes a potential threat. A new virus that is affecting those with underlying health issues proportionally more than others. Suddenly, taking good care of our health becomes acutely important. The vast majority of people who have gotten this virus have overcome it without difficulty. So we all need to strive to be one of these people! Here are a few lessons we hope we all have learned over the past few months:

MAINTAINING GOOD IMMUNE HEALTH

Some said early on that this virus was more dangerous because it is new and thus we do not have immunity to it. While it is true that once you get a virus, you develop antibodies to it and are better able to respond to it in the future, it isn't really accurate to say we have NO immunity to it upon first exposure. Our immune systems are brilliant. Our bodies are designed to recognize foreign invaders and handle them even if we have never seen them before. The key is to keep your immune system strong and balanced with a healthy diet, exercise, chiropractic care and specific supplements.

In our last newsletter, we covered how chiropractic care helps immune health (please go to the "Health News" tab on our website to find the Jan 20 newsletter.)

There are also specific supplements that are known to facilitate a strong immune system including Immuplex and Epimune Complex by Standard Process. These whole food formulas were developed specifically to strengthen the natural immune response in the body so that an infection has less of a chance to take hold.

Plenty of research over the past decades has also shown us that vitamins C, D, and A support immune health. In addition, the minerals zinc and selenium have also been shown to be beneficial. Quercetin has been shown to help get zinc into the cell and is therefore referred to as an ionophore*.

Per the article referenced below, it is important to look at the whole picture: "Despite zinc being recognized as a crucial

factor for the proper functioning of the immune system, increased susceptibility to infections and other immune dysfunctions could be the consequence of one or more nutrient deficiencies. The same dietary factors leading to deficiency of one micronutrient often cause deficiency of other micronutrients. Additionally, supplementation of one micronutrient in high doses may exacerbate the status of other micronutrients, which can be seen in the case of iron supplementation impairing zinc uptake."**

We have to be careful to keep things in balance. The body, with its infinite wisdom, utilizes many vitamins, minerals, enzymes and cofactors in a coordinated fashion to appropriately respond to an invader whether it be a virus, bacteria, fungus or toxin. This is why we are advocates of addressing nutritional needs with a wholesome diet and whole food supplements.

BALANCING INFLAMMATION

The body responds to infections, injury and toxins with inflammation. If the original assault continues and the body hasn't been able to adequately eliminate it, the inflammation becomes chronic. In acute illness, the body can become overwhelmed by inflammation and

decline rapidly. It's important to decrease overall inflammation before you get sick so that an acute increase doesn't put you over the edge. An anti-inflammatory diet, chiropractic care and detoxification will help.

A HEALTHY GUT IS VITAL

Managing inflammation and overall immune health has a lot to do with your gastrointestinal system as well. An overgrowth of fungi or "bad" bacteria, leaky gut, food allergies, and undigested food can all create a cascade of effects that decrease your body's ability to respond well to viruses and toxins.

As always, it is never just one thing. Multiple factors come in to play when creating overall health and resistance to germs.

As always, we are here to help you sort out your own individual needs.

References:

* Zinc ionophore activity of quercetin and epigallocatechin-gallate: from Hepa 1-6 cells to a liposome model. J Agric Food Chem. 2014 Aug 13;62(32):8085-93. doi: 10.1021/jf5014633. Epub 2014 Jul 31.

** Zinc in Infection and Inflammation. Nutrients. 2017 Jun; 9(6): 624.



As an Essential Service....We are Open and Adapting!

Wilmington Clinic has been serving the St. Louis area for 81 years with Dr. Fiscella at the helm for the last 43 years. Dr. Cantrell was a great addition five years ago and our newest doctor, Dominic Caruso just joined us in January 2020.

All of our doctors are trained in the same methods and utilize non-thrusting adjustment, endonasal sinus treatment, Graston technique, nutritional consultation, and much more (see sidebar on the reverse side).



Since this virus has unfolded, we have been taking extra care to make sure our patients, doctors and staff are safe. We employ extra sanitizing measures and are spacing out appointments so that we can keep social distancing in place.

We are sure you've heard this but it bears repeating.... fear, isolation, loneliness, anxiety, stress and lack of purposeful productivity can all decrease your immune system and overall health. So with this in mind, we hope you are able to keep up with healthy lifestyle practices and build even healthier habits that will help you through this time as well as through any future stressors life throws our way. Learn new recipes, develop a healthy exercise routine, develop stress management techniques, etc.

We are happy to help you in whatever way we can and hope you will continue your natural healthcare with us so you can stay as resilient as possible. And remember, your body has an innate intelligence that knows how to maintain and heal itself (after all, it built itself from the ground up starting with just 2 tiny cells!) BUT...you have to give it what it needs and avoid what harms it.

Be safe. Be well. Stay strong.

WILMINGTON

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Office Hours:

Mon, Wed, Thurs 11am -6 pm
Tuesday 8-11 am
Friday 6-11 am
Saturdays from 9-12
(by appointment only)

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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:
www.thewilmingtonclinic.com

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

Germ Theory vs Cellular (Terrain) Theory

Scientist Louis Pasteur developed pasteurization of raw milk to kill bacteria and prevent infections. The idea is that "germs are bad" and that they are the cause of disease and ill health. This germ theory is a key concept in western medicine.

Also in 19th century France, another French scientist named Antoine Bechamp advocated a conflicting theory known as the "cellular theory" of disease. Bechamp noticed that it was only when the tissue of the host became compromised that germs began to manifest as a prevailing symptom (not cause) of disease. To prevent illness, Bechamp advocated the cultivation of health through diet, hygiene, and healthy lifestyle practices. If the person has a strong immune system and good tissue quality (or "terrain"), germs will not manifest in the person, and they will have good health. It is only when their health starts to decline (due to poor diet and lifestyle choices) that they become victim to infections.

A person's terrain can be deteriorating long before a diagnosable disease manifests. So-called "healthy" people who succumb to viruses may actually have several non-optimal situations in their body that have just not been detected by western methods. Common underlying conditions can include leaky gut and an imbalanced microbial balance, congested liver (which causes a backlog of toxins in the kidneys, lung and skin), and low thyroid function which can affect almost every aspect of metabolism and enzyme function in the body. When we don't nourish our body well, allow toxic substances into our body, and live with stress and lack of exercise, our body cannot function as it was designed and withstand assaults from the outside.



Inhibiting the germ with natural, non-harmful approaches while you build health is probably the best approach... especially with particularly strong germs .

Like an organic garden with proper nutrients, pH and good microbes, when your body is well tended, insects (germs) cannot take hold and healthy vegetables (cells and tissues) can flourish!