



Creating Health

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

May 2009
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.

Detoxification: Spring Cleaning for your Body!

Unfortunately, our environment is more toxic than ever and our bodies are accumulating toxins from the air, water and food we eat on a regular basis. Studies by the Environmental Working Group and the CDC have shown that the average person has multiple chemicals in their bloodstream, in mother's milk and in the blood of babies umbilical cords. Many of these chemicals are known to cause cancer and other serious illnesses.

In addition to toxins we get from the environment, we also create toxins within our body daily which must be dealt with as well. Each of the trillions of cells in the body are like little manufacturing plants. They take in food/water/oxygen, do their work and create metabolic wastes that have to be excreted by the body continually.

When your body becomes overburdened with toxins, it causes all sorts of mental and physical difficulties including (but not limited to):

- Fatigue or tiredness
- Poor digestion
- Sleep problems
- Moodiness/depression/anxiety
- Mental fog
- Weight gain
- Low libido
- Food cravings
- Headaches
- Skin rashes
- Immune weakness
- Joint and muscle pain
- Allergies
- Hormonal dysfunction
- Chemical sensitivities
- Bizarre symptoms

If you experience any of these problems, you would likely benefit from a Standard Process® 21 Day Cleanse. Spring is a great time to do this program because it is a time when the body is naturally attempting its own spring cleaning. This detoxification and weight management program is safe, effective, and easy to follow. It will help you continue or renew your goals to attain better health, weight, energy and productivity. When your cells are free from toxins, they are able to perform optimally which means your whole body functions better, you feel better, are more productive, happier and life just goes better!

(continued)

How Toxic Are You?

Toxicity levels are easiest to measure by recording known symptoms of toxicity (verses blood tests which can be expensive and inconclusive). We have an extensive toxicity questionnaire in our office which can give you and your doctor a good estimate of how toxic your body is. Call for an appointment and let us know that you would like to do the questionnaire and discuss the Standard Process cleanse program in detail.

WILMINGTON CLINIC

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Office Hours:

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

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We had a great turnout at the last two presentations and we'd like to thank all of you who came. For those who weren't able to attend, we are having another event soon...

HEALTH AWARENESS FOR THE 21st CENTURY

at the Unity Church of Peace near the office
Sunday - July 12, 2009 @ 1:00p.m.
3701 Bayless Ave., St. Louis, 63125

What can you expect from your detoxification program?

First, this is not a fast and you will not have to starve yourself and be miserable. You will eat sensible meals, take specific supplements and drink shakes made with specific Standard Process products throughout the day.

While on the cleanse, you will be able to go about your day as usual and should not feel bad or have any significant side effects. The cleanse is easy to follow and incorporate into your daily routine.

As a result of the cleanse, you'll experience improved liver, kidney and bowel function so you can continue to eliminate and detoxify more efficiently on a regular basis after the cleanse is complete. You'll also eliminate unwanted symptoms that were related to toxicity and nutritional deficiency. Once your body is free of toxins, the cells are much more able to take in and use good nutrients from your food and supplements.

How does cleansing help with weight loss?

One way your body tries to protect itself from toxins is to hold onto them in the fat. If you try to lose weight, your body may resist because the toxins would be free to go elsewhere in the body where they might cause harm. When you detoxify your body, it is then safe for your body to let go of the fat and it will do so easily. Once you eliminate the toxins, your metabolism will improve and you will find that cravings for sugar and other processed foods will be eliminated or greatly diminished. This will help you maintain your goals of living a healthy lifestyle with a wholesome diet.

Some of the products you will use on your 21 day cleanse

SP Cleanse™ utilizes the synergistic effect of over 20 different foods and botanicals to support balanced hepatic detoxification ability, and the other organs of detoxification (lymph, skin, kidneys and blood).

SP Complete™ is a vegetarian whole food and herbal supplement which mixes with juice or water to make a nutritious supplement shake. It offers a balance of essential macro and micronutrients from plant sources in a highly bio-available form to promote cellular health.

Gastro-Fiber™ is a vegetarian product which combines psyllium (husk) powder, collinsonia (root) powder, apple pectin, fennel seed, and fenugreek seed powder to help move the bowels, maintain healthy lining in the gastrointestinal tract, maintain healthy vessel walls and tone the mucosal membranes in the intestines.

SP Green Food™ contains barley grass juice powder, buckwheat juice powder, Brussels sprouts powder, kale powder and alfalfa sprouts powder (all organically grown). Cruciferous vegetables, which are processed without heat, are shown to support the P450 enzymes system of liver detoxification.

Relief for Muscle Aches and Pains

With spring and nicer weather here, I'm sure a lot of you are going to be more physical and active... coming out of winter hibernation so to speak. Just remember to ease into activities and keep a few basic things in mind such as:

- Always warm up and stretch prior to exercise or activities
- Listen to your body and don't push past where you know you are comfortable
- Keep well hydrated with clean water and healthy foods
- Use cold packs, rest & elevation right after an injury/strain
- Take Epsom salt baths to relieve muscle aches and pains
- Get regular manual tune-ups in our office to keep your muscle and joints mobile and loose