



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 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

We are participating providers for many HMO's and PPO's.

Tension Headaches

Here are some basic facts about tension (stress) headaches. They usually affect women more often than men. Generally, you feel them coming on slowly, usually in the middle of the day. You can have daily headaches or they can occur episodically. They are the most common type of headache, affecting from 30% - 80% of all adults.



Finding the cause of tension headaches can be problematic. They may be triggered by stress, fatigue, depression, certain activities in which you hold your head in the same position for a long time (such as working on a computer), anxiety, PMS or hormonal changes, repressed anger, sleeping in an abnormal position and teeth grinding. Spinal misalignments are common culprits too.

Many who experience tension headaches rely on non-prescription medications to reduce the pain. Ironically, overuse of these drugs can actually trigger subsequent episodes of tension headaches!

Non-medical approaches may actually prove more beneficial. Relaxation therapy and biofeedback techniques, stress management, proper diet and nutrition (avoiding certain foods and additives that may cause tension headaches), massage and sleep can certainly help reduce the triggers that may cause your headaches.

Naturally, chiropractic care is extremely effective in reducing the frequency and severity of tension headaches. Several studies have shown chiropractic care to be as effective as antidepressant medication in treating this type of headache, and these same studies concluded that the benefits received from chiropractic care actually lasted longer afterwards.

If you suffer from frequent tension headaches, or know someone who does, please be sure to send them our way.

Let Your Kids Heal Themselves?

Years ago, Louis Pasteur “discovered” the “germ theory,” and the rest is history! The gist of the theory? That germs cause disease and that exposure to germs makes a person sick. What matters is the presence of germs - they cause disease – it’s just that simple...and it’s just that wrong!

Even on his deathbed, Pasteur stated that it was not germs that caused diseases, but rather the environment (body) in which the germs were found that contributed to the cause of disease. In other words – there had to be fertile soil for a germ “seed” to grow and manifest into a disease.

Parents today are starting to understand that children need exposure to germs to gain appropriate, natural immunity. In fact, many believe that the increase in childhood allergies and asthma may be a by-product of “germophobic” parents!

When we give antibiotics that only attack the symptoms of disease, we are actually fighting the body’s natural lines of protection, and making it harder for our children to heal properly. When we allow our children’s bodies to heal themselves, we enable them to become more resilient and far more capable of resisting the onslaught of germs in the future. So...what we need to focus on is keeping our children’s immune systems functioning properly so germs don’t find a willing host in which to thrive. As parents, we do this by encouraging proper nutrition, sleep, exercise and optimal nerve supply to the immune system with regular chiropractic care. Only then can we truly move forward, past the flawed germ “theory” to a true state of health and wellness.



Keep the body functioning as it was designed and it will take care of germs quite well on its own!

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Mon, Wed, Thurs 11am -6 pm
Tuesday 8-11 am
Friday 6-11 am

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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.

4 Easy Ways to Prevent Arthritis

Arthritis is the leading cause of disability in the United States, affecting a staggering 50 million adults and 300,000 children. What's worse, it's estimated that these numbers will increase substantially within the next 20 years. What can you do to reduce your risk of developing arthritis? Here are four simple lifestyle tactics you can incorporate into your daily routine starting today:

1. Eat a balanced diet high in nutrients and low in sugars to maintain a healthy weight. Excess weight puts stress on bones and joints, particularly the knees, while vitamin D and calcium deficiencies weaken bone.
2. Exercise regularly to help increase bone density and strengthen the muscles around joints. Physical activity also increases overall mobility while keeping your joints flexible. A regular stretching program is also essential to help maintain flexibility and reduce joint stiffness.
3. Say no to smoking and alcohol consumption, both of which are known to weaken bone structure. In fact, by avoiding these two vices, you'll significantly reduce your risk of developing a host of other serious health complications as well.
4. Keep up with regular chiropractic care. When your joints are flexible and have good motion and circulation, there is less irritation and less of a chance for arthritis to develop.

Is arthritis in your future? In some ways it depends on the choices you make today. Talk to Dr. Fiscella to learn more about arthritis and additional strategies that you can employ.



Posture Police!

As a child, you were probably often told to "Stand up straight!" "Sit up straight!" But in reality, good posture is not about having a "straight" spine. The basis for good posture is maintaining what is known as a "neutral" spine.

A neutral spine has curves, a forward curve at the neck, a backward curve in the mid-back region and another forward curve in the lower back. These curves form an "S" shape viewed from the side. Good posture helps prevent chronic back and neck pain, or at least reduces the severity of any pain that might be present. Poor posture may increase the likelihood of conditions such as TMJ, chronic headaches, shoulder pain and other chronic illnesses.

To maintain good posture while standing:

- Position your head directly over your shoulders, which should be positioned directly over your pelvis.
- Keep some space between your feet, one foot slightly in front of the other.
- Keep your abdominal muscles taut (tighten the "core" muscles) and your bottom tucked in.
- Bend slightly at the knees.

To maintain good posture while sitting:

- Keep your feet flat on the floor with your hips and knees at a 90 degree angle.
- Keep your chin level – practice with a book on your head if it helps!
- Keep your lower back slightly arched – use a "lumbar roll" to maintain proper posture in the lower back if you sit for long periods of time.
- Remember to take periodic breaks from sitting and move around a bit or adjust your sitting position from time to time to prevent stress on your spine.

Chiropractic care helps restore your spine's natural alignment to keep your nervous system that it protects, functioning correctly. Good posture helps you retain the benefits of your chiropractic adjustments and helps you feel and look better! In fact, some say that good posture can take 10 years off your age and 10 pounds off your body – so give it a try!