



# 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

Dr. Michael J. Fiscella DC  
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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.

## Headaches: Drugless Solutions

Headaches may seem like a normal part of life because so many people have them regularly. Americans spend billions of dollars each year on over-the-counter and prescription pain medication for relief.

The common over-the counter pain relievers can cause damage to the stomach and intestinal linings causing a myriad of gastrointestinal and nutritional problems. Some of these drugs can also cause severe liver and kidney problems. Prescription drugs are even stronger and have their own list of side-effects, one of which is headaches!

Headaches are your body's way of telling you something is wrong. So, rather than mask the symptom with drugs, lets treat the cause and eliminate headaches in the long term.

### Chiropractic Solutions

If your muscles are tight and causing stiffness or lack of proper motion in your spine, the blood flow and nerve transmission coming from and leading to the head are disrupted. This alone can cause frequent headaches but when you also experience mental stress, tension, or biochemical stress (allergens, toxins, hormone fluctuations, etc.), you are even more likely to end up with a headache. Research shows that chiropractic is an effective, natural answer to headache pain. A major study in 1995 in the Journal of Manipulative and Physiological Therapeutics compared several weeks of drug therapy to

several weeks of chiropractic care. Eighty-two percent of patients given drug therapy reported side effects such as drowsiness, weight gain, dry mouth, heart-related problems and glaucoma. However, the chiropractic patients reported no side effects. After four weeks of treatment, patients who used drugs began having headaches again while members of the chiropractic group continued to have headache relief and higher energy levels — an incredible added bonus!

The cervical (neck) vertebra are often the ones found to be most related to headaches although the mid-back can also be a problem.



Receiving a series of chiropractic treatments which release trigger points and tight soft tissues along with other lifestyle adjustments may make a substantial difference in your life. In

conjunction with the adjustments, Dr. Fiscella may also suggest ergonomic changes (posture related to tasks you do most frequently), exercises and relaxation techniques.

### Headache Triggers

In addition to soft tissue issues, headaches have many triggers such as foods, stress, blood sugar fluctuations, toxicity and hormone changes. Migraines in particular can be triggered by specific foods. Some of the common food triggers are chocolate, cheese, nuts and citrus fruits. However, any food that you are allergic to can be a trigger for headaches. *(continued)*

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## Office Hours:

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*(continued from front)*

Headaches can also be related to liver congestion and toxicity. Because of the link between allergies, gastro-intestinal, liver health and headaches, general chiropractic care can help beyond the obvious correction of cervical/neck dysfunction. Multiple areas of the spine have nerves which pass through the vertebrae on their way to the liver, stomach, pancreas and intestines. When you receive consistent chiropractic care to keep the pressure off these nerves, you experience greater health in your organs and fewer problems with allergies, congestion, constipation, etc. This will all go a long way to removing triggers for headaches.

### What Else Can You Do?

- Make sure you take breaks and stretch frequently instead of spending a lot of time in one fixed position.
- Avoid teeth clenching. This stresses your jaw and skull and can lead to tension headaches.
- Drink plenty of water and eat foods high in water to prevent dehydration—which can cause headaches.
- Avoid foods that you know are triggers. If you are unsure, try eliminating potential triggers for several weeks and then adding them back in to see if there is a difference (eliminate only one food at a time).
- Eat a wholesome diet and eliminate processed food which contain a lot of additives, pesticides, and other chemicals that do not support good health.
- Incorporating stress reduction strategies into daily life—take a bath, get a back rub, relax with a good book, and slow down!

## Eat Your Antioxidants

Free radicals are molecules that can damage numerous components of the body, including genetic material (DNA), various proteins such as enzymes, important cell membrane fats, and cholesterol. Such damage is a factor in the promotion of most chronic diseases, most notably cancer and heart disease.

Many believe that the negative health impact of poor food choices take years to develop. We now know this to be false, and this is especially evident in the context of free-radical generation. Research has demonstrated that an important and quite underappreciated promoter of free-radical production is the overconsumption of calories, particularly sugar- and fat-rich meals in the form of desserts, snacks and fast foods.

The diet that immediately reduces post-meal free-radical production is one that contains vegetables and lean protein (meat, fish, chicken, wild game, etc. Fruit and nuts have similar antioxidant effects. We should embrace the fact that it is very difficult to consume excessive calories if fruits, vegetables, and lean proteins are our primary calorie sources.

So, if you want to fight free radicals and reduce your risk of developing chronic disease, a powerful combination includes the anti-inflammatory diet and supplementation with a multivitamin, vitamin D, magnesium, coenzyme Q-10, ginger, turmeric, and garlic. Remember to talk to your doctor before making any major changes to your diet or beginning a supplement regimen, particularly if you are taking blood-thinning agents such as Coumadin or are on multiple medications.