



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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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.

Should You Make New Year's Resolutions?

Some people scoff at New Year's resolutions and have stopped making them altogether because of repeatedly not achieving them. Common resolutions or goals that people make include lose weight, make more money, exercise, get a bigger house, a car, a better job. These are all great but you may also want to consider goals that focus more on quality of life. More heart and soul. Focusing on changes in thought patterns and behavior might make your other goals more attainable.

Here are a few suggestions:

1. **Practice compassion**—for others and yourself. Realize that people are usually doing the best they can given their current state of awareness. Cut them and yourself some slack. Be kind rather than critical.
2. **Incorporate more stillness and mindfulness.** Sometimes life is so busy that we just run on auto-pilot. Take some time every day for quiet reflection. Whether it is in prayer, meditation, or relaxing deep breathing. Get in touch with your inner self and be mindful of your actions and thoughts.
3. **Make time for play.** This isn't a frivolous waste of time. It is vital for living well. Have fun, be creative, enjoy life and friends. It will help rejuvenate you for the more responsible parts of life.

4. **Engage with your community.** We are social beings and all of us need support and friendship to get on well in life. Make sure to connect with like-minded people. Those who will lift you up and encourage you. Team up with others who have similar goals.

5. **Practice forgiveness and give up blame.** We've all been wronged or hurt. Hanging on to negative things from the past will make it harder for you to move forward with your future goals. Let go of the stories that you use as excuses for present problems or failures. Forgive and forget and create the life you want and deserve.

History has shown that successful people fail over and over again. The key is to keep persisting toward your goals. Goal setting shouldn't just be a New Year's thing. You need to be continually mindful of your goals ... monthly, weekly, daily.

When you feel good about yourself and life, it is easier to make the changes you may need to make to achieve your more tangible goals. Always remember that you are worthy. Stay open to having good things manifest in your life.

And, it is a lot easier if you have some support. We are here to help you meet your health-related goals and look forward to having a fantastic 2015 with you!

Nourishing Broth — Truly M'mm M'mm Good

Skip the premade soups stocks found in the grocery store. They may be fast and easy but they are nothing like the real thing—in taste or health value. Take the time to make a large batch of bone broth and freeze several containers so you have some on hand for soups and sauces. Sip a little plain broth during a cold or flu and feel the soothing, healing power.



As Sally Fallon says in an article: "Science validates what our grandmothers knew. Rich homemade chicken broths help cure colds. Stock contains minerals in a form the body can absorb easily—not just calcium but also magnesium, phosphorus, silicon,

sulphur and trace minerals. It contains the broken down material from cartilage and tendons—stuff like chondroitin sulphates and glucosamine, now sold as expensive supplements for arthritis and joint pain."

"Fish stock, according to traditional lore, helps boys grow up into strong men, makes childbirth easy and cures fatigue. "Fish broth will cure anything," is another South American proverb. Broth and soup made with fish heads and carcasses provide iodine and thyroid-strengthening substances."

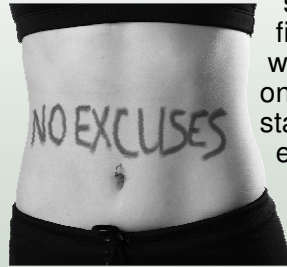
Next time you are in, ask us for the full article and recipes. Winter is a great time to learn the art and science of making wholesome nourishing broths!

We Can Help You With Your Weight Loss Goals!

We all know that being overweight is not only unhealthy (increased risk of diabetes, heart disease, cancer, etc.) but it also zaps your energy and deprives you of living your best life. It is also common knowledge that fad diets, diet pills and even gastric surgery do not ensure you will lose the amount of weight you want to lose AND keep it off over the long haul. At the same time, many people take the sensible approach and eat right and exercise and STILL have a hard time losing weight and keeping it off.

Fear not. It is not hopeless. We can help!

We can thoroughly evaluate your health and find the underlying physical reasons for your difficulty losing weight. The thyroid is often not up to par (even if your doctor ran a TSH blood test which came back normal). If your liver isn't converting thyroid hormones into the active form, you won't lose weight. If your liver isn't up to par with its detoxification



roles, your body will hang onto fat. If your adrenal glands are fatigued, you'll have very low energy and won't have the mental or physical stamina to cook, exercise or persist with ANY healthy goals! And, you'll probably eat sugar and carbs to get the energy your cells aren't producing.

These are just a few ways in which an unhealthy body sabotages your efforts to lose weight. Once we figure out YOUR specific organ/gland weakness, we can get you on a customized program that not only helps you lose weight, but returns you to a state of true health. You'll produce natural energy, experience stable moods and mental clarity, improve the appearance of hair and skin, normalize your blood pressure and cholesterol levels, stabilize blood sugar...all the things that help you feel and look your best! So, stop the roller coaster of weight loss and gain. Let us help you achieve a healthy weight and healthy body!

WILMINGTON

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www.thewilmingtonclinic.com

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Office Hours:

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

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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.

You...Strong and Unstoppable. Energetic and Active.

Energy is produced by the cells of your body when they are fed a diet of wholesome, natural foods and when you use whole food supplements to support specific organs and glands. But, another key component to energy is your posture, muscle strength and musculoskeletal alignment.

Gravity is a constant, huge stressor for our bodies. Unless you are laying flat on your back all day and night, you have to continually fight the force of gravity. It is always there and not a sudden, strong force, so we don't notice it or think about it. The force of gravity alone is enough to strain your spine into inefficient posture patterns. Add in hours of sitting, standing, lack of exercise and we have multiple strikes against us as far as maintaining proper postural alignment and balanced, strong muscles.



You might be thinking....so what, this is the least of my worries! The reason why this is important is that everything you want to accomplish in life is easier and more likely to be accomplished if you have the energy, strength and stamina to meet your daily demands head-on! Your mental/emotional balance is even effected by a strong, healthy, well-aligned body!

When your muscles are strong and balanced, your spine will be aligned with the proper curves. As a result, things flow through your body better—information from nerves, blood, energy, hormones, immune cells, and more, all get to where they need to go to give you the stamina and health you need to persist—mentally, emotionally and physically!

Chiropractic care aimed at helping you maintain a strong and stable spine is more than just pain relief (which, in itself, is a big benefit), it's about helping your body function in the way it was intended in order to keep you healthy, strong and productive.