



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, Dr. Cantrell and Dr. Caruso 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

So Many Diets...It Can Get Confusing!

If you read anything at all about nutrition, you've likely come across a variety of diets which all tout health benefits and claim to be the best. Here's a little breakdown on the most common diets and a commentary that, hopefully, makes it all less confusing!

Standard American Diet (SAD)

This is the most common diet in the US and includes sugar, fried foods, trans fat, prepackaged foods, GMOs (genetically modified organisms), foods filled with pesticides and other chemicals/additives that keep you addicted and cause you to gain weight. These foods have low nutrient levels and because you aren't getting what you need, you tend to eat more in an effort to compensate.

Paleo

The paleo diet is designed to resemble what our hunter-gatherer (Paleolithic) ancestors ate thousands of years ago. Researchers believe their diets consisted of whole foods such as meat, fish, eggs, vegetables, fruits, nuts, seeds, herbs, spices, healthy fats and oils. Foods to avoid would include grains, sugar, processed foods, most dairy products, legumes, vegetable oils, artificial sweeteners, margarine and trans fats.

Atkins

The Atkins diet is a low-carb diet, usually recommended for weight loss. Proponents of this diet claim that you can lose weight while eating as much protein and fat as you want, as long as you avoid foods high in carbs. The Atkins diet was originally promoted by the physician Dr. Robert C. Atkins, who wrote a best-selling book about it in 1972.

Keto

The ketogenic diet (or keto diet) is a low-carb, high-fat diet that shares many similarities with the Atkins diet, but with a bit higher fat content. It involves drastically reducing carbohydrate intake and replacing it with fat. This reduction in carbs puts your body into a metabolic state called ketosis. When this happens, your body becomes incredibly efficient at burning fat for energy. It also turns fat into ketones in the liver, which can supply energy for the brain.

Ketogenic diets can cause massive reductions in blood sugar and insulin levels.

Mediterranean

The Mediterranean diet is based on the traditional foods that people used to eat in countries like Italy and Greece back in the 1960's. The basics include eating vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, breads, herbs, spices, fish, seafood and extra virgin olive oil and eating in moderation poultry, eggs, cheese and yogurt.

Vegan/Vegetarian

Plant-based diets have been popular for centuries because of the health benefits. Vegetarian diets contain various levels of fruits, vegetables, grains, pulses, nuts and seeds. The inclusion of dairy and eggs depends on the type of diet you follow. The most common types of vegetarians include:

- **Lacto-ovo vegetarians:** Vegetarians who avoid all animal flesh, but do consume dairy and egg products.
- **Lacto vegetarians:** Vegetarians who avoid animal flesh and eggs, but do consume dairy products.
- **Ovo vegetarians:** Vegetarians who avoid all animal products except eggs.
- **Vegans:** Vegetarians who avoid all animal and animal-derived products.



So what are we supposed to eat?

The simplicity of it is...the more your food is unaltered and in its natural form, the better. Chemicals don't belong in our food or in our bodies. So, start there. Our nutritional needs can fluctuate depending on the season, age, energy demands, ancestral heritage, etc. We all need protein, fat and carbohydrates but the RATIO of what we need can vary. Some do well with a 100% plant-based diet and some need animal protein. In the summer, we usually feel like more fruits and vegetables but on a cold winter night, we might want a beef stew. Once you clean out the chemicals from your diet, it will be easier to tell what your nutritional needs are because your body will tell you. Pay attention to how you feel and adjust until you find what works for you. If you can, attend our upcoming classes (see reverse side) and ask questions!

Join Us for Three Nights of Information and Good Food!

Comparing a Plant-Based Diet and the Standard American Diet (SAD)

Dr. Fiscella is teaming up with Heidi Miller, an expert on the topic of veganism, to bring you three nights of good food, good information and good fun! All 3 nights are free...so please join us and invite your friends.

They will be breaking down the difference between these two very different, but very relevant, diets.

- Find what diet works best for you
- Learn the benefits of adding more vegan meals into your daily diet
- Sample tasty meals that you can easily prepare at home

Please call us to RSVP so we can make sure we have enough delicious food on hand for everyone: 314.353.1477

Dates

October 12, 19 & 26

Location

Faith Church
13001 Gravois Rd.
St. Louis, MO 63127

Time

7:00-8:00 PM

Cost

Free!

WILMINGTON

CLINIC

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www.thewilmingtonclinic.com

Open 6 Days a Week

We have morning, afternoon and evening hours M-F and Saturday morning hours

Call for an appointment!

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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.

Three Doctors Here to Help

With three full-time doctors available to serve you, we are able to offer appointments 6 days a week.

All of our doctors are trained in the same methods and utilize non-thrusting adjustment, endonasal sinus treatment, Graston technique, cupping, nutritional consultation, and much more (see sidebar on other side). Dr. Cantrell has a special interest and proficiency with pregnant women and children whereas Dr. Caruso has an affinity for sports performance and sports injuries.

We continue to take 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. Keeping yourself strong, healthy and resilient is your best defense against colds, flu's and Covid!



Why Do I Need to Avoid GMOs?

Genetically modified organisms (GMOs) are living organisms whose genetic material have been artificially manipulated in a laboratory through genetic engineering. This creates combinations of plant, animal, bacteria, and virus genes that do not occur in nature or through traditional crossbreeding methods. The vast majority of GMOs are engineered to withstand herbicide application or to produce insecticide within the cells of the plant. Among other things, the insecticide activity within the plant will act as an antibiotic in your intestines and kill off the good bacteria you need to be truly healthy.

If you don't make a conscious effort to avoid GMOs, you could be sabotaging your health efforts even if you are eating a whole food diet! It's a really big topic. We encourage you to learn more by visiting responsibletchnology.org or nongmoproject.org