



# 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.

## Chiropractic Care and Arthritis

By definition, "arthritis" is inflammation of the joints. But, there are actually two kinds of arthritis:

- 1) Osteoarthritis (includes DJD or degenerative joint disease), and
- 2) Rheumatoid arthritis.

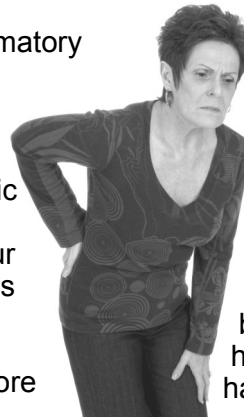
Osteoarthritis or "wear and tear arthritis" is just that, a sort of wearing away of the joint. It typically shows up as we age or after years of excessive use or wear on a joint. DJD or osteoarthritis of the spine, is usually caused by bones in the spine that are not in alignment and/or postural distortions. The discs wear away and your body tries to stabilize the area. On x-ray, this reaction looks like little bone spurs. It's actually the body trying to fuse these vertebrae in order to protect you. Usually, the problem is not noticed until the disc is about gone and the spurs (or osteophytes) start to press on nerves, causing pain. The other type of arthritis, called rheumatoid arthritis, is an inflammatory autoimmune condition that causes pain, swelling and disfiguration.

There are many ways chiropractic helps those with arthritis. If your muscles are imbalanced and your joints are tight or not as mobile as they should be, your spine may have misalignments which can cause the discs to wear down more

quickly. Chiropractors are trained to improve your mobility and balance so that your joints don't have excessive pressure and wear down. As your body stays in its proper alignment, not only is pressure taken of the nerves, but the proper motion between the spinal bones is restored. This reduces your bodies need to lay down new bone to stabilize your spine. When that happens, your symptoms are reduced and your quality of life improves. If you maintain that proper alignment, you become stronger and help keep your symptoms from coming back.

The other way chiropractic helps is neurological. Anyone that has ever suffered from an autoimmune disease knows that it's made worse by stress. Chiropractic adjustments help take stress off your nervous system allowing your body to rest, relax and heal. By taking stress off your nervous system, your body functions better. When your body is restored to proper function, healing and health happens naturally.

In addition, there are many ways in which proper nutrition and the right nutritional supplements can help reduce inflammation and help balance the immune system. Natural health care can help you avoid harmful pain killers and feel great!



## A Warm Welcome to our New Associate!

We are pleased to announce a new member to our team - Dr. Lauren Cantrell. Dr. Cantrell is a Chiropractic Physician who graduated from Logan College of Chiropractic. She trained under Dr. Fiscella and specializes in many of the same techniques including Acupressure/ Nimmo, Instrument Assisted Soft Tissue Mobilization, and the Endo-Nasal Technique. Additionally, Dr. Lauren is a member of the International



Chiropractic Pediatric Association and has a special interest for children and infants, including those struggling with scoliosis, digestive issues and allergies.

Dr. Lauren practices evidence-based Chiropractic, utilizing many complementary therapies with the goal of restoring proper movement and function to the body. She educates her patients on healthy lifestyle choices, focusing heavily on diet and whole food nutrition, in order to empower them to live their best life possible.

# Are You Getting Enough Water INSIDE Your Cells?

While extreme dehydration may not be very common, mild dehydration is common and can cause your body to not function optimally in many ways.

## Common Signs of Dehydration:

1. Fatigue
2. Pain — including headaches
3. Sudden lightheadedness
4. Muscle cramps and stiffness
5. Increased heart rate
6. Feeling over-heated
7. Digestive problems
8. Poor skin elasticity
9. Dry eyes
10. Dark yellow urine



You'd think that drinking plenty of water would be enough to make sure your body is well hydrated. But, this is often not the case. To really be hydrated, the

water has to get **INTO** the individual cells. If your cells are not letting water into them, the water is literally just running through you and not doing you much good.

For water to get into the cells, the membrane surrounding the cell must be permeable. This means the cell opens when it should to let things into it (water and nutrients) as well as opening to let things out of it (like wastes that it produces in the course of doing its job).

What helps keep your cell membranes permeable and thus improve your cellular hydration? Mainly...high quality minerals, healthy fats, wholesome foods AND the avoidance of unhealthy foods (sugar, trans fats).

Good health is a matter of putting the right things into your body and getting the wrong things out. Water and good mobility (with the help of chiropractic care and exercise) are keys to making these things happen by making sure things are flowing as they should!

**WILMINGTON**  
  
**CLINIC**

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

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## Office Hours:

Mon, Wed, Thurs 11am -6 pm  
Tuesday 8-11 am  
Friday 6-11 am  
Select Saturdays from 9-12

↗ (by appointment only) ↖

**NEW Saturday hours!**

Presorted Standard  
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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.

## Infants with Acid Reflux and Colic Helped by Chiropractic

Research published in the Journal of Pediatric, Maternal & Family Health on May 9, 2009 documented the cases of 16 infants who were suffering with colic or acid reflux and got complete resolution of their symptoms with chiropractic care. In this study, seven of the infants were diagnosed by a medical physician with colic, while nine had been diagnosed with acid reflux prior to receiving chiropractic care. The infants in this study ranged in age from two weeks to eleven months.

Of the 16 infants a history of birth trauma was reported in 10 of the cases. Upon examination, upper cervical (neck) issues were determined to be present in all 16 cases. In this study chiropractic care was rendered for 2 to 6 weeks on the various infants with all patients showing a complete resolution of their symptoms in that time frame.

To ensure optimum development, children & infants need chiropractic



Dr. Erin Elster, a chiropractor and the author of the study, commented: "Research is revealing that injuries to the upper part of the neck may be a factor in a number of disorders." These injuries lead to tightness and poor mobility in the neck that may compress the spinal cord and other nerve structures in the neck. This compression leads to nerve interference and can result in a host of disorders such as colic and acid reflux".

A chiropractic evaluation for an infant shortly after birth can eliminate a lot of discomfort, sleepless nights and digestive problems....and help set them up for healthy spine and nervous system development.

Let your friends and family know that we can help the very young as well as the very young at heart!