



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
Dr. Lauren Cantrell, DC

4918 Weber Road
St. Louis, MO 63123
314-353-1477



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

Chiropractic Care is Vital During the Cold and Flu Season

Well...it is getting to be that time of year again—when we are more likely to be exposed to the bacteria and viruses that land us in bed with aches, pains, and fatigue. In addition, the coughing, sneezing, not sleeping and generally miserable state often leads to missing work, school or important events.

During the winter months, we are spending more time indoors and exposing ourselves to more of the bad bugs that lead to illness if we are not in tip-top shape. However, this does not mean **you** have to succumb to the misery of the cold or flu.

Chiropractic physicians use natural, complementary procedures which can help prevent these illnesses as well as help you recover much faster in case you do find yourself coming down with something.

How Does Chiropractic Care Help the Immune System?

Obviously, the people who are in the best health will fare the best—overcome illness fast and have less severe symptoms. Your immune system is designed to fight off bad bugs and it will do a good job at it **IF** it is not suppressed or interfered with to any great degree. Chiropractic care helps return the nervous system to normal function. Since the nervous system controls all functions of the body (including the immune system) chiropractic care can have a positive effect on immune function. During an immune response, the brain and the immune system “talk to each other”. This process is essential for maintaining balance and health in the body. When you keep up with your chiropractic care and keep the interference off your nervous system, you enhance the ability of your immune system to fight off ANY invader—including the bugs that cause seasonal flu and colds.

During the 1917-18 influenza epidemic, which brought death to many Americans, it has been estimated that 20 million people died throughout the world, including about 500,000 Americans. It was chiropractic's

success in caring for flu victims that led to the profession's licensure in many states.

“Researchers reported that in Davenport, Iowa, out of the 93,590 patients treated by medical doctors, there were 6,116 deaths — a loss of one patient out of every 15. Chiropractors at the Palmer School of Chiropractic worked with 1,635 cases, with only one death. Outside Davenport, chiropractors in Iowa cared for 4,735 cases with only six deaths — one out of 866. During the same epidemic, in Oklahoma, out of 3,490 flu patients under chiropractic care, there were only seven deaths. Furthermore, chiropractors were called in 233 cases given up as lost after medical treatment, and reportedly saved all but 25. In another report covering 4,193 cases by 213 chiropractors 4,104 showed complete recovery.”

“These results are not so surprising given what we now know about the interaction between the nervous system and the immune system” stated Dr. Matthew McCoy, WCA Board member and Editor of the Journal of Vertebral Subluxation Research. “Through research we know that chiropractic has beneficial effects on immuno-globulins, B-lymphocytes (white blood cells), pulmonary function and other immune system processes.”



In addition, to regular chiropractic care, keep up with healthy dietary practices, get plenty of sleep, get regular exercise, wash your hands well, limit alcohol intake, drink plenty of water, and stay away from negative/upsetting people and circumstances. Particularly avoid “foods” that suppress the immune system such as sugar, trans fats, known allergens and highly processed foods. Above all, maintain these healthy choices on an ongoing basis and don't react to scare tactics and fear and then pay the price down the road!

References:

Downing JEG, Miyan JA: Neural immunoregulation: emerging roles for nerves in immune homeostasis and disease. *Immunol Today* 2000, 21:281-289

Teodorczyk-Injeyan JA, Injeyan HS, McGregor M, Harris GM, Ruegg R: Enhancement of in vitro interleukin-2 production in normal subjects following a single spinal manipulative treatment. *Chiropractic & Osteopathy* 2008, 16:5

New Year, New You: Transformation, Not Resolution!

The New Year is a great time to reaffirm your commitment to yourself and your health...and we are here to help! We all do better when we have support and PROVEN strategies. So, with that in mind, you may want to look at starting your new year with a weight loss program or a whole body detox program. We've help many practice members for years using two very successful programs:

1. SHAPE ReClaimed. This is a fantastic weight-loss program which centers around a homeopathic product which not only helps you attain long-term success with your weight loss goals but also helps restore vibrant health. The product is only available through medical offices such as ours and requires close monitoring throughout the program. There is no special food to purchase and the program is extremely reasonable in cost.

2. Standard Process 21 Day Cleanse. This program helps you clear out toxins at a cellular level which not only helps boost your over all health, it also helps you lose or gain weight if needed (because your body is better able to balance itself and improve it's metabolism when it isn't encumbered with toxins).

Let's all have a healthy, happy, productive 2020!

SAVE
the date

Free Wellness Lecture

(The first in a series of five)

"Prevent Head Colds and the Flu"

January 20, 2020 7- 8:00 pm

Faith Church Sunset Hills - 13001 Gravois Rd.

Call our office to RSVP

Tell your friends & family so they can benefit too!

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
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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

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

Solving Sinus Problems Naturally

Sinusitis is an inflammation of the mucous membranes in the nose, sinuses and throat, eventually leading to blocked sinuses. It is usually triggered by a viral or bacterial infection, allergies or hay fever.

What can you do to prevent sinusitis? Here's a few simple suggestions for reducing your risk or relieving early symptoms of the condition.

- Rinse your nasal passages and keep your membranes moist. You can use salt water or rinse with Alkalol and colloidal silver (ask us about this on your next visit).
- Our Endo Nasal Technique is great for clearing things out. By opening up your passages, fluids are able to pass through and infection is less likely to become chronic.



- Drink lots of water every day to keep mucus from building up; water keeps mucus thin, loose and easy to dissipate with the saltwater solution or simply by blowing your nose.
- Inhale steam. You can do this several ways: by spending a little extra time in a hot shower or steam room; or by boiling water in a pan and then inhaling the steam. Place a towel over your head to maximize the effect.
- Sleep with your head elevated. This helps prevent mucus from pooling and becoming a breeding ground for infection.
- Make sure you keep up with your chiropractic care as well. Keeping the spine mobile and muscles flexible will help open up flows through your head and neck so that infections won't tend to fester or be inaccessible to the immune system.