



# 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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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 Your Neck Affects Your Whole Body

The vagus nerve is a cranial nerve that comes out of your skull near the top vertebra of your neck (the atlas). It then goes down the spinal column and comes out again near your stomach. This nerve helps control the function of all of your internal organs except the adrenal glands. It can have particularly pronounced effects on the digestive system.

If this nerve is interfered with in any way, you can develop problems with a variety of organs and functions of the body, often seemingly unrelated, such as: heartburn or reflux, anxiety, bowel disturbances, gall bladder problems, heart problems, dizziness, fatigue....the list goes on.

If the joints around your atlas (above or below it) are not moving well, it can interfere with the vagus nerve and you can end up with problems all over your body that you would probably not associate with your neck.

### ***What causes the neck problems that interfere with the vagus nerve?***

Neck strain and poor mobility of the vertebrae in the neck can result from trauma such as car accidents or sports injuries. More commonly, though, are the day-to-day stressors that we all undergo—sitting too long at the computer or being in an awkward position while watching TV or talking on the phone. Poor overall posture, lack of exercise, chronic stress, muscle

tension or poor ergonomics can also lead to neck issues. Often, the decreased mobility in your neck occurs before you have pain or symptoms....so don't think it isn't an issue for you just because you don't feel it!

The neck is one of the most vulnerable structures on the human anatomy because of its flexibility and its role in supporting the head. It is estimated that more than 70% of Americans have problems with their neck.

The top most cervical vertebra is also influenced by nutritional and biochemical events in your body such as allergic reactions, digestive distress, infections, and poor dietary choices. These things send signals to the brain which often cause the muscles around the atlas to tense or lock-up. This can put pressure on the vagus



nerve, interfere with blood flow and potentially lead to a host of problems as already mentioned.

If you suffer from stomach or other digestive disturbances, anxiety, insomnia, neck pain, headaches, or vague symptoms which don't have an apparent cause, then make an appointment with us to have your neck fully checked out. You may be surprised to find that a lot of health issues can resolve once the muscles around your vagus nerve are released of their strains and trigger points and this vital nerve is free to do its extensive jobs!

## Warm-Up to Prevent Injury in the Garden or Yard

After a long off-season of inactivity, you need to ease your body into the stretching, lifting and contortions that go along with gardening and yard work. The most common gardening injuries are back strain and knee pain. Some easy stretching will go a long way toward lessening both of these.

You can stretch your back by lying on the floor, pulling your knees into your chest and wrapping your arms around them. Hold that position for a minute, relax and

repeat 2 more times. Stretch your shoulders by holding a towel over your head. Bring the towel behind your head, with one hand and lower the other hand to below shoulder height. Hold and gently pull on the towel. Switch sides and repeat.

Legs will benefit from a runners stretch such as bracing yourself on a counter top while you stretch first one leg behind you and then the other.

Be safe, be smart and enjoy creating a lovely outdoor space!

# Best and Worst Foods For Your Metabolism

A fast metabolic rate is high up on nearly everyone's wish list. Your metabolism controls the rate at which your body burns calories, but it also determines your energy level.

People with an efficient metabolism find it relatively easy to maintain a healthy weight and they usually have high energy levels that are consistent right through the day. If you are feeling tired and sluggish, that's a hint your metabolism is not efficient.

Many different factors affect your metabolic rate. Unfortunately you can't do anything about your genes or your age, but there are plenty of modifiable factors that are under your control. The foods you choose to eat each day can either speed up your metabolism or slow it down.

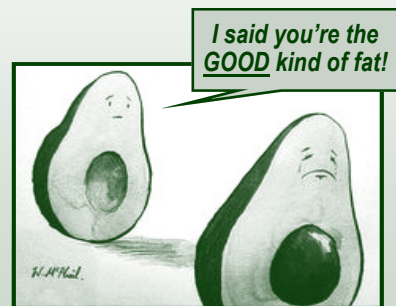
While not exhaustive, here's a good start on key foods to eat or avoid in order to optimize your metabolism:

## BEST

- Green vegetables, especially broccoli
- Avocados
- Fish
- Cayenne (hot peppers)
- Eggs
- Olives

## WORST

- Potato or corn chips
- Bread
- Sweet drinks
- Milk, especially low fat
- Breakfast cereals



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*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

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# Happy Spring!

## 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.

## A Better Solution for Heartburn and Acid Reflux

Heartburn and gastroesophageal reflux disease (GERD) are usually treated with over-the-counter medications which block or buffer acid in the stomach (Prevacid, Prilosec, Zantac, Nexium, Tums, Maalox, and Mylanta). These types of products are among the most commonly used medications in the country.

Yet, most of the time, the actual problem is not one of too much acid but actually too **LITTLE** acid. If the stomach doesn't produce enough hydrochloric acid (HCL), your body can't breakdown the food in it and food does not leave the stomach as it should. This results in increased pressure which pushes against the lower esophageal sphincter (LES). The LES is the valve between your stomach and esophagus. The esophagus is the tube between your mouth and stomach. When the LES opens because of the pressure, even a small amount of acid can touch your esophagus. The esophagus is not protected from acid like your stomach is



so this little bit of acid causes a lot of pain and burning. Buffering the acid with medication produces relief but it also inhibits the normal functioning of your stomach and this can have a lot of bad effects. Namely, without enough HCL, you don't get enough B12 in your body, you may not have enough natural disinfecting of ingested germs and your gall bladder may not be stimulated to release bile (thus decreasing your digestion and absorption of fats).

HCL production declines as we age so the solution may just be to take a high quality HCL supplement to replace what has been lost. Pressure on your vagus nerve (as per the article on the other side) can also interfere with HCL production and normal function of the stomach and its sphincters.

Let us know if you have heartburn or acid reflux and we will help guide you in a natural approach that will resolve the problem and return your stomach to normal function!