



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
- 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.

Six Reasons for Chiropractic Maintenance

It's easy to fall into the trap of only getting chiropractic care when you have an acute situation or pain. Once the acute problem is gone, many people feel like they don't need to come back until something goes wrong again. But, there are at least six good reasons to keep up a regular maintenance schedule when it comes to your chiropractic care...

1. Continue your progress: Relief care lays the foundation for complete healing of the soft tissues surrounding your spine. Research suggests ligaments and muscles that support your spine take longer to heal than indicated by how you feel. Your body continues to heal these soft tissues after your symptoms are gone. Continuing with wellness chiropractic care encourages more complete healing. This helps assure a lasting recovery.

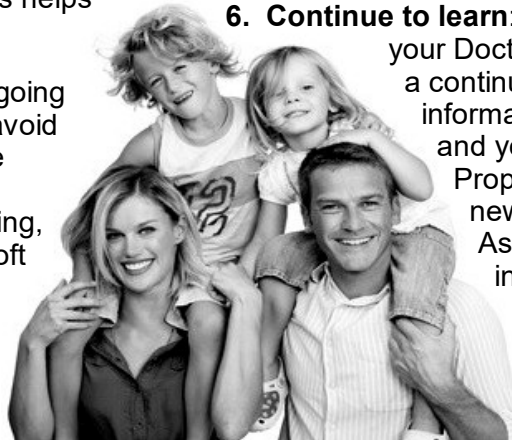
2. Prevent a relapse: On-going chiropractic care can help avoid the ups and downs of acute flare-ups. Before obvious symptoms provided a warning, your body adapted to the soft tissue damage caused by improper spinal function. Without continued chiropractic care, muscles and connective tissue are predisposed to assume unhealthy patterns. Rehabilitative care continues to retrain and strengthen your spine to help avoid a relapse.

3. Avoid future problems: Continued chiropractic care can slow, stop, or help reverse the degenerative effects of neglected spinal trauma. Long periods of sitting, financial worries, toxic environments, and many everyday activities can stress your spine. Even the slightest trauma can cause interference to your nervous system and compromise optimum health. Maintenance care can help keep you healthy and avoid small problems from becoming big ones.

4. Save money: A chiropractic lifestyle and other healthy habits help save time and money. Besides keeping you at your best, continuing your care can save money. Just as brushing and flossing your teeth can prevent expensive dental work, regular chiropractic check-ups help avoid the expense of having to correct preventable problems.

5. Feel good: Wellness care can help keep you healthy so you can enjoy every aspect of your life. Continue your chiropractic care so you can enjoy life to the fullest. Your doctor will recommend a schedule of preventive care visits based on his or her clinical experience. Most patients who enjoy a chiropractic lifestyle report they have more energy and feel better.

6. Continue to learn: Look to your Doctor of Chiropractic for a continuing source of information to help keep you and your family healthy. Proper spinal hygiene is new for most people. Ask questions. Get involved. Learn how to become an active partner in the recovery of your health. Make sure you fully understand the role of your spine and nervous system in the maintenance of good health—your most valuable possession.



In addition to maintaining good posture, muscle strength, flexibility and overall structural integrity, your preventative visits can also help ensure you are receiving proper nutritional support for your organs and glands. Poor health almost never happens suddenly—the non-optimal conditions that allow diseases to manifest have been there for years before actual symptoms become obvious. We know life can get hectic but if you make your health a priority, life will go better in the long run!

Winter is Coming!

Because we tend to spending more time indoors and come up against holiday stress and the requisite sugar binges, you may have to take care of yourself differently in the winter. Here's a few tips to reduce your chances of getting the flu or a cold and improve your recovery time:

Reduce toxins, eat whole foods rich in nutrients, enhance digestion and assimilation with enzymes and probiotics and take whole food concentrate supplements as an adjunct to your whole foods (ask us which ones are right for you):

Immuplex® uniquely supports the entire immune system. For example this product supports the health of the thymus gland for healthy lymphocyte production, spleen for antibodies, bone marrow for healthy blood formation, intestinal flora to destroy pathogenic microbes and manufacture B12, liver support for detoxification and enzyme production.



Cyruta Plus® contains the vitamin P complex (bioflavonoids), where rutin and quercetin are members. These factors have been shown to protect the lungs from free radical damage during influenza infection. They are vital in their ability to increase the strength of the capillaries and regulate permeability and health of the cells.

Cataplex® C combines the benefits of more than 19 different whole foods high in Vitamin C-Complex including anti-scurvy factors, activates white blood cells, promotes immune resistance and vascular integrity, increases oxygen-carrying capacity of the blood stream, and activates the adrenal glands.

Lact-Enz® is a gastrointestinal support product that combines digestive enzymes with normal intestinal probiotics. The combination of these ingredients assists in the breakdown of macronutrients and maintains a healthy intestinal environment thereby enhancing one's immune system.



Dr. Michael J. Fiscella
Dr. Lauren Cantrell
4918 Weber Road
St. Louis, MO 63123
314-353-1477

www.thewilmingtonclinic.com

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



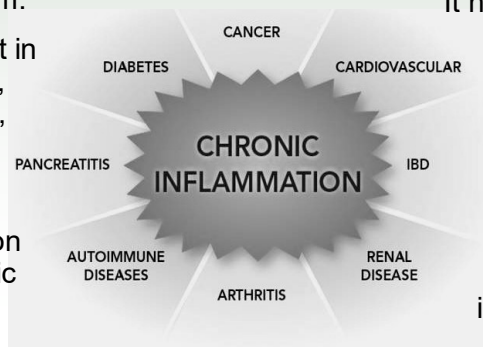
*Wishing you and yours
a very happy holiday
season and a new year
full of joy, success and
good health.*

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

Inflammation is a Major Factor in Most Illnesses

A factor in almost all disease is inflammation that is out of control. Inflammation is a normal process the body uses when there is an injury, infection or toxin which needs to be addressed by the immune system. Under healthy circumstances, the inflammation is temporary. The body goes in, does what it needs to do to repair and eliminate debris or toxins and then things go back to normal. It is when inflammation is continual where we have a problem.

Chronic inflammation can manifest in many ways — skin issues, fatigue, digestive problems, allergies, pain, mood disturbances, high blood pressure, poor memory and other cognitive issues —it often depends on where the inflammation is and what your underlying genetic predispositions tend to be.



What can you do to decrease inflammation?

As always, the basics of good health apply—clean air, clean water, clean food, stress reduction/management go a long way to dampening down inflammation. An important but less talked about factor is making sure your vagus nerve is able to function well. The vagus nerve has many functions in the body but one important one is to put the breaks on inflammation. It helps keep normal inflammation from becoming chronic inflammation.

The vagus nerve comes out of the skull near the brainstem and can frequently become compressed or irritated by a tight neck or distorted vertebra in your neck. With targeted chiropractic care to relieve tension in your neck and upper back, the vagus can be improved.