



Creating Health

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

Brought to you by

Wilmington Clinic

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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

Flu Season is Coming...Are You Prepared?

It's inevitable...flu season will come and some people will get sick.

According to the CDC, flu activity starts to increase in October and peaks between Dec and Feb. The time from when a person is infected with the flu to when symptoms begin is about 2 days, but can range from 1 to 4 days. People with the flu are most contagious in the first 3-4 days after their illness begins. But, some may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.

According to WebMD, between 3 and 20% of the US population get the flu each year and an average of 200,000 will require hospitalization. Other respiratory viruses are much more common than the flu. According to statistica.com, colds are about 3 times more common than the flu.

Because both the cold and flu are caused by viruses, antibiotics won't help (and may actually make things worse by altering your healthy gut bacteria).

The only time an antibiotic might help is if someone develops bacterial pneumonia (which is the complication most likely to cause hospitalization or death).

The flu vaccine is the primary prevention strategy recommended by the CDC (and the vaccine manufacturers!) but the vaccine is historically not very effective. Many viruses can cause the flu and there is usually not enough time to develop a new vaccine to match the virus most prevalent in any given year.

But, have no fear...your personal actions are the most powerful defense to both

preventing infections and diminishing the severity or length of an illness. Our bodies were designed to effectively fight infection—we just need to stop doing things that interfere with our natural defenses and develop habits that support them instead.

There are several reasons we get sick more in the winter. Our immune system is suppressed by extreme cold, lack of sunlight, less activity and excessive refined sugar (ie...holiday eating). So to combat these seasonal changes, make a conscious effort to build your immune system:

Is it a cold or flu?

Signs/Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare

- Eat healthy, organic, unprocessed foods.

- Avoid excess sugars and starches.

- Bundle up and take a walk outside for sun, exercise and fresh air.

- Stay hydrated with purified water and plenty of high-water content foods (fruits and vegetables).

- Wash your hands frequently and immediately when in public places.

- Take high-quality nutritional supplements

targeting your immune, gastro-intestinal and detoxification systems. (Ask us!)

- Take colloidal silver to help lower your viral, bacterial and fungal loads.

- Consume bone broth. Grandma's chicken soup really does work! A good bone broth provides minerals, protein and hydration to help get you through the worst infections. For recipes, visit our website (thewilmingtonclinic.com) and download a copy of "Broth is Beautiful".

We want you to be well this winter. So stay mindful of your daily choices and come see us for an extra boost to your whole system!

4 Easy Energy Boosters

Before you reach for one of the many sugar-loaded "energy" drinks that will inevitably send you "crashing" down, try an all-natural approach to boosting your energy. Here are a few simple ways to raise your energy level during an afternoon slump.

1. Take a brisk walk. Taking a walk outside not only causes your body to produce endorphins for a natural high, but it also allows your skin to soak in vitamin D from the sun's rays. This vitamin is associated with maintaining healthy bones, kidneys and immune system.

2. Drink plenty of water. According to MayoClinic.com, even mild dehydration can drain your energy and make you tired. They recommend a *minimum* of 16 oz of water within 10 minutes of waking to offset water loss during the night. This one simple habit will help you all day.



3. Take a breather. When we are stressed or tired we take short, shallow breaths, which directly affects our energy level by slowing oxygen flow to our brain and other organs. Try this: Inhale through your nose (filling your lungs to capacity) and hold for three seconds. Then exhale slowly until all air has left your lungs. Repeat and revive.

4. Get up and stretch. Much like taking a walk, stretching facilitates healthy blood flow. Circulation is a key factor in your body's energy level. Stand and bend over, back and side-to-side. Do arm circles, stretch your fingers, shoulders, neck, etc.

So, the next time you're at work daydreaming about curling up on your couch instead of working, try these simple suggestions to boost your energy. Your body will thank you for it.

WILMINGTON

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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

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

Got a Short Circuit?

Tight, imbalanced muscles can hold the bones of the spine (and the rest of your body) out of optimal position where they can put pressure on nerves, interfere with blood flow and cause congestion. Toxins accumulate, fatigue predominates and your nervous system short circuits—interfering with all the coordinated functions of the body!

Your spinal cord is like the information superhighway with the "circuitry" necessary to run your body:

Sensory Nervous System: Taste, touch, sight, sound and smell are examples of sensory organs sending messages to your brain. Pain is another sense transmitted to your brain via the spine.



Motor Nervous System: Motor nerves control how your muscles work, such as standing or walking, coordination and balance.

Autonomic Nervous System: The autonomic nervous system controls cardiovascular, digestive, respiratory and many other involuntary functions. It helps keep you stable and balanced when it comes to stress, adrenaline, and ability to relax and distress from the stressors of the modern world.

Like an electrician, we're interested in the circuitry of your body. The moving bones of the spine are often the source of "brown outs," short circuits and blown fuses. Don't let this derail your life...we can help!