



# 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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Dr. Fiscella has been in practice for over 35 years and holds the following certifications and licenses:

- Board Certified  
Chiropractic  
Orthopedist
- Certified Acupressure/  
Nimmo Technique  
Instructor
- Graston Technique®  
Certified
- Licensed  
Acupuncturist
- Certified EndoNasal  
Instructor

## 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

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

## Health Headlines and Research

These days, most people are busy. So, it is not uncommon to see that many people don't have the time to do in-depth research on all the articles or news stories they encounter. Instead, they may take as fact a quick headline or sound bite.

For example, on 11/14/16, The New York Times published an article online with a headline that read: "Studies Show Little Benefit in Supplements". If you only read this headline and skim the article, you are left thinking that nutritional supplements are a waste of money. But, if you read the first study that they reference\*, all it says is that trends in supplement use have stayed pretty much the same from 1999 to 2012. It says nothing about the benefits of taking supplements.

Another study\*\* cited in the article says that people who take supplements are healthier. The author of the Times article had this to say about the second study:

"Perhaps most enlightening were the data on the characteristics of supplement users. In all probability, they were among the healthiest members of the population. They were more likely than nonusers to report being in very good or excellent health, to use alcohol moderately, to refrain from cigarette smoking, to exercise frequently and to have health insurance. Other studies have shown that supplement use is also more frequent among those who are older, who weigh less and have higher levels of education and socioeconomic status."

The author goes on to say: "This means that in trying to determine possible health benefits of a supplement, researchers must control for all such characteristics in order to isolate the contribution of the supplement. Just looking at a large group of people, even following them for decades and finding that supplement users were healthier or lived longer, proves nothing if other influences on health and longevity are not taken into account."

So, their takeaway on this study is that since you can't prove what benefits the

supplements may have without eliminating other factors, supplements have little benefit (hence their headline)!

We believe the takeaway should be something more along the lines of: If you are smart and have decent financial means and if you eat healthy, exercise, take nutritional supplements, and maintain healthy lifestyle practices, you'll be healthier, live longer and probably be happier.

But...we would add something as far as the supplements go. If you were to take the time to sort through the tens of thousands of research studies done on nutritional supplements, a clear pattern does emerge. Studies show mixed results. But, supplements made from whole foods which retain the natural cofactors (other minerals, enzymes, etc which help the primary nutrients "work") show better health results than supplements made from synthetic chemicals. This is why we use Standard Process whole food supplements. The body is better able to utilize the nutrients because they look and act more like food and not like chemical toxins!

Also important to keep in mind....in natural health, we know that health is not the result of one thing. So, testing one synthetic substance (such as Vitamin E) and then reporting on the results, tells us essentially NOTHING. It is the combination of healthful actions that you take on an ongoing basis that creates health and longevity!

So, don't be swayed by the headlines. They're probably supported by a company that ultimately hopes you'll not take care of yourself so they can then sell you a medicine to "fix" you!

We are grateful that you trust us to help you determine which WHOLE FOOD products will help SUPPORT your overall health efforts.

\* **Trends in Dietary Supplement Use Among US Adults From 1999-2012** [Elizabeth D. Kantor, PhD<sup>1</sup>, et al. JAMA. 2016;316\(14\):1464-1474. doi:10.1001/jama.2016.14403](#)

\*\* **Why US adults use dietary supplements.** [Bailey RL<sup>1</sup>, Gahche JJ, Miller PE, Thomas PR, Dwyer JT. JAMA Intern Med. 2013 Mar 11;173\(5\):355-61. doi: 10.1001/jamainternmed.2013.2299.](#)



# Popular Digestive Medicine Causes Kidney Problems

Acid-suppressing drugs called proton pump inhibitors or PPIs are considered so safe that they can now be purchased over the counter as Nexium, Prevacid, and Prilosec. House brands include esomeprazole, lansoprazole and omeprazole.

But two new studies presented at the annual conference for doctors treating kidney problems indicate that regular use of such medications can increase the likelihood of developing chronic kidney disease. In one study of 10,000 individuals, those taking a PPI were 20 to 50 percent more likely to develop chronic kidney disease over fifteen years.

The other study included more than 240,000 people for 17 years. They, too, were more susceptible to



chronic kidney disease if they were taking a PPI. (ASN Kidney Week, Nov. 3-8, 2015).

Today digestive disturbances plague Americans more than ever before! WHY??...not an easy answer but part of the solution is the realization that we need to accept the following responsibility: what we eat, how we prepare and or modify what we eat, when we eat it and how much we eat has a tremendous influence on "how we feel".....answers to these issues sometimes is a "bitter pill to swallow" because many of us eat based on convenience rather than a way of nourishing ourselves...keep a food diary of your daily food intake and play " Sherlock Holmes" to uncover possible food situations that accentuate your symptoms...and if you feel the need for a "Dr. Watson" input, we are always available for you.

**WILMINGTON**  
  
**CLINIC**

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

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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)

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

## Back Pain: Bad for Your Mental Health

Back pain can be a problem for a variety of reasons beyond the pain, whether it's limiting your daily function, forcing you to take time off work, or otherwise impacting your life. But there's another reason suggested by recent research that should vault "getting rid of back pain" to the top of your priority list: Back pain could increase your risk of suffering mental health problems.

The study used data from the World Health Organization's World Health Survey 2002-2004 and involved more than 200,000 study subjects ages 18 and older from 43 countries. Data analysis revealed that compared to people without back pain, those with pain were more than twice as likely to suffer from one of five mental health conditions: anxiety, depression, psychosis, stress and sleep

deprivation. Subjects with chronic back pain were particularly at risk for a depressive episode (more than three times more likely) or psychosis (2.6 times more likely) compared to pain-free subjects.

Of course, mental health issues can have multiple factors involved so an intervention that includes eliminating back pain as well as addressing other factors such as hormonal, nutritional and toxicity-related problems is also important.

The epidemiology of back pain and its relationship with depression, psychosis, anxiety, sleep disturbances, and stress sensitivity: Data from 43 low- and middle-income countries, Brendon Stubbs et al., *General Hospital Psychiatry*, doi: <http://dx.doi.org/10.1016/j.genhosppsych.2016.09.008>

