



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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Dr. Fiscella, Dr. Cantrell and Dr. Caruso 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

When Are You Done With Your Health Care?

Well...it's seems obvious that the answer is that you are never done with caring for your health but sometimes we may need reminding! In reality, we often neglect our health until something goes wrong. Health care should really be self-care and ongoing body maintenance and not the disease care that we often think of as health care.

You wouldn't brush your teeth a few times and then declare you are done because everything seems good. Your teeth require continual care—self care at home in the way of brushing and flossing and regular professional check-ups and cleanings.

Your overall health is the same. If you ignore regular self-care and consistent professional care, you could end up with diseases that are hard to reverse or a life encumbered by pain and fatigue. Prevention and ongoing maintenance are really the way to go.

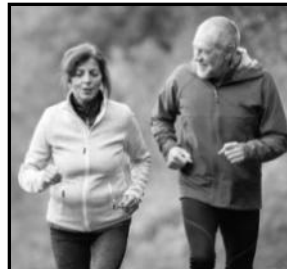
One problem may be that the body is extremely complex with a lot of inter-related parts. This complexity causes many people to feel that since they can't understand it they should just outsource their health to a doctor or a "healthcare" system. But, that system is really disease care. Health care is done by you on an ongoing basis.

Here's the good news...it is exactly *because* your body is so complex and brilliantly designed that you are able to have more impact on your overall health than anyone. All you have to do is give it what it needs to function as it already knows how to do. Your body understands what to do so that you don't have to. This does not mean that you may never need a doctor or develop problems, it just means that what you do on an ongoing basis has the biggest impact on creating good health.

Like your teeth, your best chance at success in creating and maintaining maximal health is to engage in regular healthy habits and see a qualified professional at regular intervals for check-ups and tune-ups.

Here at Wilmington Clinic, this is our primary model of care—help you learn the best practices for individualized, ongoing self care while providing excellent manual care to keep your muscles, joints and soft tissue in good shape. We take a team approach where you are the captain and we are the coaches. We have the training to help with more complex issues and you have the responsibility for the day to day implementation of an individualized system that works for your specific needs.

But...let's talk a bit more about the role manual therapy plays in your health. At Wilmington, all of our doctors treat with the same philosophy which is basically that muscles and soft tissues move bones. We don't manually move bones or "crack" spines. We take care of your muscles and fascia so that your bones aren't being pulled out of place. If we move the bones to align them but don't take care of the muscles and fascia, the bones will quickly become misaligned again.



Staying flexible and pain free is vital so that you can move on a regular basis (sports, walking, gardening, dancing). Movement is critical for good health, for making sure the good nutrients you consume can move freely to the organs and glands and for making sure accumulated toxins (from inside and outside your body) are able to be removed adequately and for making sure your nerves are unimpeded and can function well. Your body accumulates stress on a daily, weekly and monthly basis which you may not even be aware of. This stress weakens the fascia, muscles and joints and causes contraction which can block nerve flow. This whole cycle of physical stress and limited mobility can cause a downward spiral that can adversely affect your health.

The bottom line is this: Your health requires regular attention. The time you spend now in caring for yourself will pay off in multiple ways as time goes on. We are here to help. Please maintain consistent care...and thrive!

CARUSO'S CORNER Nutritional Supplements Are NOT Equal

The nutritional supplement industry is very big business and as such might prioritize profits over actual benefit.

The vast majority of nutritional supplements on the market are chemicals that probably do more harm than good. They aren't actually nutrients, they just resemble nutrients that try to trick your body into believing they are nutrients. But, our bodies know better! We are designed to utilize FOOD for energy and as a source of raw ingredients.

Even well-intentioned, natural health practitioners can get this whole area wrong and recommend high-dose, synthetic fractionated vitamins and minerals.

Actual wholesome food not only has the macronutrients you need such as protein, fat and carbohydrates, it also has all the micronutrients and co-factors that your body

needs in order to make all these substances actually work in your body.



But, even with a good diet, adding additional nutrients with good whole-food based supplements is often necessary. We only use whole food based supplements in our practice because we know your body will recognize and use them as it sees fit and they won't end up causing imbalances or acting as just another toxic chemical that it has to now work to eliminate. Typically, we may recommend an individualized supplement program to help overcome health problems and then switch to a program that is more geared toward maintaining health once it is achieved. When you give the body what it needs in a form it can recognize and use, good health follows!

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As the holidays and cold weather approach, we encourage you to take even better care of yourself to offset any dietary indiscretions or stress you may experience.

Most of all, we wish you health and happiness throughout the holiday season and beyond!



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

CANTRELL'S COMMENTS Child Health and Chiropractic Care

Stress to the muscles, joints and ligaments tends to be cumulative in our bodies. We don't just wake up one day with pain or limited mobility. We accumulated it throughout our lives.

Children experience all sorts of strain on their musculoskeletal system starting with the birth process. Then there are the bumps, bruises and falls that occur as they learn to walk, play sports, fall on the ice, etc.

Luckily, children are resilient and their bodies tend to heal rapidly. But, that doesn't mean they aren't developing their own load of strains and stress along the way which can eventually cause problems.

In addition to the musculoskeletal benefits of chiropractic care, the neurological benefits can be life changing. An infant's neck is particularly vulnerable because of the

birth process and it is not uncommon for the vagus nerve to have some degree of compression. This can cause or contribute to gastro-intestinal problems such as reflux and constipation and can cause nervous system dysregulation (resulting in anxiety, lack of focus, irritability and learning problems).

Maintaining a strong and efficient musculoskeletal system, keeping their nervous system free from interference and providing wholesome, organic meals are some of the most important things you can do for your child's health and development.

Starting your children off on a path to good health not only keeps them in good shape as they grow, it also sets them up to maintain these habits throughout life.

Can you imagine a world where children are taught from the beginning how to take care of their health!

