



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
4918 Weber Road
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
- X-ray
- Cold Laser
- Weight Management

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

How To Sit At A Desk All Day And Still Be Healthy

In general, sitting (whether at a desk, in the car or elsewhere) for too long is not a health-promoting thing to do. Studies have shown that sitting for long periods of time can cause you to gain weight, cause back pain, leg cramps, tense muscles and actually lower your life expectancy!

If you have to sit at a desk for long periods, follow these tips to keep your mind and body at their best:

Keep your body in a neutral position. This means that your joints are naturally aligned, reducing your risk of stress and strain on the muscles, tendons, and skeletal system and developing a musculoskeletal disorder. To achieve a neutral body position:

- Adjust your chair so your thighs are parallel with the floor.
- Choose a chair that supports your back, including the curve in your lower back (if not, place a rolled up towel or pillow behind your lower back for support).
- Your hands, wrists and forearms should be in-line and roughly parallel to the floor.
- Your head should be in-line with the torso or just slightly forward.
- Your elbows should be close to your body, bent at a 90- to 120 degree angle.
- Your shoulders should be relaxed and upper arms hanging naturally next to your body.
- Your feet should be flat on the floor or supported by a footrest.
- Your chair should be well-padded.



Move around often. Your body can only tolerate being in one position for about 20 minutes before it starts to feel uncomfortable. About every 15 minutes, stand, stretch, walk around or change your position for at least 30 seconds.

Take nutritional steps to build your energy. If you feel better and more energetic, you are less likely to want to sit for long periods of time. Instead you feel more like being active and alert. Do more than take a multivitamin/mineral by discussing options that could be best for you at your next appointment. Ways to better support your body for increased vitality by building up greater energy in your body's individual cells.

Reduce repetitive movements. Movements that you repeat over and over (such as answering the

phone or reaching for a book) can lead to strains and stress. Reduce unnecessary movements as much as possible by keeping items you use often within arm's reach and using tools, such as a phone headset, to reduce repetitive movements. You should also alternate the hand you use to operate your computer's mouse.

Keep your computer monitor in a healthy position. This means directly in front of you, but at least 20 inches away. The top of the screen should be at or below your eye level, and it should be perpendicular to the window (to reduce glare).

Look away from your computer screen often. Focusing on a computer screen for too long can lead to dry eyes and eye fatigue. Be sure to change your focus often, looking at a point in the distance.

Use a document holder. It should be at the same height and distance as your computer monitor (holders mounted to the monitor are ideal).

Keep your keyboard and other office accessories clean. Keyboards, phones and other office equipment are breeding grounds for germs. Desks themselves can even harbor more bacteria than a toilet seat!

Declutter your desk. About 40 percent of U.S. office workers say they are "infuriated" by too much clutter on their desks. Save yourself this mental strife by taking a few minutes each day to go through papers. Throw away those you don't need and file those you do.

Don't keep junk food at your desk. The temptation is simply too high to eat the junk, and subsequently feel sluggish, tired or guilty. Instead, keep a supply of healthy snacks nearby to satisfy your hunger in a smart way. Great snack ideas include cut-up vegetables, a few nuts, fresh fruit, a hard-boiled egg, etc.

Make your desk your own. While keeping away from too much clutter is good, adding a few items that mean something to you will make your desk more enjoyable to work at. Some items to consider include a few pictures of family or friends, a plant, inspirational posters or paintings for the wall, and any other mementos that make you feel good.

White Chicken Chili

Here's a delicious, healthy, hearty meal which is easy to make and freezes well (for taking to work to reheat on the stove). It is great for fall and winter!

1-2 Tbs. oil, extra virgin olive or coconut
1 medium onion, chopped
1 green pepper, chopped
1 jalapeno pepper, chopped
3 cloves garlic, minced
1 tsp. cumin
½ tsp. chili powder
½ tsp. oregano
½ tsp salt
2 c. cooked, shredded chicken
2 cans white beans, drained and rinsed
2 c. chicken stock or broth



1 pint (15 oz. can) diced tomatoes with juice
8 oz. Monterey Jack cheese, cubed or shredded

1. In a soup pot sauté onion, green pepper, and jalapeno until soft.
2. Then add the garlic and cook it until you can smell it.
3. Next add the four spices and cook for one minute
4. Add the other ingredients (EXCEPT for the cheese) and cook until heated through.
5. Stir in the cheese and serve

Note: To freeze this soup, leave out the cheese and stir that in when you reheat it.

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www.thewilmingtonclinic.com

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4918 Weber Road
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314-353-1477

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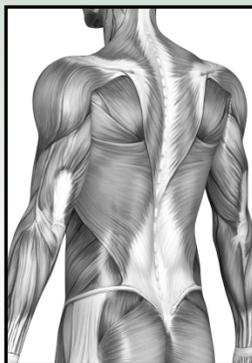
Is Your Soft Tissue “Web” Tight and Dehydrated?

Throughout your entire body and wrapped around every bone, muscle, organ and tissue is a continuous web of soft tissue known as fascia. It connects every part of the body to another, gives support and stability, and allows for flexibility and motion.

No one really talks much about fascia (except us chiropractic geeks) yet it is vital to your overall well-being and comfort. When fascia is tight and dehydrated, it constricts your blood flow, makes your joints and muscles feel stiff, painful and inflexible and decreases your ability to perform daily activities. It also interferes with your nerves—which are controlling many functions in your body!

There's a vicious cycle with regard to fascia... injury to the fascia can cause the fascia to dehydrate and become

tight AND dehydration can cause tightness and injury to the fascia. So, you don't have to have an injury to harm your fascia—you can also harm it by letting your tissues become dehydrated. Mild dehydration is more common than you think and comes about, in part, by not having high quality minerals and fats in your diet. In addition, eating bad food (sugar, trans fats, fast food, etc) can cause chronic dehydration in your tissues.



In chiropractic, we have many ways to improve the fascia—releasing it to improve your energy, reduce pain, and improve flexibility and movement. But, we also need you to maintain a lifestyle that supports healthy fascia (ie...eat a healthy diet and take supplements which support hydration). Ask us about whole food supplements which can help keep your fascia flexible and you feeling great!