



# Creating Health

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

January 2010  
Brought to you by

## Wilmington Clinic

Dr. Michael J. Fiscella DC  
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Dr. Fiscella has been in practice for over 30 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

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

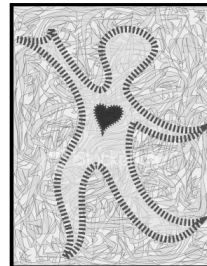
## Focus on Prevention for American Heart Month

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963, Congress and the president have proclaimed February as "American Heart Month". However, such a proclamation doesn't do us much good unless we take positive steps individually to lower our chances of developing heart disease.

### Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.



It is not uncommon to have no symptoms, to be feeling fine and be apparently healthy and then to have a sudden heart attack that takes everyone by surprise.

However, it is rarely the case that you are 100% healthy and then suddenly have a heart attack. There are usually problems which have been there for years but which weren't producing enough symptoms for you or your doctor to take note.

### Chiropractic Care and Heart Health

Multiple studies which look at chiropractic care that focuses on removing muscle and soft tissue strains that interfere with normal mobility of the spinal bones, have shown that such care, even in people with no symptoms, results in the following improvements:

- Lowered blood pressure in persons with elevated blood pressure
- Decreased triglyceride levels (bad cholesterol)
- Improved cardiac function
- Improved heart rate variability

When you see Dr. Fiscella on a regular basis as part of a comprehensive wellness program, he will be able to keep your spine mobile and free from restricting the nerves which go to your heart. With proper nerve flow to your heart, it will work better. In addition to addressing the nerves specific to heart function, your chiropractic care will also help keep your autonomic nervous system balanced and functioning well. Your autonomic nervous system regulates many functions in your body including heart rate, blood pressure and heart valve function.

For example, mitral valve prolapse syndrome (MVPS) is a condition which creates fatigue, heart palpitations, anxiety, and skipped heartbeats or a fluttering heart. MVPS is not a direct heart condition though—it is an imbalance in your nervous system which can be improved or corrected with appropriate chiropractic care and the normalization of your autonomic nervous system.

Also important for heart health is to eat a diet of wholesome, organic foods, take the correct whole food supplements and maintain a regular exercise routine which includes aerobic exercise. By taking responsibility for your health and focusing on wellness and prevention, you can prevent heart disease and live a vibrant, full life.

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## Office Hours:

Mon, Wed, Thurs 11am -6 pm  
Tuesday 8-11 am  
Friday 6-11 am

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## New Year, New You

Another year means another list of New Year's resolutions. How long is your list this year, and how confident are you that by year's end, you'll have stuck with them? To be successful in whatever you resolve to do, it's important to set realistic goals. Here are five achievable wellness resolutions to get you started.



### **TAKE MORE WALKS**

If you haven't taken a walk for awhile, go for a 15-minute stroll during a work break or after dinner; we bet you'll immediately feel more refreshed and less stressed about the world. The simple act of walking - away from the relative confines of your office or home - allows you to enjoy nature and exercise all at once.

### **WATCH LESS TV**

We're not suggesting you eliminate TV altogether, but a few less hours a week of reality TV and late-night B movies wouldn't hurt. Substantial evidence links TV viewing to negative health outcomes, not the least of which is obesity. So turn off the boob tube now and then.

### **TRY NEW FOODS**

Most adults are fairly locked in to their food preferences, which can be dangerous on several levels. If your preferences aren't healthy ones, you're in trouble; and if you don't mix things up occasionally, you risk getting bored. The solution? Try at least one new food a week, preferably the healthy variety.

### **MAKE TIME TO PLAY**

Games, that is; games with your kids, your significant other or yourself that keep your mind sharp and take you away from the hustle and bustle of the daily grind. Whether it's a board game, a crossword puzzle or even a sport that keeps you on your toes make more time to play.

### **SPOIL YOURSELF**

Your last New Year's resolution is perhaps the most important one, because you can't be healthy, at least not over the long haul, if you don't spoil yourself occasionally. Schedule a vacation, plan a date night, or just commit to taking an hour or so at least once a week and relaxing all by yourself. You're worth it.

## FOCUS ON Heart Health

Standard Process, the whole-food supplement company we use most, offers several products that support your heart, cholesterol levels and arteries and veins.

**Cardio-Plus:** This special formulation contains multiple nutrients that specifically support the heart and vascular system. It can be very helpful in cases of high blood pressure and numerous heart disorders.

**Antronex:** Sometimes, high blood pressure is caused by a congested liver. If this is the case, Antronex will decongest the liver and bring the blood pressure down quickly...which helps take strain off the heart.

**Vasculin:** The combination of nutrients in Vasculin improves the tone of the heart tissue and improves the nerve conductivity of the heart. It is especially good for low blood pressure, arrhythmias and heart valve issues.

**Catalyn:** This is one of the best multi-vitamin, whole food supplements made today. The blend of nutrients this product provides supports the heart and all other organs and glands in the body. It is a foundational product from which the other products build.

There is no one-size-fits-all supplement program that will be right for everyone. To find out what will help your specific health issues, whether related to the heart or something else, make an appointment with Dr. Fiscella for an Accugraph test. He will be able to zero in on the priorities for your individual needs.