



# 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  
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St. Louis, MO 63123  
314-353-1477



Dr. Fiscella has been in practice for over 35 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.

## Basic Strategies for a Healthy Heart

Heart disease is the number one cause of death for both men and women. Luckily, heart disease is also one of the areas of your health that you can have a positive influence on with your lifestyle choices! So, there is a lot you can do to not become another heart disease statistic...

First, make sure you eliminate or address the top risk factors for heart disease which include: High blood pressure, high cholesterol, diabetes, smoking, physical inactivity, obesity.

Second, know the symptoms and get checked out if you have many of them.

### Primary Symptoms of Heart Disease

1. Changes in mood, including irritability, depression, anxiety and insomnia
2. Elevated levels of inflammation related substances: C-reactive protein, fibrinogen, and homocysteine
3. Unusual fatigue and/or insomnia
4. Shortness of breath
5. Indigestion
6. Frequent headaches
7. Racing heart
8. Vision changes
9. Changes in appetite
10. Aching arms
11. Chest pain
12. Pressure in the chest, arms, stomach, back, neck or jaw
13. Cold sweats
14. Nausea
15. Lightheadedness

Third, eat foods which are known to be healthy for the heart.

### Top 10 Heart Healthy Foods

**Oatmeal** is a good source of fiber and contains beta-glucans, which help lower cholesterol and stabilize blood sugar levels.

**Peanuts** are rich in heart-healthy unsaturated fat and contain protein, fiber, vitamins and minerals, as well as antioxidants. Peanut consumption has been shown to improve lipid profiles in those with high cholesterol.

**Salmon** is an excellent source of omega-3 fatty acids, which have been associated with a reduction in heart disease risk. Salmon is also a natural source of healthy protein and vitamin D.

**Broccoli** is chock-full of the antioxidant vitamins A and C. It is a cruciferous vegetable which also includes Brussels sprouts, bok choy, kale, and collards.

**Avocados** are rich in heart-healthy monounsaturated fats, which may help raise levels of HDL (good cholesterol) while lowering LDL (bad cholesterol). They are also high in the antioxidant vitamin E.

**Pistachios** contain healthy fats, protein, and fiber. They are also rich in plant stanols which can actually lower your LDL (bad) cholesterol.

**Cantaloupe** is rich in the antioxidant beta-carotene, a plant-based vitamin A precursor. It is also rich in the mineral potassium, which may help lower blood pressure and the risk for stroke.

**Tomatoes** contain lycopene, an antioxidant associated with cardiovascular health. Tomatoes also contain important antioxidants, vitamin C, beta-carotene, & vitamin E.

**Olive oil** is a good source of monounsaturated, heart-healthy fat. Olive oil is also rich in antioxidants, like polyphenols, vitamin E, and beta-carotene, which can help protect blood vessels and other components of the heart.

**Red wine, in moderation,** is associated with heart health and contains a high levels of antioxidants. But, too much is not good for your liver so drink conservatively.

Lastly, keep active with moderate exercise, sports, gardening, dancing, etc. and keep up with your chiropractic care to stay flexible, reduce pain which may inhibit your activity level and prevent injuries.

**Your lifestyle choices are the most important part of keeping your heart healthy!**



## Let Us Help You Find Your Perfect Fit!

Hello everyone! It is FINALLY spring! And thoughts are turning to things like yard work, gardens, plants, and **GETTING HEALTHY AGAIN!** On that note, check out our programs that we offer to help you get detoxed, healthy and lose that excess weight once and for all!! We offer several programs and one of them could be the "perfect fit" for you!

I have personally lost 90 pounds since mid-October, 95 inches total, am off all my medications, and am down six sizes! Another patient has lost 50 pounds since January, is down three dress sizes, and has become our star "healthy creative" chef!! We offer wellness and weight loss programs for a variety of different issues, such as inflammation, blood sugar/weight management, female vitality, male vitality, and digestion, just to name a few. In addition, Dr. Fiscella could advise you about specific whole food supplements that would be customized just for your particular issues!

So, if you are sick and tired of being sick and tired, call me to set up an appointment to come in and talk about it. The programs are reasonable, and we offer 10-day programs, 21-day programs, and more.

We look forward to talking with you. Call me at 314-956-8561 or 314-708-3677.

*Patti*



**WILMINGTON**  
  
**CLINIC**

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[www.thewilmingtonclinic.com](http://www.thewilmingtonclinic.com)

### Office Hours:

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

Presorted Standard  
U.S. Postage  
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## Information is Power!

Empower yourself by learning more about our specific techniques and strategies to maintain optimal health! Tell your friends/family so they can benefit too.

Check out our new informative videos and blog at:  
[www.thewilmingtonclinic.com](http://www.thewilmingtonclinic.com)

Our intent is to inform, not annoy. If you would like to be removed from our mailing list, please call us.

## Are You Stretching the Wrong Way? Try the Right Way

Ninety percent of people who stretch usually do so ineffectively, performing the same old-style stretching exercises that have been recommended for years (holding the same position at the same intensity and for an extended time). People are likely to be worse off than they would have been if they hadn't stretched at all!

Why? When stretched for too long, muscles will inherently tighten up as a self-protective mechanism. They are protecting themselves from potential tearing and injury. Unless you learn how to bypass this protective mechanism, your body will never allow an increase in flexibility to occur.

Active Isolated Stretching (AIS) is based on the principle of *reciprocal inhibition*, which states that when you contract one muscle, an opposing muscle will relax. When this occurs we have an opportunity for a more effective stretch of the relaxed muscle. Hold each stretch for a maximum of 2 seconds to prevent the "stretch reflex" from occurring. This reflex occurs when a muscle is stretched for too long and too hard, and the nervous system actually tightens up that muscle in anticipation of an injury. The muscle becomes tighter as a rebound effect. Instead of gaining flexibility, you actually lose it.

The basic protocol with AIS is to do 10 repetitions per stretch, hold each stretch for 2 seconds, assist at the end range with an additional gentle pressure and exhale into each movement.

Just a few minutes every day will help a lot. You will become empowered to take back control of your life from pain. Search "active isolated stretching" on youtube.com and you'll get lots of examples of how to stretch different parts of your body. Ask Dr. Fiscella which areas you need to focus on to optimize your results.