



# 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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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.

## Don't Let Stress Get the Best of You!

It is very common to see stress-related illnesses these days. Stress can be a primary cause of illness or it can be a contributor. Either way, it is good to eliminate as much stress as you can and strengthen your body in order to cope with stress better.

Usually, when we think of stress, we think of the **mental/emotional** kind. These are often the “bad” stressors in life such as divorce, illness, relationship problems, work deadlines and the overall stress of keeping up with our fast-past, daily lives. But, there are also “good” stressors such as marriage, moving, starting a business, having a baby etc. In addition to these mental/emotional stresses, there are three other broad categories of stress:

**Chemical** - environmental pollutants, heavy metals, diet high in carbs, sugars and processed foods, etc.

**Physical** - pain from spinal problems, overwork, lack of sleep, muscle and joint pain, headaches, etc.

**Thermal** - over-heating or over-chilling of the body.

The number of stressors, your ability to recognize them, the intensity and frequency of each stressor, and how long they are present all combine to form your total stress load.

Your adrenal glands are a key part of the body which responds to stress and they can get easily overworked when you have a high stress load. At the same time, they are also the anti-stress glands of the body...when working well, they help you cope with stress and ward off complications which leads to stress-related illness.

The adrenal glands are small glands that sit on top of your kidneys which secrete

hormones that affect nearly all of the tissues of the body. Because these hormones affect so many areas of the body, when the adrenals are overworked or not healthy, a whole host of problems may develop. The most common symptoms of adrenal dysfunction are feeling tired, sick and rundown, having difficulty getting going in the morning and needing coffee, sweet snacks, colas, and/or salt to keep going. Other problems associated with adrenal dysfunction are:

**Too much inflammation:** Irritable Bowel Syndrome, Fibromyalgia, Arthritis, Headaches, Osteoporosis.

**Mental/Emotional Issues:** Anxiety, Depression, Insomnia, Mood Swings, Irritability, Poor Learning, Poor Short Term Memory.

**Blood Sugar Problems:** Hypoglycemia, Chronic Fatigue.

**Hormone Imbalance:** Low Thyroid Function, Hypothyroid, PMS, Infertility, Severe Menopause, Insulin Hormone Resistance.

**Metabolism:** Fat accumulation around the waist.

I'm sure you can see why it is vital that you keep your adrenal glands in good shape and that you eliminate the sources of stress as much as possible.



## How Does Chiropractic Help?

There are two basic sides to your autonomic nervous system.... sympathetic and parasympathetic. Consider sympathetic as *fight or flight* and parasympathetic as *rest and digest*.

For health, you need to move between these complimentary states and not stay

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## Office Hours:

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

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Help make the world a healthier place!

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stuck in one or the other. When you are stressed, your muscles become tense and put abnormal tension on the bones of your spine (vertebrae). This in turn causes compression and lack of normal movement of your vertebrae which in turn blocks the flow of messages from the nerves and interferes with circulation. The result of this is often pain, which is another stressor that keep you stuck in the whole cycle and will often create sympathetic dominance. This means that the sympathetic side of your nervous system is constantly activated and sending stress messages to the adrenal glands which then contribute to their fatigue and dysfunction. It also means you don't move into the parasympathetic state like you should and you may not digest your food well (leading to its own host of nutritional imbalance problems). It also means you're not giving your body adequate time to rest, rejuvenate and heal. Many people have been stuck in a sympathetic dominance state for so long they don't even notice it!

Chiropractic treatment to relieve the muscle strain that is tugging on your spine will also help adrenal health by making sure the specific nerves that go directly to the adrenal glands are not interfered with and thus can work efficiently.

In addition to keeping up with your chiropractic care to help ensure proper nervous system functioning, you should also:

- 1) Eat a healthy diet free from processed foods and toxins (as organic as possible).
- 2) Avoid things that stress the adrenals such as alcohol, coffee, sugar, and soft drinks.
- 3) Maintain moderate exercise - don't overdo it don't skip it even when you are tired!
- 4) Eliminate negative people and influences in your life.
- 5) Develop relaxation strategies - make a conscious effort to slow down, relax and have fun.

Periodic and regular manipulation of the body has been used for centuries as an effective, low risk method to keep one free of muscular and spinal stress (which has a dramatic affect on our well being). This fact, coupled with the sensible strategies listed above, combines to give you many effective ways for you to keep stress from getting the best of you!

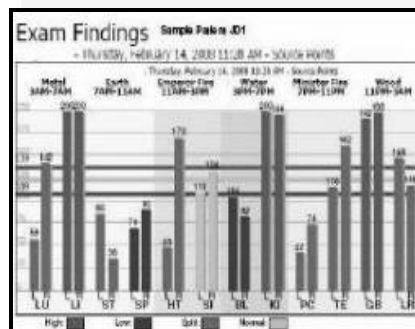
## How Healthy Are Your Organs?

In our office, we use a device called the AcuGraph which gives us a quick yet accurate way to assess your organ and gland strength. The AcuGraph measures energy flowing through your body's acupuncture meridians. Meridians are basically channels through which energy flows in your body. There are meridians for each major organ and gland in your body.

Using the AcuGraph, we can tell a variety of things about your body such as which organs have low energy and which ones have excess energy (indicating inflammation or stress), which supplements and treatments will improve non-optimal organ/gland function, how well you are progressing with a particular supplement program and when it is necessary to change your program.

It is well understood in holistic medicine that problems will manifest in the energy field of the body well before you develop symptoms or disease. With the AcuGraph, we can address problems before they become serious. For example...a person could show a very low reading on their pancreas meridian. We then use the AcuGraph to help identify what treatment

would address the pancreas best and bring the reading to normal. This simple action could help you digest food better, curb sugar cravings and even prevent diabetes from eventually developing.



If you haven't had an Acugraph assessment recently, please call our office and schedule one as soon as possible.