



# 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 30 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

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

## Nutrient Dense Foods...just what *this* doctor is ordering!

At the turn of the century, cancer and heart disease were rare. Now, these diseases are two of our primary killers. A host of other chronic illnesses plague our country... arthritis, digestive disorders, diabetes, osteoporosis, depression, autism, auto-immune illnesses, chronic fatigue, etc. Billions of dollars spent on conventional healthcare, research and technology has not improved our overall health and longevity. However, research done by Dr. Weston A. Price in the 1930's has shown definitively that cultures who eat the wholesome, traditional diets of their ancestors enjoy superb health free from chronic disease, mental illness and tooth decay. Our current Standard American Diet (SAD) of fast, processed, devitalized "food" has lead to nothing but trouble.

It doesn't take a rocket scientist to know that in order to reverse the downward trend of health in our society, ourselves, and our families, we need to get back to eating a diet rich in nutrient-dense, wholesome food which is prepared in such a way as to maximize the nutrient content. By nutrient-dense we mean foods that are full of useable vitamins, minerals, co-factors, protein, fat, carbohydrates, enzymes...all the things the body needs. This would be opposed to the processed substances we pass off as food which are full of chemicals, preservatives, additives, hydrogenated fat and other harmful substances that not only don't sustain life, they interfere with it. Nutrient-dense foods would include farm fresh eggs, grass-fed beef, organic chicken, lamb, buffalo, wild fish, soaked and sprouted whole grains, nuts and seeds, organic fruits and vegetables, raw dairy and cultured dairy, cultured vegetables, organ meats and healthy animal fats.



When working well, the human body is like an orchestra with all the various instruments playing their part correctly and coming together to form a harmonious symphony. When you eat nutrient-dense food grown/raised with true organic principles, you help your body function harmoniously. Likewise, properly grown food is also a harmonious process—a well orchestrated combination of the right nutrients in the soil to control pests and contribute to plant health/growth, proper water, sunlight, etc. so that all the parts come together to form a life-giving food that truly nourishes and sustains your body. Food grown/raised properly will have much higher nutrient content and is thus worth the extra cost because of what you save in illness and future health-care costs. When you put unhealthy food into your body, you are throwing off the harmony—playing notes that don't go with the rest and can even deteriorate into a chaotic, unsynchronized mess (which equates to illness, poor energy, weight problems, etc).

Unfortunately, the term organic is becoming meaningless as the government lessens standards and companies try to cut corners in order to increase their profits. One of the best ways to ensure that you are eating foods that are truly organic and nutrient-dense is to buy from local, organic farms who have a passion for healthy food. Much of the nutrient content of a plant is obtained in the final growing stage. If a food is picked early so it can ripen and stay fresh during transport, then you are getting a less nutrient-dense food than if it was grown locally and allowed to ripen fully. **Come into the office and pick up a copy of local food sources that supply high quality food.**

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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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**Seen on a T-Shirt:** I take Aspirin for the headache caused by the Zyrtec I take for the hayfever I got from Relenza for the uneasy stomach from the Ritalin I take for the short attention span caused by the Scopoderm Ts I take for motion sickness I got from the Lomotil I take for the diarrhea caused by the Zenikal for the uncontrolled weight gain from the Paxil I take for the anxiety from Zocor I take for my high cholesterol because exercise, a good diet, and regular chiropractic care are just too much trouble.

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

## Studies Highlight Cancer Fighting Foods

Two recent studies have shown that substances found in cruciferous foods (see the box for a list) have cancer prevention and cancer fighting properties. Sulforaphane, one of the primary phytochemicals in broccoli and other cruciferous vegetables that helps them prevent cancer, has been shown for the first time to selectively target and kill cancer cells while leaving normal prostate cells healthy and unaffected.

### Cruciferous Vegetables

Arugula  
Bok choy  
Broccoli  
Brussels sprouts  
Cabbage  
Cauliflower  
Chard  
Chinese cabbage  
Collard greens  
Daikon  
Kale  
Kohlrabi  
Mustard greens  
Radishes  
Rutabagas  
Turnips  
Watercress

It appears that sulforaphane, which is found at fairly high levels in broccoli, cauliflower and other cruciferous vegetables, is an inhibitor of histone deacetylase, or HDAC enzymes. HDAC inhibition is one of the more promising fields of cancer treatment and is being targeted from both a pharmaceutical and dietary approach, scientists say.

One note about cruciferous vegetables... when eaten raw, they can have the effect of inhibiting thyroid function. So people with low thyroid function should always steam or lightly cook their cruciferous vegetables.

In another project which looked at 13 studies involving 530,469 women and 244,483 men, results indicate that higher intakes of fruits and vegetables may be associated with a reduced risk of renal cell cancer. The authors of this study conclude, "Increasing fruit and vegetable consumption is associated with decreasing risk of renal cell cancer; carotenoids present in fruit and vegetables may partly contribute to this protection."

### References:

John D. Clarke, Anna Hsu, Zhen Yu, Roderick H. Dashwood, Emily Ho. *Differential effects of sulforaphane on histone deacetylases, cell cycle arrest and apoptosis in normal prostate cells versus hyperplastic and cancerous prostate cells. Molecular Nutrition & Food Research, 2011*

"Intakes of fruit, vegetables, and carotenoids and renal cell cancer risk: a pooled analysis of 13 prospective studies," Lee JE, Smith-Warner SA, et al. *Cancer Epidemiol Biomarkers Prev, 2009; 18(6): 1730-9.* (Address: Channing Laboratory, Department of Medicine, Brigham and Women's Hospital and Harvard Medical School, Boston, MA 02115, USA. E-mail: jung.lee@channing.harvard.edu ).

## We are Trigger Point Specialists!

Trigger Point or Myofascial Trigger Point Therapy releases small tight areas within muscles that create tight bands and knots in the muscle fibers. The nerve impulses to these fibers are continually switched on—causing pain and stress in the body. Through manual release techniques these can be released. Trigger points restrict motion, weaken the muscle, and refer pain elsewhere in the body.

Scientists are finding parallels between the ancient concepts of acupuncture and modern anatomy. Many of the 365 acupuncture points correspond to muscle trigger points. Several meridians track major arteries and nerves. Meridians are the pathways where energy flows through your body. "If people have a heart attack, the pain will radiate up across the chest and down the left arm. That's where the heart meridian goes," says Peter Dorsher, a specialist in pain management and rehabilitation at the Mayo Clinic in Jacksonville, Fla. "Gallbladder pain will radiate to the right upper shoulder, just where the gallbladder meridian goes."

It is theorized that because trigger points tend to be in the same spot as acupuncture points, they may not only effect your muscles, but may also effect how well energy flows through your acupuncture meridians and hence through the organs associated with the meridians. In Western medicine, we seek to release tight muscles and trigger points in order to help the flow of blood, oxygen and nutrients through the tissues. In Eastern medicine (acupuncture being one aspect), we seek to help restore the normal flow of energy through the body and to the organs. We utilize both systems of medicine to achieve optimal results and to help you feel better and function better.