



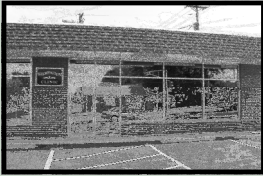
# Creating Health

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

Brought to you by

## Wilmington Clinic

Dr. Michael J. Fiscella DC  
4918 Weber Road  
St. Louis, MO 63123  
314-353-1477



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.

## Fighting Chaos

Because you and I have a physical body, we're subjected to various laws of the physical universe. Among them, the second Law of Thermodynamics states that things go from order to disorder.

You may have noticed this with objects. Over time your cupboards get cluttered, your lawn becomes infested with weeds and car parts wear out. With neglect, this happens to our bodies as well.

Various forces such as gravity, poor diet, lack of rest and exercise, negative attitudes and countless other stresses, cause our bodies to break down. Fortunately, we have an internal force that constantly works to counteract these external forces. (Our ability to heal is related to this internal force.)

Turns out, this inborn intelligence of our body relies on the nervous system—the focus of chiropractic care.

## Got a Short Circuit?

Your spinal cord is like the information superhighway with the "circuitry" necessary to run your body:

**Sensory Nervous System:** Taste, touch, sight, sound and smell are examples of sensory organs sending messages to your brain.

**Motor Nervous System:** Motor nerves control how your muscles work, such as standing or walking, coordination and balance.

**Autonomic Nervous System:** The autonomic nervous system controls cardiovascular, digestive, respiratory and many other involuntary functions.

**Sympathetic Nervous System:** The sympathetic nervous system has a deep connection with your hormonal system to secrete adrenaline and alert your entire body to impending danger, real or imagined (ie, fight or flight).

Like an electrician, we're interested in the

circuitry of your body. The moving bones of the spine are often the source of "brown outs," short circuits and blown fuses. If you think chiropractic is only about your back, think again!

## Health Care vs. Sick Care

Traditionally, we see doctors when we have some type of obvious ache or pain. Yet, waiting for these obvious symptoms to appear before finally seeking help is becoming an increasing burden on our health care system, economy and well-being.

And while it may be called "health" care, it's actually sick care.



Chiropractors are leading the way with *real* health care that's designed to keep you well. Not surprising, it's called wellness care. And the preliminary research is astonishing!

A study published in a 1996 edition of *Topics in Clinical Chiropractic* looked at a group of seniors aged 75 years or older. Subjects who were receiving chiropractic care reported experiencing better overall health and had fewer hospital admissions, used fewer medications and were more active than their peers who did not receive chiropractic care.

A more recent analysis published in the *Journal of Manipulative and Physiological Therapeutics* looked at 311 chiropractic patients aged 65 years or older who had been receiving "maintenance" chiropractic care for five years or longer. When compared with subjects who were not receiving chiropractic care, they had half as many medical doctor visits and overall had healthier habits.

Other studies further confirm what a growing number of our own patients have been telling us: it's actually less expensive to *stay* well, than it is to *get* well.

Let us know how we can best support you and your individual health goals.

# WILMINGTON CLINIC

www.thewilmingtonclinic.com

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## Office Hours:

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

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Joyous Holiday Season and  
Best Wishes for the New Year!*

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## Recent Reports in the News About Vitamins

Not long ago, the national news reported the results of a couple of studies where vitamins were not looked upon very favorably. One study concluded that older women who take multivitamins die earlier than those who do not take vitamins. The other study reported that dietary supplementation with vitamin E increased the risk of prostate cancer among healthy men. Studies like these may be used to sway people into not taking vitamins... a response that is potentially not warranted and not healthy. We say "potentially" because there are several factors to keep in mind when taking dietary supplements. All "vitamins" are not created equal—by the body at least. Here are a few points to keep in mind:

1) These studies looked at synthetic vitamins (ie. chemicals formulated in a lab made to *look* like vitamins) and not whole-food supplements (like what we use in our office). The difference between these two types of supplements are like night and day. Anyone who really understand health, prevention of disease, longevity, etc. would know that the vitamins and minerals found in REAL foods are what are protective and healthy and that trying to simulate these healthy substances in a lab and swallowing high doses of chemical substitutes is not the same thing. A close second to eating organic, whole foods is to take dietary supplements that are made directly from organic, whole foods (like Standard Process). These are not just chemicals your body has to cope with and are not toxic like the synthetic, chemicals passed off as vitamins (about 95% of vitamin supplements on the market are this sort of vitamin).

2) In our modern, fast-paced society that is overrun with toxins (in the air, food, water and products), most people do need more nutritional support than their diets are providing. This is why we recommend the use of WHOLE FOOD CONCENTRATE SUPPLEMENTS.



It is not a good idea for people to just take the cheapest drugstore multivitamin you can find because these are not going to help you and may harm you. It is important to take only supplements made from real food and to work with a doctor knowledgeable in the correct selection of supplements for your individual needs. In our office, we have a variety of ways to determine what supplements are going to help you as well as extensive training in nutrition and dietary supplementation.

3) Health is more than just popping pills. We understand the urge to study just one aspect of human behavior and try to draw broad conclusions from that study. But, this is not how the body works. The development or prevention of cancer or other disease and the longevity of life in general is **influenced by a multitude of factors**—mental, spiritual and physical. In the physical realm alone you have diet, toxin exposure, quality of air and water, level of exercise, structural disruptions which adversely affect organ and nervous system function, level of good bacteria in the body as well as initial genetic potential. We have no idea what the people in these studies were doing besides popping some pills made by chemists.

4) There are thousands of studies which show the benefit of whole foods and whole food supplements to human health. To get the full picture, you'd have to study the whole subject and not take your clues from a couple of questionable studies that are probably meant to confuse people rather than enlighten people with information that is actually useful. Well....we take that back a little. These studies do enlighten us about one thing....taking chemical compounds that are called vitamins does not contribute to good health!

Don't let these studies deter you from your good, healthy actions though. There is no doubt that you will fair better with your overall health, energy and happiness if you give your body what it was intended to use for fuel—wholesome, unadulterated food, clean air and water, and adequate physical activity. For dietary supplementation, check with us for guidance and stay away from those bottles of chemicals in the stores!