



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

Photobiomodulation...What?!

Yes...that is a big word...and it hasn't even made it's way into modern dictionaries yet. So let's break it down. **PHOTO** refers to light; **BIO** refers to living cells; and **MODULATION** means to regulate or adjust; soften; tone down. So, basically, photobiomodulation means using light to help the cells of the body function better.

Photobiomodulation Therapy (PBMT) is a broad term used to describe therapies which involve using light to help the body repair itself, to reduce pain and inflammation and to heal. A variety of therapies can fit under the category of PBMT and the one we use in our office is the cold laser (also referred to as low level laser).

How Does Light Help The Body Heal

Light is crucial for all cells in the body to function well. Light penetrates the cell and goes into the mitochondria.

This is where ATP (adenosine triphosphate) is made —which is a vital substance necessary for the creation of energy within the cell. With adequate ATP and energy production, the trillions of cells in our body are able to perform the millions of tasks they need to perform throughout our tissues, muscles, organs and glands.

Light also helps release nitric oxide from the cells and one of the effects of this is to create vasodilation (widening of the blood vessels). This increases blood flow to the surrounding areas which in turn reduces inflammation and pain.

Benefits of Cold Laser/PBMT

- Effective for a variety of conditions, including tendinitis, back pain, neck pain, injuries, Fibromyalgia, and TMJ.
- Reduces pain and inflammation and strengthens damaged tissue.

- Accelerates the healing process and thus reduces recovery time.
- Improves flexibility and function.
- Can help you avoid or reduce medications.
- No serious side effects.
- Non-invasive

Some of the most effective ways we use cold laser is for acupuncture and trigger point therapy. In acupuncture, we use needles to unblock and rebalance energy within the meridians. But we can also use the cold laser to accomplish the same results and without the need to put needles into a person (which, some people don't like). A nice review of laser acupuncture can be found at:

www.ncbi.nlm.nih.gov/pmc/articles/PMC6604908/

Targeting trigger points with the laser is another great way to eliminate pain, decrease inflammation, improve circulation and improve muscle and joint flexibility.



Unlike many chiropractic clinics, here at the Wilmington Clinic, we have always been about the fascia and muscles. Muscles move bones; bones don't move muscles. Cold laser therapy fits well with our approach to

chiropractic care because it breaks up tight fascia and helps re-align the fibroblasts (cells that provide the structural framework for the fascia) so that we can help you decrease pain, improve function, and ultimately, keep your skeletal system well-aligned!

Insurance Coverage

We have recently increased the number of insurance companies with which we are in-network — so this helps our insurance patients overall.

But even better news is that insurance companies are all pretty good about covering acupuncture treatments and this includes, laser acupuncture!

Your Liver is Your Unsung Hero

We don't give the liver enough credit or enough attention. It's a workhorse that actually has a lot to do with our overall health and energy. Since our environment has more toxins in it than ever before and since our bodies produce toxins of its own everyday, all day, it is vital that these toxins get neutralized and eliminated on a regular basis. If not, it can effect our heart, brain, bowels, etc—basically, anywhere the blood flows (which is everywhere).

But, besides handling toxins, the liver has about 500 other functions which include: Balancing hormones, transforming and storing nutrients so they are available and can be used by our cells, regulating cholesterol and eliminating excess fat, producing proteins that help regulate blood clotting, fighting infection by removing bacteria from the blood, assisting



in the regulation of blood sugar and helping our digestive system function well.

It has been estimated the liver can have 70% damage before problems show up on blood tests. So it's vital to pay attention to **symptoms** of poor liver function and not just rely on tests. Our Standard Process Symptom Survey is an great place to start in evaluating your liver.

The good news is that liver dysfunction can usually be reversed. Diet, targeted whole food supplements, acupuncture and simple lifestyle changes can help your liver immensely. Because of the liver's many roles, a comprehensive program which addresses liver health can go a long way in preventing and healing many problems throughout the body. Let's be proactive and address your liver now!

WILMINGTON

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www.wilmingtonclinic.com

Open 6 Days a Week

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

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NEW! Virtual Health Classes

We are now doing FREE health classes live, online via ZOOM! Learn from the comfort of home. Our first class will be mid to late Sept. We will be talking about how to prepare your body for the **WINTER VIRAL INVASION**.

To get the date/time and the zoom link emailed to you, [sign up for our blog at: wilmingtonclinic.com](http://wilmingtonclinic.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



Chilled Creamy Avocado Coconut Soup

A great source of healthy fats!

- 2 avocados
- 1 onion
- Juice of 2 lemons
- 2 cups chilled chicken stock
- 1 1/4 cups coconut milk
- Salt, pepper and chili powder to taste
- 4-inch piece of cucumber
- Handful chopped parsley or cilantro



Halve the avocados and separate the pulp from the skin. Peel and dice the onion. In a blender, mix the avocado pulp with the lemon juice and onion. Add the chicken stock and coconut milk.

Season with salt, pepper, chili powder, and blend to form a smooth puree. Place in the fridge to chill. While the soup is chilling, prepare your garnish. Wash the cucumber and peel it if you'd like. Cut it in half and remove the seeds. Dice or slice thin.

When the soup is cold and you are ready to serve, give it another stir. Ladle into bowls, and garnish with cucumber and chopped fresh herbs.