



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.

H1N1 Virus and your Family's Health

If you watch/read the news at all these days you can't help but hear about the H1N1 virus (swine flu) and the vaccine being developed to combat it. As is the case with many vaccines, there is controversy surrounding it. Is it safe? What are the side effects? Is it effective? Who should get it? Well, to answer these questions for yourself, you'll need to do some research but here is a summary of some of the points to consider...

First, **all** vaccines have risks associated with them. Some side effects are mild and some are devastating (including death, chronic immune dysfunction, neurological disorders, autism, etc.). The majority of people who get a vaccine will do ok. The problem is we don't have a good way of telling who is **not** going to do ok with it. And, **once you have a bad effect, the results can be permanent or very hard to reverse.**

Right now, officials are targeting schools as a good place to start using the vaccine. However, a study of 263 children, with and without asthma, done over eight flu seasons showed that children who received the flu vaccine were three times more likely to be hospitalized than those who were not vaccinated. The children with asthma were at an even higher risk for hospitalization. All of the children were evaluated at the Mayo Clinic.

Research published in the August 25 issue of the British Medical Journal reveals that more than half of doctors and nurses in public hospitals would refuse the H1N1 vaccine due to concerns about side effects and doubts about its efficacy. This is not a small percentage of doctors who themselves would not feel safe getting the vaccine, so any concerns you have about it are certainly justified.

So, let's say you decide not to risk getting the vaccine for your family. What are the risks associated with getting the actual H1N1 virus?

For most people, having the H1N1 virus isn't going to be much worse than any other flu.

Symptoms could include fever, cough, sore throat, runny nose, body aches, headache, chills, and fatigue. Some people may also get diarrhea and vomiting. For most, the symptoms will be uncomfortable and certainly not fun (getting sick never is) but it won't be a major deal.

Chiropractic Care and Your Immune System

Obviously, the people who are in the best health will fare the best—overcome the illness fast and have less severe symptoms. Your immune system is designed to fight off these bugs and it will do a good job at it **IF** it is not suppressed or interfered with to any great degree. I might be sounding like a broken record, but I find that people need to be reminded of chiropractic's role in keeping your nervous system and whole body free from interference so that it can work optimally. Chiropractic removes pressure from the nerves. Since the nervous system controls all functions of the body (including the immune system) chiropractic care can have a positive effect on immune function. During an immune response, the brain and the immune system "talk to each other". This process is essential for maintaining balance and health in the body. **When you keep up with your chiropractic care and keep the interference off your nervous system, you enhance the ability of your immune system to fight off ANY invader—including the seasonal flu and H1N1.**



In addition, keep up with healthy dietary practices, get plenty of sleep, and stay away from negative/upsetting people and circumstances. Particularly avoid "foods" that suppress the immune system such as sugar, trans fats, known allergens and highly processed foods. Above all, maintain these healthy choices on an ongoing basis and don't react to scare tactics and fear and then pay the price down the road!

See the next page for nutrition information related to the immune system.

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Office Hours:

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Solving Sinus Problems Naturally

Sinusitis - inflammation of the mucous membranes in the nose, sinuses and throat, eventually leading to blocked sinuses and potential infection – can be triggered by a number of things, from viral or bacterial infection to allergies or hay fever.

Regardless of the cause, sinusitis is a common problem with frustrating symptoms: congestion, cough, sore throat, fatigue,



fever, pain and pressure around the eyes, cheeks nose or forehead, and sinus drainage in the form of a thick yellow/green discharge. What can you do to prevent sinusitis? Here's a few simple suggestions for reducing your risk or relieving early symptoms of the condition.

- First, rinsing your nasal passages and keeping your membranes moist is a great way to avoid/reduce sinus symptoms. Our Endo Nasal Technique is great for clearing things out. You can also use a rinse with Alkalol and colloidal silver (ask us about this on your next visit).
- Drinking lots of water every day is another great way to keep mucus from building up; water keeps mucus thin, loose and easy to dissipate with the saltwater solution or simply by blowing your nose.
- If you have sinus symptoms, inhaling steam also can help to reduce congestion and other symptoms. You can do this several ways: by spending a little extra time in a hot shower or steam room; or by boiling water in a pan and then inhaling the steam. (Place a towel over your head to maximize the effect.)
- Finally, sleeping with your head elevated helps prevent mucus from pooling. When mucus builds up in your nasal passages, it's a veritable breeding ground for infection. It might mean you spend a few days and nights with a runny nose, but it's better in the long run than the alternative – congestion and infection.
- Make sure you keep up with your chiropractic care as well. Keeping the spine mobile and muscles flexible will help open up flows through your head and neck so that infections won't tend to fester or be inaccessible to the immune system.

Strengthen Your Immune System With Nutrition

Our bodies are designed with a very efficient immune system which fights bacteria and viruses. But, we have to support our immune system to help keep it working efficiently. Below are some nutritional products which can help keep your immune system strong throughout the winter (we carry some of these in our office).

Keep in mind, though, that each person has different strengths and weaknesses and it is best to have Dr. Fiscella assess your individual needs using electrodermal testing (Accugraph).

Congaplex: This supplement provides excellent support to the immune system and is useful as a preventative measure as well as during an active infection.

Thymex: This product will engulf infections and stimulate the elimination of germs via the lymphatic system. It also stimulates healing and defense mechanisms against both bacterial and viral infections.

Drenamin: This is one of several products which support the adrenals. If you are stressed and your adrenals are weak, your resistance to germs will be down and you will have a slower recovery.

Cod Liver Oil: The vitamin A & D in CLO will help keep your immune system strong.

Foods that contain quinine can also help (ruby red grapefruit, oranges, apples and cranberries). And, avoid mucus forming foods such as dairy products. Taking steps to strengthen your immune system before you get sick will be more effective than waiting till infection has set in. So...don't wait till your miserably sick...take action to protect yourself today!