



# 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  
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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.

## Natural Solutions for Depression and Anxiety

Millions of people suffer from various degrees of depression and anxiety. As with most unwanted conditions, there can be a variety of underlying factors causing or contributing to depression and anxiety. While the trials and tribulations of life itself can be major factors, let's look at some of the physical factors which may also contribute:

**Imbalanced Intestinal Microbes:** Studies have shown that increasing the good bacteria in your gut alleviates depression and anxiety. Good bacteria: produce stress relieving vitamins, help your gut function normally in producing neurotransmitters such as serotonin, keep the gut wall intact so that toxins don't escape into your bloodstream causing neurological and hormonal problems, and keep bad microbes from growing out of control and interfering with how your overall body is functioning.

**Under-Functioning Thyroid:** Even when blood tests are "normal", underactive thyroid is a major contributor to depression, anxiety, fatigue and pain.

**Deficiencies in Key Nutrients:** Natural supplements that support major functions in the body can reverse mental symptoms relatively quickly. Ask us which nutrients are most vital.

**Inflammation:** Finding the cause of inflammation and reducing it can greatly improve mood disorders. Common causes can be infections and toxins.

**Structural Stress:** When your spine impinges on your nervous system, it can create an imbalance which contributes to chronic mood instability.

**Excessive Toxicity:** Toxins from the environment as well as those produced within your body can back up and cause a toxic brain (and hence, mood problems).

We have many effective, natural treatments to help alleviate depression, anxiety and unstable moods so don't be afraid to speak up if you are suffering...we can help!

## 5 Steps to Increase Your Happiness

It's a common misconception that if you achieve a particular goal or level of success in your life you will be happy. Harvard professor and researcher Shawn Achor has found it is really the opposite...the happier you are the more likely you are to achieve success!

Shawn Achor is the author of a new book: *Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change*. Here is a glimpse of some of his ideas:

**1. Write down three new things you are grateful for each day.** Research shows this will significantly improve your optimism even 6 months later, and raises your success rates significantly.

**2. Write for 2 minutes a day describing one positive experience you had over the past 24 hours.** This is a strategy to help transform you from a task-based thinker, to a meaning-based thinker who scans the world for meaning instead of endless to-dos. This dramatically increases work happiness.

**3. Exercise for 10 minutes a day.** This trains your brain to believe your behavior matters, which causes a cascade of success throughout the rest of the day.

**4. Meditate for 2 minutes, focusing on your breath going in and out.** This will help you undo the negative effects of multitasking. Research shows you get multiple tasks done faster if you do them one at a time. It also decreases stress and raises happiness.

**5. Write one, quick email first thing in the morning thanking or praising a member on your team.** This increases your feeling of social support, which in a study at Harvard was the largest predictor of happiness for the students.

When you combine a healthful lifestyle with positive daily routines, you greatly increase the likelihood of happiness and success!



## Strong Core, Strong Back

Your body's core, also commonly known as your torso, supports your entire body. Therefore, a strong core could mean less injury and pain elsewhere, including your back!

Your posture is also greatly affected by the strength of your core.

Without strong abdominal muscles to help hold your back, shoulders, neck, and head into their proper positions, you'll find yourself slouching. This may cause pain and injury throughout your body.

Stretching and weight training are two ways you can help your core be as strong as possible. There are levels of exercises appropriate for anyone, from gentle yoga to heavier strength training programs.

One exercise that most people can do which will

strengthen your core with minimal risk of injury or aggravation of other areas of the body is something called "planking". This involves holding your body stiff as a board (or plank) for increasing amounts of time.

Start by propping on your elbows and toes as in the photo below for 20 seconds. Increase the amount of time you plank by 10-15 seconds a day until you are up to five minutes. You'll be amazed by how fast your abdominal muscles become stronger!

Talk to us and let us show you how you can incorporate exercises which strengthen your core and hence help your own back!



**WILMINGTON**  
  
**CLINIC**

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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](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.

## Too Much of a Good Thing: Caffeine

### It helps you go. It cheers you up. It's everywhere.

It's caffeine and most people love it. Coffee, soft drinks, energy drinks and even some painkillers... caffeine is everywhere. And, while a little is fine, we often over-do it without noticing.

**The good.** Caffeine in moderation helps increase alertness, mood, concentration and performance, helps your bowels stay active and provides antioxidants.

**The bad.** Too much can amplify stress levels, blood sugar swings and irritability.

**The ugly.** Over time, caffeine can cause cardiovascular and gastrointestinal problems, adrenal exhaustion, increased aging and other specific health problems.



### How much is just right?

While everyone's body is different, they say that health benefits of caffeine begin around 250mg and become unhealthy at 400mg (roughly 4 cups of coffee) per day.

### Is all coffee created equal?

No...as with food, your body will fare better if you only ingest organically grown coffee. You really don't need the added pesticides found in non-organic coffees. It may cost a little more, but if you cut back a little and drink a higher quality coffee, you'll probably increase the likelihood that your coffee consumption is good rather than bad for you!

So find your balance and enjoy today's tastiest brew.