

The Evolution of Health

Traditional medicine is constantly evolving and improving. Surgeries and medications are different than they were decades ago. Likewise, natural medicine is also continually evolving and improving. Such is the case with Wilmington Clinic and our use of non-thrusting adjustments and whole food nutrition to enhance function, strength and overall health.

Much of healthcare - both traditional and natural - is passive care. The patient comes to the doctor and receives something that will help them. This is good and necessary but just as important is the active role you the patient takes in your health.

Your ability to complement passive care is greatly enhanced by the also evolving and more sophisticated realm of rehabilitative exercises.

We all know that exercise is good for us. Optimizing the time and effort you put into exercise so as to get the greatest benefit is crucial to success toward overall health goals.

Walking is good but it doesn't help your upper body much. It's good for your cardiovascular and lymphatic systems and lower body and it can be good for your soul and spirit (especially when walking outside in nature). But where most of us need more help these days is in the area of posture. If you sit a lot through the day, chances are you are slumped. Kids playing video games are slumped. Texting promotes head forward posture and slumping. We all seem to be in a bit of a slump these days!

At Wilmington Clinic, we always try to help people become more active. Our targeted rehabilitative and posture exercises are geared toward helping you become stronger, more mechanically

stable, have better posture and less pain. And, these things lead to other benefits we may not always think of: Better breathing, better digestion and better energy to name a few things.

When you are slumped over, you are compressing nerves that go to your organs and your limbs. You are restricting the flow of oxygen, nutrients and blood. Good posture opens things up so everything works better. Your body becomes more efficient both mechanically and biochemically and this leads to better energy and health. The good thing is that as you improve, it all becomes easier as well.



Nowadays, it is very important that we take extra good care of ourselves and that we set a good example for those around us. The

world has more toxins and stressors which affect our long-term health more than ever before yet we understand so much more about how to reverse and maintain health than ever before. The more active role you take in your health, the better health you will have. We are here to help customize your health plan so you get the most out of your efforts.

The manual care which we offer in our clinic is safe and beneficial for all ages and any condition. Good health care is usually about helping a person achieve balance within their nervous system which then helps maintain balance throughout the other systems in your body. We help balance the nervous system with manual therapy, rehabilitative exercises and good nutrition.

Our approach is sophisticated and evolved but not complicated and helps you to not just survive, but to thrive!

Motivation to GET and STAY Healthy

If you are dealing with chronic ill health, it is probably going to take a bit of work to regain your health (a targeted health program that you adhere to consistently). If you are already healthy (or have recently regained your health) staying healthy will **STILL** require you to stay consistent with healthy lifestyle habits. Here are a few things that may help you stay on track:

1. **Self-Determinism: Do it your way.** There is no ONE way to live a healthy life. Develop a sense of what works for you and don't try to duplicate what others are doing if it doesn't work for your life.
2. **Stay positive towards yourself.** No one is perfect. We all slip up. Feeling bad or guilty about yourself won't help. Having a positive view of yourself will help keep you from sinking into despair and inaction and put you back on track.
3. **Move around more: Sit less.** Try to fit in regular exercise as much as possible but if you can't work it out, just make sure you move more in general. Park farther away to walk more. Use the stairs rather than the elevator. Run in place or bend/stretch while watching TV. Find ways to move more!
4. **Do it together.** Find like-minded people do things with: cooking, exercising, sports. We all do better with support.
5. **Stay mindful of your own circumstances.** Pay attention to what isn't working and try to change the primary things that are getting in your way. Not enough sleep and you won't have energy to exercise. Addiction to one harmful thing could derail your other efforts. Be honest about your specific issues and find effective ways to address them.



Healthy habits are
learned in the same
way as unhealthy ones
- through practice.

Wayne Dyer

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