



# 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

## Services Provided

- Myofascial Release
- Trigger Point Therapy
- Graston Technique
- Acupuncture
- Acupressure
- Orthotics
- Nutritional Counseling
- Spinal Decompression
- Sports Rehabilitation

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

## Foundations for a Healthy Life

Probably at the beginning of the new year, you set goals for getting healthier and losing weight. Far too often, though, our good intentions toward these New Years resolutions are forgotten by now. We often get discouraged when our goals are not realized quickly enough and we get distracted with life's other pressing matters. Health and optimal weight are not something that happen overnight, though. They are the result of continually making good choices throughout our lives and in maintaining attention to very specific areas that lay the foundation to a healthy, energetic and fit body.

The body is complex with many systems and functions. However, it knows how to do its job so we don't necessarily need to understand all the complexities. We just need to understand the basics and provide our body with what it needs on an ongoing basis so it can carry on unimpeded. The simple basics for a healthy body include putting the good things it needs into it, getting/keeping the bad things that interfere out of it, keeping the nerves free of pressure so they can coordinate activities and moving the body sufficiently so that things can flow in and out as they need to. To get a little more specific...

**Good Spinal Health:** One crucial foundation is maintaining proper nerve flow throughout the body. Your brain and spinal cord (the central command center of your body) send and receive trillions of messages a day to and from your organs, endocrine glands, tissues, etc. communicating vital information which is used to keep your body functioning properly. When something impedes the normal flow of

these important communications, your body cannot perform its vital tasks efficiently and problems develop over time. Tight muscles and soft tissue will pull the spinal bones (vertebrae) and cause them to become fixated or lose their ability to move normally. This lack of mobility in the spine will put some degree of pressure on the nerves and blood vessels that exist between the vertebrae. Even slight pressure on a nerve or blood vessel can interfere with circulation, oxygenation, nutritional nourishment, nerve conduction, detoxification and more.

Your body just cannot stay healthy if the nervous system is not addressed appropriately with chiropractic care, proper nutritional supplementation, diet and exercise. Vertebrae can be fixated but not cause symptoms or pain, so maintaining regular chiropractic visits is very important (not waiting till a "straw has broken the camel's back" and you are in pain).

**Good Nutritional Support:** Your body needs specific nutrients on a daily basis to perform its activities well. This includes eating a wholesome, organic diet, avoiding harmful, processed "foods" and taking a foundational multi- vitamin and mineral supplement daily. Other foundational support nutrients would include essential fatty acids which are often in short supply in our diets.

**Exercise:** Nutrients, oxygen, water, etc. are carried to the cells and tissues of your body better when you have sufficient exercise, particularly exercise which stimulates your lymphatic system such as walking or rebounding (using a mini-trampoline).



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**Office Hours:**

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



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Also, wastes and toxins are eliminated better when you have sufficient exercise.

**Clean air and water:** It is very important that you supply your body with sufficient quantities of high quality oxygen and water. Air and water filters can be very helpful, especially if you live in the city. In addition, proper breathing is very important to fully oxygenate your body. Good posture and proper spinal alignment will help you achieve proper, deep breathing.

Disease, ill-health, low energy, excess weight and non-optimal emotional/mental states do not occur overnight. They happen slowly over time, in part due to the nutritional, environmental, emotional and structural stresses we *continually* place on our bodies. Some people are not even aware when something is wrong until significant problems develop. When things get to this point, it is much harder to help the body recover than it is to prevent the major problems in the first place. It may sound like a cliché to say “an ounce of prevention is worth a pound of cure” but it couldn’t be more true. If you already have significant health issues, it takes time and *persistence* to regain your health.

To be successful in meeting your health goals, you need to be consistent, think in the long-term, make good choices daily and pay attention to the basics. Keep up with regular chiropractic treatment to ensure your body’s central command center can communicate well with its team, eat a healthy diet, take the right nutritional supplements, exercise regularly and get plenty of sleep, fresh air, clean water, fun and love.

We are happy to help support you in achieving your health goals through the coming years.  
Your good health is our greatest reward!

## Decrease Inflammation and Pain Naturally

Estimates show that between 5 percent and 10 percent of the U.S. population uses nonsteroidal anti-inflammatory drugs (NSAIDs) for pain relief. While NSAIDs are effective in treating both acute and chronic pain, they also may cause a myriad of complications, ranging from headaches and stomach ulcers to dizziness, constipation and diarrhea. These side effects something to be taken lightly because they are the result of actual damage being done to your gastro-intestinal tract.

This damage can have far reaching consequences because you GI tract is vital to your overall health including the normal functioning of your immune system.

While we don’t want you to be in pain, we also don’t want you causing more harm to yourself with NSAIDs. The following lifestyle choices can help reduce or eliminate pain:

- Regular chiropractic care to keep the joints free from restriction and the muscles/bones moving efficiently.
- Safe, moderate exercise.
- Consistently using good ergonomics.
- Eating a healthy diet.
- Nutritional supplementation specifically geared toward your pain issues.
- Keeping your stress load down.

Check with us to get a personalized program which will help you with your specific needs.