



# 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  
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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.

## Chiropractic Care is Vital During the Cold and Flu Season

Well...it is getting to be that time of year again—when we are more likely to be exposed to the bacteria and viruses that land us in bed with aches, pains, and fatigue. In addition, the coughing, sneezing, not sleeping and generally miserable state often leads to missing work, school or important events.

During the winter months, we are spending more time indoors and exposing ourselves to more of the bad bugs that lead to illness if we are not in tip-top shape. However, this does not mean **you** have to succumb to the misery of the cold or flu.

Chiropractic care can help prevent these illnesses as well as help you recover much faster in case you do find yourself coming down with a case of whatever is going around.

### How Does Chiropractic Care Help the Immune System?

Obviously, the people who are in the best health will fare the best—overcome illness fast and have less severe symptoms. Your immune system is designed to fight off bad bugs and it will do a good job at it **IF** it is not suppressed or interfered with to any great degree. Chiropractic removes pressure from the nerves. Since the nervous system controls all functions of the body (including the immune system) chiropractic care can have a positive effect on immune function. During an immune response, the brain and the immune system “talk to each other”. This process is essential for maintaining balance and health in the body. When you keep up with your chiropractic care and keep the interference off your nervous system, you enhance the ability of your immune system to fight off ANY invader—including the bugs that cause seasonal flu and colds.

During the 1917-18 influenza epidemic, which brought death and fear to many Americans, it has been estimated that 20 million people died

throughout the world, including about 500,000 Americans. It was chiropractic's success in caring for flu victims that led to the profession's licensure in many states.

“Researchers reported that in Davenport, Iowa, out of the 93,590 patients treated by medical doctors, there were 6,116 deaths — a loss of one patient out of every 15. Chiropractors at the Palmer School of Chiropractic worked with 1,635 cases, with only one death. Outside Davenport, chiropractors in Iowa cared for 4,735 cases with only six deaths — one out of 866. During the same epidemic, in Oklahoma, out of 3,490 flu patients under chiropractic care, there were only seven deaths. Furthermore, chiropractors were called in 233 cases given up as lost after medical treatment, and reportedly saved all but 25. In another report covering 4,193 cases by 213 chiropractors 4,104 showed complete recovery.”

“These results are not so surprising given what we now know about the interaction between the nervous system and the immune system” stated Dr. Matthew McCoy, WCA Board member and Editor of the Journal of Vertebral Subluxation Research. “Through research we know that chiropractic has beneficial effects on immunoglobulins, B-lymphocytes (white blood cells), pulmonary function and other immune system processes.”

In addition, to regular chiropractic care, keep up with healthy dietary practices, get plenty of sleep, get regular exercise, wash your hands well, limit alcohol intake, drink

plenty of water, and stay away from negative/upsetting people and circumstances. Particularly avoid “foods” that suppress the immune system such as sugar, trans fats, known allergens and highly processed foods. Above all, maintain these healthy choices on an ongoing basis and don't react to scare tactics and fear and then pay the price down the road!



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## Office Hours:

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

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*We are thankful for all of our wonderful patients and wish you and your friends and family a very*  
**Happy Thanksgiving,**  
**Joyous Holiday Season,**  
**and Best Wishes for the New Year!**



## Solving Sinus Problems Naturally

*Sinusitis* - inflammation of the mucous membranes in the nose, sinuses and throat, eventually leading to blocked sinuses and potential infection – can be triggered by a number of things, from viral or bacterial infection to allergies or hay fever.

Regardless of the cause, sinusitis is a common problem with frustrating symptoms: congestion, cough, sore throat, fatigue, fever, pain and pressure around the eyes, cheeks nose or forehead, and sinus drainage in the form of a thick yellow/green discharge. What can you do to prevent sinusitis? Here's a few simple suggestions for reducing your risk or relieving early symptoms of the condition.



- First, rinsing your nasal passages and keeping your membranes moist is a great way to avoid/reduce sinus symptoms. Our Endo Nasal Technique is great for clearing things out. You can also use a rinse with Alkalol and colloidal silver (ask us about this on your next visit).
- Drinking lots of water every day is another great way to keep mucus from building up; water keeps mucus thin, loose and easy to dissipate with the saltwater solution or simply by blowing your nose.
- If you have sinus symptoms, inhaling steam also can help to reduce congestion and other symptoms. You can do this several ways: by spending a little extra time in a hot shower or steam room; or by boiling water in a pan and then inhaling the steam. (Place a towel over your head to maximize the effect.)
- Finally, sleeping with your head elevated helps prevent mucus from pooling. When mucus builds up in your nasal passages, it's a veritable breeding ground for infection. It might mean you spend a few days and nights with a runny nose, but it's better in the long run than the alternative – congestion and infection.
- Make sure you keep up with your chiropractic care as well. Keeping the spine mobile and muscles flexible will help open up flows through your head and neck so that infections won't tend to fester or be inaccessible to the immune system.

## Strengthen Your Immune System With Nutrition

Our bodies are designed with a very efficient immune system which fights bacteria and viruses.

But, we have to support our immune system to help keep it working efficiently. Below are some nutritional products which can help keep your immune system strong throughout the winter (we carry some of these in our office). However, each person has different strengths and weaknesses and it is best to have Dr. Fiscella assess your individual needs using electrodermal testing (Accugraph), symptom survey sheet, meal diary, standard lab work and live-cell analysis

**Congaplex:** This supplement provides excellent support to the immune system and is useful as a preventative measure as well as during an active infection.

**Thymex:** This product will engulf infections and stimulate the elimination of germs via the lymphatic system. It also stimulates healing and defense mechanisms against both bacterial and viral infections.

**Drenamin:** This is one of several products which support the adrenals. If you are stressed and your adrenals are weak, your resistance to germs will be down and you will have a slower recovery.

**Cod Liver Oil:** The vitamin A & D in CLO will help keep your immune system strong.

**ProSynbiotic:** This new formula provides essential "friendly/good" bacteria that your body needs in order to fight the "bad" bugs.

Foods that contain quinine can also help (ruby red grapefruit, oranges, apples and cranberries).

And, avoid mucus forming foods such as dairy products. Taking steps to strengthen your immune system before you get sick will be more effective than waiting till infection has set it. So...don't wait till your miserably sick...take action to protect yourself today!