



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 Do You Make Your Resolutions Stick?

We hope you had a wonderful holiday season and a great start to the new year! Often, by now, the initial New Years surge of motivation wanes and we are back to our old, unwanted habits. So, how do you make your good intentions for a better life stick?

One suggestion we have is to increase your support system. It seems that everywhere you turn there are messages that entice you to eat unhealthy foods, engage in unproductive activities, spend excess money on things you don't really need, etc. In many ways our society is stacked against a healthy, wholesome lifestyle and instead favors quick fixes and unwanted indulges. There is a lot of outside pressure to give in to the very things we know aren't in our best interest.

So, to counteract these pressures and keep yourself on track, you need to create groups that give you healthy, constructive pressure within the context of your goals. If you want to lose weight, team up with a buddy or a group of friends with the same goals and similar strategies. Host periodic potlucks focused on healthy food and pick up some new recipes. If you are trying to be more fit, join a yoga class or connect with neighbors who want to take walks.

Seek out a mentor—someone who has already achieved what you are hoping to

achieve. Successful people are often very willing to share their methods and help others.

There are a lot of support opportunities on the internet—via Facebook and online support groups. But, try not to make this your **only** support system. Find some locals where you can get face to face contact. There is no substitute for the real thing. Typing on the computer isn't really very interactive!



Despite our desires and our nature, we tend to isolate ourselves and try to make it on our own. But, we humans are a social species. We do better with others. In fact, studies show that we even live longer when we have a strong network of social support. If you don't already have plenty of supportive people in your life, make it your first resolution to remedy this. It may take some effort, but the payoff will be big...not only in helping you achieve specific goals, but also for just overall enhancement of life, happiness and longevity!

*Inaction breeds doubt and fear.
Action breeds confidence and courage.*

If you want to conquer fear, do not sit home and think about it.

Go out and get busy.

- Dale Carnegie

Keep Your Pets Healthy and Happy!

While we aren't veterinarians, we do care about animals and their health. We also know that just as high quality, whole food supplements are beneficial for humans, they are also beneficial for pets. Standard Process makes excellent nutritional supplements for humans as well as their furry friends. If your pet is having specific health issues, by all means see a holistic vet who can help. If you just want to support their

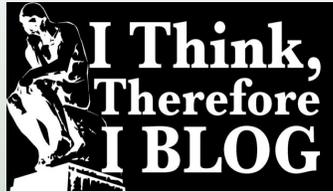


health and help them to live a long, energetic life, you may want to consider adding some basic nutritional support to their diet such as: Feline or Canine Whole Body Support — multi-vitamin/mineral supplements for both young and old cats and dogs. There are also great supplements to support specific systems such as the heart, liver, immune and musculoskeletal systems. Ask us for more details.

Have You Discovered My Online Blog Yet?

Yes...even old dogs like me (Dr. Fiscella) can learn new tricks! I've been entering small blog posts on my website for a few years now and I think you'll find these health tidbits very informative. There is always so much to learn about health and sometimes wading through what is hype and what is true can be a challenge. So, in trying to keep up with the times, I'm using online blogging as a way to give you good information on health, relevant research and worthwhile nutrition products. To view the blog or subscribe, go to www.thewilmingtonclinic.com and click on "Blog" on the right side at the top.

Here is a sample of one of my blog posts from a couple of years ago:



We Are What We Eat

A "newly discovered chemical" in food called Apigenin (a type of flavonoid that is high in celery and chamomile) has been demonstrated in lab tests to be "cytotoxic" (cell killing) to Pancreatic and G.I. tract Cancer cells. The scientists have suggested that Apigenin has a potential protective role against these extremely aggressive forms of Cancer. After 40 yrs of studying health, I am glad to see that health professionals and the scientific community are analyzing foods and their "chemistry" as opposed to only trying to make "chemicals" that have a beneficial affect on our health. It's my opinion, in the future we will see more "newly discovered chemicals" in our food and how they benefit and protect us. Remember...."we are what we eat"!!!

WILMINGTON

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www.thewilmingtonclinic.com

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

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

Figgy Fudge Balls — A Healthy Treat

Refined sugar is one of the worst things for our bodies. But sugary treats abound and are often very addictive! Fruit, in all its natural sweet deliciousness, would always be the preferred sweet treat. But, when fruit just isn't going to cut it, here's a healthy recipe, which, when eaten in moderation, won't sabotage your weight or your health.

Ingredients:

- 8 dried figs
- 2 T almond butter
- 1 T coconut oil
- 1 T shredded coconut
- 2 T powdered cocoa
- Dash of cinnamon
- Dash of cardamom
- Pinch of unrefined sea salt
- 1 T maple syrup



Directions:

Soak the figs in a bowl of warm water for several hours to soften and hydrate them and to remove any residue from the fruit. Rinse well, until the water runs clear. Roughly chop up the figs, and place them into a food processor; pulse for a few seconds. Add the almond butter, coconut

oil, shredded coconut, chocolate powder, cinnamon, cardamom, and salt. Pulse for about 10 seconds, stir, then pulse about 5 seconds more. The mixture should be well-blended and resemble fudge. Pulse longer if needed. Scoop out one tablespoon at a time onto a cookie sheet. Sprinkle with shredded coconut.

Place the cookie sheet into the refrigerator for one hour to harden the fudge. After one hour, take the cookie sheet out of the refrigerator, and roll each ball in your hands, mixing the coconut into the ball.

Don't leave them out too long or they will turn to mush! Eat soon after taking out of the fridge. If you are avoiding natural sugars altogether, substitute a few drops of liquid stevia for the maple syrup.

Keep the fudge balls in a container in the refrigerator and pop one after a meal or when you have a sweet craving. They are not only good, but good for you!