



# 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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314-353-1477



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.

## How Important Is Your DNA To Your Health?

When you were forming in your mother's womb, your parents genetic material (DNA) combined to give you physical characteristic such as eye color, the shape of your nose, and your beautiful smile. They also gave you predispositions to health issues - often passed down through generations to them. These "weaknesses" in your DNA might involve a tendency toward high blood pressure, cancer, diabetes, depression, or other health issues.

In recent years there has been a surge of interest in the field of epigenetics. Basically, epigenetics is the study of external or environmental factors that switch genes on and off and affect how cells read genes. Epigenetic research has shown that we are not destined to develop diseases that "run in the family". We have a lot of control of whether or not we manifest weaknesses in our genes by how we live our lives.

Eating a diet full of sugar and processed foods may cause your body to turn on genes that lead to heart disease or cancer. But, eating a healthy, organic, whole food diet turns off these same genes and decreases your risk of these diseases even though you may have inherited a predisposition for them.

The newer field of nutri-genomics (the study of the effects of food and food constituents on gene expression) tells us that you may

need to take certain nutritional supplements to counteract specific genetic weakness you have (based on genetic testing).

**All of this can get VERY complicated and confusing...so what are you supposed to do??**



Interestingly, even natural doctors who are gurus in the field of nutri-genomics have come to the conclusion that you don't necessarily need to nitpick your genetic weaknesses. The basic, foundational principles of human health are still the most important aspect of getting and staying healthy. Get plenty of good sleep, eat healthy, organic foods, move your body to keep things circulating and remove interferences in your nerve flow through good chiropractic care and sensible exercise. Use whole food nutritional supplements geared specifically for you. Practice stress management, live your purpose, be kind and having loving relationships. These things keep the good genes activated and decrease the expression of "bad" genes or genetic weaknesses.

The more scientists learn, the more evidence there is that honoring the natural order of the universe is still our best bet for living a long, healthy life!

## Breaking the Stress Cycle

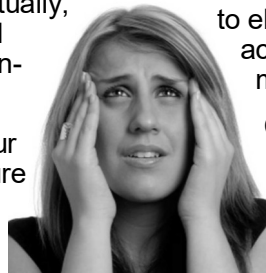
Stress is hard to avoid. Our modern society almost dictates that you will regularly encounter stress of some sort. Research shows that stress is a major contributor to all sorts of health problems. Wouldn't life be grand if you had the luxury to sit around relaxing all day at a spa with staff to do all your work and errands for you. Actually, probably not - you'd get bored and depressed from being so unchallenged and unproductive!

When you are overly stressed, your muscles get tense, you get pressure on your nerves, your circulation gets reduced, your muscles shorten, pain increases, sleep

gets disrupted and your spine goes out of alignment. All the physical symptoms make you more stressed and then it is hard to stop the cycle.

To fully break the cycle, you need to intervene at several points—start utilizing stress reductions strategies, try to arrange your life to eliminate what stress you can, and take action to reverse the physical manifestations.

Chiropractic care, acupuncture, and nutritional supplements to support overly taxed adrenals and other organs can go a long way to helped to break the cycle.



# Top 10 Predisposing Risk Factors to Back Pain

The following 10 factors increase your risk of back pain.

**1. Aging:** As you age, muscles and other tissues weaken and you're more likely to pull muscles in your back.

**2. Your job:** You're at a greater risk for back pain if you regularly lift/carry heavy objects, engage in repetitive motions or work in an awkward position frequently.

**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.

**4. Pregnancy:** Pregnancy places a strain on your back that makes you more vulnerable to future back pain.

**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:** Extra weight you're 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.

**8. Poor sleeping habits:** Getting an inadequate amount of sleep puts stress on your whole body and makes you more susceptible to back problems.

**9. Various medical conditions:** Harsh fits of coughing due to a respiratory illness, arthritis and fibromyalgia may predispose you to back pain.

**10. A poor diet** Eating an unhealthy diet can leave you with weaker bones and soft tissues in your back.

We can help with many of these factors and improve your chances of living a rich life, free from chronic pain.

**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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## 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.

## Worst Headache of Your Life? Learn the Warning Signs of Stroke

In most cases, headaches are minor nuisances that resolve within a short time. However, headaches can on rare occasions be the warning sign of a potentially serious disorder that requires immediate medical attention.

The American Chiropractic Association suggests people be aware of the signs that a headache is more than just a headache. If you experience any of the following symptoms with your headache, seek immediate medical attention:

- The sudden onset of severe headache that is more intense than any headache you have ever had in the past.
- Headache that is accompanied by blurred vision, double vision, trouble swallowing or speaking, or severe dizziness.
- Headache that is accompanied by numbness, tingling, weakness or clumsiness in the arms or legs.
- Headache that is worsened with lying down.



- In older adults, headache in the temple area that is accompanied by a feeling of pulsations in that area.
- Headache that is accompanied by confusion, disorientation or loss of consciousness.
- Headache that is accompanied by fever.
- Headache that is accompanied by a severe stiff neck.
  - Headache that is accompanied by persistent or unexplained vomiting.
  - Severe headache in someone over age 50 who does not normally suffer from headaches.

Many people find relief from their headache pain through natural, chiropractic care. But in cases where a more serious condition is the root of the pain, it's vital to identify the warning signs early and to call 911 or seek immediate medical attention in the emergency department of your local hospital.

(From the American Chiropractic Association: [www.acatoday.org/](http://www.acatoday.org/))