



# Creating Health

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

Brought to you by

## Wilmington Clinic

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Both Dr. Fiscella and Dr. Cantrell are committed to helping clients of all ages achieve optimal health utilizing effective chiropractic, nutritional and energetic methods.

With decades of clinical experience as well as several advanced certifications between them, they are pleased to offer evidence-based services which improve the health and lives of those they serve.

## Services Provided

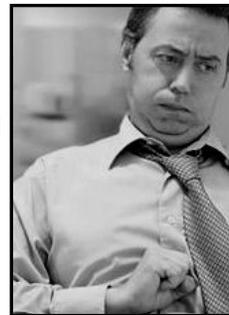
- Myofascial Release
- Trigger Point Therapy
- Graston Technique
- Acupuncture
- Acupressure
- Orthotics
- Nutritional Counseling
- Spinal Decompression
- Sports Rehabilitation
- EndoNasal Technique
- X-ray
- Cold Laser
- Weight Management
- Pregnancy Care
- Pediatrics

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

## Good Health Starts in the Gut

Doctors of all makes and models have known for decades that a healthy, well-functioning gastrointestinal (GI) tract is vital to overall health. Some of the reasons why the GI tract is so important to your health include:

- The majority of your immune system lies in your digestive tract. A healthy gut helps keep the immune system strong (able to fight infections) and balanced (not over-reactive or attacking your own body as in auto-immune diseases).
- The majority of the feel-good neurotransmitters are produced in your gut. These important chemicals help keep your moods and energy stable.
- A healthy gut ensures we are able to extract vital nutrients from the food we eat—nourishing every cell in your body and helping all your organs, glands and tissues function well.
- Intact gut membranes are important for keeping toxins and infections contained and not able to venture outside the GI tract where they can harm the rest of your body.



The GI tract can become dysfunctional and damaged by such things as antibiotics, stress, poor diet, GMOs, pesticides, vaccines, environmental toxins and the use of various medications.

One consequence of this damage is that the activation of inflammatory hormones in the GI tract leads to inflammation and unwanted excitation in the brain. This can cause neurological and mental symptoms such as memory problems, irritability, depression, anxiety and general degeneration of the brain. There is evidence that this gut-brain inflammatory response may be contributing to disorders such as autism, ADHD, and Alzheimer's Disease.

A key factor in the health of the GI tract is the balance between “good” and “bad” microbes. When the number of good bacteria get low, the bad bacteria and yeast can take over and wreak havoc. This balance of the ecosystem in your gut is referred to as the gut flora or microbiome.

While the health of your gut is intimately related to the health of your whole body, often we are only aware of the presence of specific GI related symptoms such as:

- Stomach bloating
- Excessive or foul gas
- Constipation or loose stools
- Excessive belching, heartburn or indigestion
- Burning stomach sensations

While these symptoms are certainly annoying and deserve treatment in and of themselves, they are often signs of a bigger problem that needs to be solved at the core.

Standard Process has developed a very effective GI Flora Balance Program which helps put your digestive tract on a better path within 6 weeks.

This effective combination of whole food based supplements works to improve the breakdown of foods, knock down the presence of bad bugs, increase the good bugs and feed the good bugs so that they can thrive.

Most people who do this program report feeling renewed with a better sense of well-being. They often sleep better, their skin clears up, they have more regular bowel movements, improved digestion and better energy.

When combined with a good diet and regular chiropractic care (to ensure your digestive organs are receiving proper nervous system control), you are addressing some of the most fundamental aspects of health.

# Pregnancy and Chiropractic Care

A woman's body goes through countless changes while pregnant, not only hormonally, but also posturally and bio-mechanically. Low back pain is almost imminent during pregnancy. Chiropractic care offers a non-invasive, safe form of care to help alleviate pain and make having a baby easier.

When pregnant, your center of gravity shifts forward as the baby grows, the pelvis tilts anteriorly causing the muscles in the lower back to become shortened and tightened, while the hamstrings and gluteal muscles become stretched and weakened. The curves in the cervical and lumbar regions are increased, placing extra stress in the lower back and neck. The round ligaments attach to the uterus, are stretched and placed under a lot of stress while pregnant, and can be the cause of



significant amounts of pain while pregnant, both in the abdomen and lower back. The psoas, tensor fascia lata (TFL), quadratus lumborum, and piriformis muscles are also placed under new loads when pregnant, causing pain, tightness and imbalances.

Hormonal changes throughout pregnancy cause ligaments to become looser, and therefore cause the joints to become less stable, especially the sacroiliac joints and pubic symphysis. Chiropractors use gentle, soft tissue techniques to help relax the tight ligaments and eliminate or reduce pain.

Women who receive chiropractic care report easier and faster deliveries. Getting treated regularly while pregnant can help ease or eliminate pain and make the process of having a baby much easier.

**WILMINGTON**  
  
**CLINIC**

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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)

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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.

## Osteoarthritis of the Knee

At first glance, all knee pain may appear to be the same. However, there are actually many different causes which can require different types of treatment.

Osteoarthritis is one of the most common causes of knee pain. Osteoarthritis is also known as wear-and-tear arthritis because it is caused by the wearing down of the cartilage in a joint. This wearing down of the cartilage is caused by improper joint function and motion. Think of it as having a tire out of alignment on your car, and causing you to wear a bald spot on the tire. If your joint is not moving properly, it will wear out the cartilage in one spot which leads to osteoarthritis.



What would cause the knee not to function properly? A previous injury to the knee can cause knee instability and muscle imbalances that can lead to osteoarthritis. A foot problem can cause abnormalities in the way you

walk. If the way you walk changes, certainly the way the knee is being used will change too. Also, lower back problems, especially problems at the sacroiliac joint where the pelvis and hip connect to the spine, can cause muscle imbalances in the muscles associated with knee movement.

To effectively treat knee osteoarthritis, the cause of improper joint motion must be identified and corrected. Therefore, an examination of the foot and low back are needed to determine if problems in those regions are causing your knee problems.

Finally, supplements such as Standard Process's Osterplex and Glucosamine Synergy can be used to help reduce pain and rebuild the cartilage. If you are having knee pain, We can assess what type of treatment would best suite your particular knee issues and help prevent needing more drastic measures down the road (like a knee replacement).