

## What's Going on Under the Surface?

Most of the time, symptoms are just the “tip of the iceberg”. Something has been going on below the surface for quite some time before your body makes you aware that there is a problem. Our bodies seem to be kind in that way — working hard to keep us healthy so we can get on with the joy of living. But, eventually, they can't keep it up and symptoms or diseases show up. Often we are surprised by a “sudden” illness. But...it is rarely sudden; we just didn't notice it earlier.

For example, arthritis doesn't just appear and then get progressively worse. Something has been festering under the surface for some time before you ever feel it. Scar tissue from everyday physical stresses or injuries accumulate when your tissues are not manually released on a regular basis. This scar tissue interferes with the flow of blood and nutrients to your bones, tendons and cartilage. The friction, constriction and lack of nourishment and hydration to the tissues causes wear and tear and eventually, you start to feel it as arthritis or tendinopathy.



### Two Very Common Problems

Two of the most common overuse tendinopathies involve the patellar tendon (knee) and gluteal tendons (hip). How many hip and knee replacements could be prevented if we were able to release the tight tissues that are disrupting normal joint movement? Rotator cuff tendons in the shoulder are other common targets and can cause severe limitations in using your arms!

Heart attacks and strokes certainly seem sudden. But, what has been happening in your arteries and blood long before the harmful incident takes place? Research shows that magnesium, calcium,

selenium, omega 3, and other deficiencies from improper food choices can have major consequences for your heart as well as many other areas of your body. Specific dietary improvements can eliminate these common deficiencies.

Health is much more complicated than a simple one cause, one cure mentality. But often, not addressing one simple thing can create major adverse events down the road.

### Your Actions are the Biggest Determinants of Your Health

We may not be able to stop the aging process but we can certainly slow it down or age with more grace by staying consistent with our self-care and preventative health care.

Now, we certainly don't mean to blame or shame anyone. We are all human and are living in a world that is increasingly more toxic and stressful to our bodies. We all try to do the best we can. Unfortunately, it is the norm

rather than the exception to NOT be able to keep up with health maintenance activities as best as we would like.

However, we think OUR patients are exceptional and are more likely to be on top of their health...and it is our intention to remind you and help you address things early and avoid pain and illness as much as possible!

The more you understand what is happening below the surface, the better you can take effective action to offset any harmful repercussions. Is there inflammation, scar tissue, or specific nutrient deficiencies? How is your microbiome? (see next page) Is that minor symptom you are just starting to feel a sign of something else that could be stopped in its tracks if addressed now?

**Be consistent. Stay focused. Stay healthy!**

## How is Your Microbiome Doing?

The microbiome is the collection of all the microbes and their genes in and on your body—primarily bacteria and fungi. They contribute to our health and wellness by protecting us against pathogens, helping our immune system develop and function and enabling us to digest food to produce energy (and many more things...it's an extensive subject!) Paying attention to the health of your microbiome may be one of the most important things you can do for yourself.

### 10 Ways to Strengthen Your Microbiome

1. Eat your vegetables!
2. Avoid sugar and processed foods
3. Take a good probiotic (ie. Standard Process)
4. Avoid antibiotics as much as possible
5. Eat plenty of prebiotic foods (and supplement)
6. Eat fermented foods
7. Moderate your intake of red meat
8. Improve your sleep patterns
9. Get plenty of exercise and physical activity
10. Make time for you—stress relieving quiet time!

### Prebiotic and Probiotic Macro Bowl Recipe

Divide these ingredients into 2 bowls for a delicious meal that will help your microbiome stay healthy:

1/2 small spaghetti squash roasted, 1 large beet roasted, 1 large zucchini roasted, 2.5 ounces mixed leafy greens, 1 cup sauerkraut (make sure it has live, active cultures), 2 eggs sunny side up, 1/2 avocado sliced. Top with: 1/4 cup micro greens, 2 tablespoons sunflower seeds, and 1/4 cup kefir.



**Prebiotic and probiotic foods combine well to nourish your microbial and human cells!**

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