



Creating Health

Providing knowledge to help you take control of your health and feel better

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Brought to you by

Wilmington Clinic

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Dr. Fiscella has been in practice for over 30 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.

Lose Weight and Keep it Off for Good!

Summer's here and with it usually comes the desire to lose weight so you look good in your shorts and swimsuit. However, as most of us eventually find out, there is no quick fix for losing and keeping off those excess pounds. The good news is that there are sound principles involving how your body burns fat that you can learn and apply to not only achieve a healthy weight, but also keep the weight off and improve your health at the same time!

Principle #1: Create Good Health

A healthy body will be more efficient at burning fat and creating the energy you need to exercise, cook healthy meals, sleep soundly, etc. For long term, optimal weight, you must focus on general health and optimal organ/nervous system/glandular function. So, instead of just thinking "lose weight", think "create health". This is pretty general and is covered more specifically in the rest of the principles...

Principle #2: Control Stress

When you are stressed (emotionally or physically), your body produces more of the hormone cortisol which increases belly fat. Continual stress also weakens your adrenal glands and makes you more tired. When you are chronically tired, you tend to crave things that give you quick energy such as sugar, carbs and coffee. If your body keeps receiving energy artificially through carbs, it never goes into a fat burning mode to get create its energy. So, keep your stress under control and build your adrenals with good nutrition and whole food nutritional supplements.

Principle #3: Get Good Sleep

Your body burns most of its fat during deep sleep because that is when fat burning hormones are most active. If you never get enough sleep or if your sleep is not good quality, you will have a tendency to gain weight or have a hard time losing weight. Sleep problems can have many causes — high night-time cortisol, lack of sufficient

exercise during the day, worries, pain, nervous system imbalances and mineral deficiencies are some of the common reasons for poor sleep. Please don't forget to tell us about any sleep problems you may be having so we can help you reverse these problems and get that restorative, fat burning deep sleep that your body needs!

Principle #4: Exercise Properly

Having strong muscles helps you burn more fat. But, not all exercise puts you in fat burning mode. For most people, short periods of intense exercise activate more growth hormone (fat-burning hormone). Sustained exercise activates more cortisol (stress hormone). Cortisol can nullify growth hormone, canceling out the effects.

The optimum duration for exercise is between 25 and 40 minutes; and since your body does the fat burning during the RECOVERY cycle, exercising every other day is best.

Principle #5: Address Nutritional Deficiencies

A common reason people have difficulty losing weight is that they crave foods that pack on the pounds (ie. sugars/carbs). Even small amounts of insulin producing carbohydrates will block fat burning hormones and you will sabotage your weight loss efforts. One of the biggest reason for food cravings is nutritional deficiencies. When your body does not have all the vitamins and minerals it needs to function well, it will not be able to create sufficient energy. It then craves carbs in an attempt to



create more energy. If you take good, whole food nutritional supplements on top of eating a healthy diet, you'll soon find you stop having such intense cravings that throw you off the weight loss track. Also, if you get your calories from nutrient dense (healthy) foods you can actually consume more calories and still not gain weight.

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If you get the same amount of calories from nutritionally depleted foods (ie. junk food, trans fats), you'll gain weight. You don't have to starve yourself if you eat healthy. It is the sugar laden junk that packs on the pounds! So, splurge on healthy foods and take whole food supplements to make sure you are covering all your nutritional bases.

Principle #6: Detoxify Your Body

The fat in your body holds on to toxins in an effort to keep these toxic substances from getting to your internal organs and causing harm. Your body will be reluctant to lose the fat if you are very toxic. So, if you take measures to detoxify your body and improve the functioning of your detox organs, your body will be much more willing to lose the fat (because it isn't as needed to buffer the toxins).

Principle #7: Avoid Medications

Several medications can cause weight gain, especially:

1. Insulin
2. Prednisone
3. Hormonal replacement therapy and birth control pills
4. Diuretics
5. High blood pressure and high cholesterol meds
6. Psychiatric medication — Prozac, Zoloft, etc.

Certainly, you should talk to your doctor before stopping any medications you are on. But, if you focus on building your health naturally, you probably won't need any of these medications...eventually!

Principle #8: Get Help

It is much easier to stick to a healthy plan if you enlist the help of others. We can help you with many aspects of your plan by keeping your spine aligned and flexible (which helps your nervous system maintain healthy organ function) and by providing the correct nutritional supplements to support your specific needs. But also try to get your friends and family involved—it is a lot easier to exercise and eat right when you have the support of others!

Achieving and maintaining optimal weight is a marathon, not a sprint. Do the right things continually over time and you will surely succeed.

Cold Laser Therapy

The cold laser produces an impulse of light (photons) which can penetrate the body about 4-5 inches. The light is directed to areas of blocked energy or damaged cells. This light stimulates cells in such a way as to transform them from a state of illness to a stable, healthy state. In general, cold lasers can be used in 2 distinct ways: 1) To target acupuncture trigger points and 2) Broad coverage of deep tissue with laser photons to stimulate changes in the tissue.

Cold laser are widely use for treatment of:

- Acute or chronic pain
- Ligament sprains
- Muscle strain
- Soft tissue injuries
- Tendonitis
- Arthritis
- Tennis elbow
- Back pain
- Bursitis
- Carpal Tunnel
- Fibromyalgia

Some of the ways laser photons help your body include:

Increased Cell Growth and cellular reproduction.

Increased Metabolic Activity via initiating higher output of specific enzymes, greater oxygenation and greater production Adenosine Tri-Phosphate (ATP).

Faster Wound Healing via fibroblast development and accelerated collagen synthesis.

Anti-Inflammatory Action — reduced swelling resulting in enhanced joint mobility.

Increased Vascular Activity via temporary vasodilation that increases blood flow to effected areas.

Reduced Fibrous Tissue Formation (scars) following tissue damage from: cuts, scratches, burns or post surgery.

Stimulated Nerve Function — speeding the process of nerve cell reconnection to bring the numb areas back to life.

Cold laser therapy is an important service we offer which helps you heal faster.