



# Creating Health

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

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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 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.

## Feel Better With An Anti-Inflammatory Diet

Many common health problems are associated with excess inflammation in the body. Studies have shown a link between inflammation and arthritis, diabetes, heart disease, irritable bowel syndrome, autoimmune diseases, Alzheimer's, Parkinson's and cancer.

Inflammation is **the activation of the immune system** in response to infection, irritation, or injury. It is characterized by an influx of white blood cells, redness, heat, swelling, pain, and **dysfunction of the organs involved**.

A key source of inflammation in the body can be your diet....which is good news because you can easily do something about this! The simplicity of this is that if you eat foods that contain chemicals, pesticides/herbicides, coloring, preservatives, bleach, and refined sugar you are introducing substances that cause injury and irritation to the organs, glands and tissues in your body. The immune system is then triggered to try to clean-up these foreign/unwanted particles thus initiating inflammation that can cause a cascade of other problems. When you continually eat the wrong foods, the inflammation and ensuing damage becomes chronic and leads to whatever health problem your genetic make-up is most susceptible to.

You can prevent many problems in your body with 2 simple actions:

### 1) Eat foods that do not cause inflammation in the first place.

This would entail not eating a lot of processed foods—fast foods, prepackaged foods, etc....you know what the bad foods are. It also includes limiting the non-organic foods as much as possible since they often have pesticide residues and aren't usually as nutritious as organic/locally grown foods).

Nightshade vegetables can also be a source of inflammation: potatoes, tomatoes, and eggplant

Key to this step is to avoid foods you are allergic to. The best way to determine your

food allergies/sensitivities is to do a allergy elimination diet (see instructions below).

An anti-inflammatory diet would consist of wholesome (organic when possible) fruits, vegetables, whole grains, naturally raised lean meats/poultry, and properly soaked nuts, seeds, beans and legumes.

### 2) Eat specific foods that are anti-inflammatory (actively help to get rid of inflammation that is already present).

This would include fish that is high in omega 3 fatty acids (cold water oily fish), olive oil, cherries, pineapple, walnuts, flax seeds, pumpkin seeds, green leafy vegetables, green and brightly colored vegetables, and spices such as ginger, curcumin, rosemary and basil.

### How To Do An Allergy Elimination Diet

Blood tests and other strategies to detect food allergies can be quite costly and are not very reliable. The best way to find out what foods you are allergic/sensitive to is through an elimination diet. It doesn't cost anything and is very reliable. The idea is that you are going to NOT eat the most common food allergens for 2 weeks. After the 2 week period, pick one of the foods you eliminated and eat a lot of it in one day. Then, look for reactions over the next 3 days (foods can still cause adverse reactions for several days). Three days later eat a lot of another food that had been eliminated. The most common allergens and thus the foods to NOT eat for 2 weeks, are: wheat, dairy, corn, soy, eggs, beef, tree nuts (such as almonds, cashews, walnuts), shellfish (such as shrimp, crab, lobster) and peanuts. You can also add other foods to this list—especially foods that you eat frequently.

This is just a brief description of how to do this assessment. If you'd like a more detailed instructions, ask for our food allergy elimination worksheet next time you are in the office.

# WILMINGTON CLINIC

www.thewilmingtonclinic.com

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4918 Weber Road  
St. Louis, MO 63123  
314-353-1477

## Office Hours:

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

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# Happy Spring!



## Get in Shape to Tackle Your Yard

Before you rev up the lawnmower or reach for your rake this spring, consider the possible consequences: upper or lower-back strain, neck strain and pain in the shoulders. Just as playing football or golf can injure your body, the twisting, turning, bending, and reaching of mowing, weeding and raking can also cause injury if your body is not prepared. Like an athlete, if you leap into something without warming up or knowing how to do it, the chances of injury are greater.

Do stretching exercises, without bouncing, for a total of 10 to 15 minutes spread over the course of your work. Do knee-to-chest pulls, trunk rotations, and side bends with hands above your head and fingers locked. Take a short walk to stimulate circulation. When finished with the yard work, repeat the stretching exercises.

Keeping up with your spinal care will also help. A mobile, unrestricted spine will go a long way toward helping to prevent injury. After all, you shouldn't have to endure pain to have a beautiful yard or garden!

connective  
tissue  
Muscle  
ouch  
kinda  
mysterious

## Myofascial Pain Syndrome

A trigger point is a small patch of tightly contracted muscle, an isolated spasm affecting just a small patch of muscle tissue (not a whole-muscle spasm like a "charlie horse" or cramp). That small patch of knotted muscle cuts off its own blood supply, which irritates it even more — a vicious cycle called "metabolic crisis." A "muscle knot" is a trigger point: a small patch of muscle tissue in spasm. A collection of too many nasty trigger points is called *myofascial pain syndrome (MPS)*.

Left untreated, these tight muscles lead to joint pain, decreased mobility, muscle imbalances, fatigue and injuries (including damaged discs). There is no need to suffer though because this is what we specialize in treating. With our advanced trigger point therapy and myofascial release, we can handle your muscles, eliminate your pain and get you back to feeling as you should!

## Easy Energy Boosters

Here are a few simple ways to raise your energy level during an afternoon slump (or anytime):

- Take a brisk walk. Taking a walk outside not only causes your body to produce endorphins for a natural high, but it also allows your skin to soak in vitamin D from the sun's rays. This essential vitamin is associated with maintaining healthy bones, kidneys and immune system.

- Drink plenty of water. According to MayoClinic.com, even mild dehydration can drain your energy and make you tired. It makes sense, since nearly all of the major systems in your body depend on water including body temperature regulation and cell absorption of nutrients and oxygen.

- Take a breather. When we are stressed or tired we take short, shallow breaths, which directly affects our energy level by slowing oxygen flow to our brain and other organs. Try this: Inhale through your nose (filling your lungs to capacity) and hold for three seconds. Then exhale slowly until all air has left your lungs. Repeat and revive.

- Get up and stretch. Much like taking a walk, stretching facilitates healthy blood flow. Circulation is a key factor in your body's energy level.

In the long run, having your spine aligned so that your muscles and bones are mechanically efficient, goes a long way to keeping your energy stable. It is very tiring to sit, stand or move when your body is misaligned and mechanically inefficient. Give us a call to see how we can help you.