



# Creating Health

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

Brought to you by

## Wilmington Clinic

Dr. Michael J. Fiscella DC  
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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
- Acupressure
- Orthotics
- Nutritional Counseling
- Spinal Decompression
- Sports Rehabilitation
- EndoNasal Technique
- X-ray
- Cold Laser
- Weight Management
- Pregnancy Care
- Pediatrics

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

## Top 10 Predisposing Risk Factors to Back Pain

Most of us have had a bout of back pain every once in a while. For some it can be so debilitating that it interferes with day-to-day activities. Knowing what some of the predisposing factors are can help us adopt preventative measures to reduce the occurrence of chronic back pain.

The following 10 factors increase your risk of back pain.

- 1. Aging:** As you age, the muscles, bones, and other tissues in your back weaken. Your vertebrae become more fragile, you're more likely to pull a muscle, and your chances of suffering from a severe problem, such as a compressed disc, increase.
- 2. Your job:** If you work at a job where you regularly have to lift and carry heavy items, you're at a greater risk for back pain and injury. Other jobs that place your back at risk require you to engage in repetitive motions or work in an awkward position for lengthy periods of time.
- 3. A sedentary lifestyle:** Sitting for hours on end puts a strain on your back and insufficient physical activity results in weaker bones and muscles. However, if you do exercise regularly, choose a regimen that's appropriate for your age, body type, and fitness level. Don't push yourself to the point where you're damaging your body.
- 4. Pregnancy:** If you're pregnant, you're probably experiencing aches and pains throughout your body. Pregnancy also places a strain on your back that makes you more vulnerable to future back pain and injury.
- 5. Previous back injury:** Even if it didn't lead to long-term impairments, you'll have a greater sensitivity to physical stress at the site of your injury.
- 6. Obesity:** In combination with low levels of physical activity, obesity could predispose you to back pain. The lack of exercise leads to diminished strength and bodily health and the extra weight you are carrying puts stress on your back.
- 7. Chronic stress:** When you're stressed out and feeling anxious or low, the effects extend to every part of your body. People who experience chronic stress often report tightness, stiffness, and pain in their backs.
- 8. Poor sleeping habits:** Getting an inadequate amount of sleep puts stress on your whole body and makes you more susceptible to back problems. You may also experience back pain if you sleep on a low-quality mattress that doesn't give you support.
- 9. Various medical conditions:** Harsh fits of coughing due to a respiratory illness could cause back pain. Other medical conditions that predispose you to back pain include fibromyalgia and different kinds of arthritis.
- 10. A poor diet:** Eating an unhealthy diet can deprive you of essential nutrients and leave you with weaker bones and soft tissues in your back. Ideally, your diet will be rich in fruits, vegetables, lean proteins, and foods containing calcium. Improving your diet is a must and you may also benefit from some whole food nutritional supplements as well.



While some of these things can't be prevented (aging, your specific job) or you don't want to prevent them (pregnancy), there is always something you can do to lessen their effects. We can help individualize a program for you that will increase your chances of living a rich life, free from chronic pain. Give us a call!

# Treating Ear Infections in Children

It has become abundantly clear in recent years that the over-use of antibiotics is having major consequences – namely antibiotic resistant superbugs and disruption of our normal gut flora (which can contribute to a host of disorders). The most common causes of ear infections are bacteria, **viruses and food allergies**. So in many cases antibiotics aren't even indicated, yet they are frequently prescribed. However, studies have shown that most ear infections clear up on their own and that the use of antibiotics leads to more frequent infections (probably due to decreasing the good bacteria which helps keep infections in check).



But, no one wants to see their child in pain, so rather than do nothing or do something with long-term negative consequences, try one of these natural remedies:

1. Allergy elimination diet. If your child has recurrent ear infections, or, for that matter, any unwanted symptom of

unknown origin, doing an allergy elimination and challenge diet can help you weed out culprits that his body may be reacting to.

2. Kids Mullein/Garlic Ear Oil. This blend is anti-microbial and soothing. You may be able to find a similar blend in a health food store or you can buy this online at herb-pharm.com. Don't use if the ear drum has been perforated.

3. Probiotics. Open a capsule and try to get your child to hold these healthy microbes in their mouth where they can migrate to the ears to help fight infection.

4. Chiropractic care particularly geared toward releasing tight neck muscles which can interfere with the proper function of nerves, lymphatics and blood vessels between the head/ears and neck. This area is crucial for proper drainage and healing of not only ear infections but the whole body!

**WILMINGTON**  
  
**CLINIC**

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## Office Hours:

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

Presorted Standard  
U.S. Postage  
PAID  
Avanti Marketing Group

Return Service Requested

## 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](http://www.thewilmingtonclinic.com)

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

## Toxins in Your Personal Care Products Can Make You Sick!

We know that in order to be healthy we are best served by keeping as many toxins out of our body as possible. Food, air, water and personal care products are our major sources for toxic exposures. But, there are thousands of chemicals in personal care products because the industry is not well regulated.

Many of the ingredients in typical personal care products are synthetic chemicals which are skin irritants, skin penetrators, endocrine disrupters and carcinogens. We can't go through all of these harmful chemicals, but here are the main ones you should highly avoid:

**Parabens - Fragrance - Phthalates - Triclosan - Sodium lauryl sulfate (SLS) / Sodium laureth sulfate (SLES) - Toluene - Formaldehyde - Synthetic colors (such as D&C Red 27 or FD&C blue) - Propylene glycol and Sunscreen chemicals (benzophenone, PABA, avobenzone, homosalate and ethoxycinnmate).**



### *So, how can you limit or avoid exposure to these chemicals?*

- Buy natural products like plain soaps
- Avoid heavily scented or colored products.
- Just like with your food, look for organic labels.
- Simplify! Consider what products are really necessary – chances are you don't need half of what you use.
- Babies, children and teens are particularly sensitive to chemicals and the effects on their developing systems. Keep this in mind when choosing both the quantity and quality of products for children.
  - Invest in a jar of coconut oil. You can use it to replace so many of your personal care products.
  - Research making your own products. You can control the ingredients and save money!