

The Alliance Update

www.alliancechiroandwellness.com
Fall 2013 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Treatment Protocol for Sprained Ankles

Source: *Dynamic Chiropractic* – September 15, 2013, Vol. 31, Issue 18 -Thomas Michaud, DC



In the U.S. alone, 23,000 people sprain their ankle each day, resulting in 1.6 million doctor office visits annually. The direct and indirect costs (e.g., lost days from work) associated with treating ankle sprains exceed \$1.1 billion annually. To make matters worse, these numbers do not take into account the long-term disability often associated with ankle sprains. In a ten year follow-up of patients suffering from ankle sprains, 72 percent showed signs of arthritis in the ankle joint. Given the serious long-term consequences associated with ankle sprains, it is important to identify which individuals are prone to injury. Although numerous factors are proven to correlate with the development of ankle sprains (such as high arches, impaired balance, tight calves, and decreased cardiovascular fitness), by far, the best predictors of future ankle sprain are prior ankle sprain and being overweight. In fact, overweight athletes with a prior history of ankle sprain are 19 times more likely to suffer another ankle sprain. Because force centered on the ankle can exceed seven times body weight, even a few extra pounds will greatly

increase your potential for ankle sprain.

Conversely, even a single previous ankle sprain can result in impaired coordination and calf tightness that can increase your potential for re-injury. In a three-dimensional study of motion in the foot and ankle while walking, individuals with a prior history of ankle sprain have an altered foot position during walking—the foot is tilted inward excessively when it hits the ground.

Despite the strong connection between prior sprain and future sprain, there is a counterintuitive inverse relationship between the severity of ligament damage and the potential for re-injury. In a two-year follow-up of 202 elite runners presenting with inversion ankle sprains, researchers determined that patients with the worst ligament tears rarely suffered re-injury (re-injury rates in this group were zero to five percent), while individuals with less severe ankle sprains suffered significantly higher rates of re-sprain (18 percent of patients with moderate sprains were reinjured during this two-year period). This explains previous research confirming that patients with completely torn ankle ligaments treated with surgical reconstruction had worse short and long-term outcomes than individuals who refused surgical intervention. There seems to be more positive outcomes and lower incidence of re-injury with aggressive non-surgical treatment of both severe and minor ankle sprains.

Regardless of the degree of ligament damage, the goal of treating an ankle sprain is to restore strength, flexibility, proprioception (balance), and endurance as quickly as possible during the first few days following injury. At *Alliance Chiropractic & Wellness Clinic* we also include laser therapy with standard ankle sprain care. Laser therapy helps to decrease inflammation and speed soft tissue healing.

Cool Facts About The Human Body

Source: http://icantseeyou.typepad.com/my_weblog/2008/02/100-very-cool-f.html

- **Nerve impulses to and from the brain travel as fast as 170 miles per hour**
- **The brain operates on the same amount of power as a ten watt light bulb**
- **Your brain uses 20% of the oxygen that enters your bloodstream**
- **80% of the brain is water**
- **The brain is much more active at night than during the day—Scientists don't yet know why**

Inside This Issue:	Pg
Treatment Protocol for Sprained Ankles	1
Tips for Resetting Your Internal Clock and Improving Sleep	2
Muscle and Joint Problems in Children	2
Nine Secrets of Highly Happy Children	3
Environmental Working Group—A Great Health Resource	3
Healthy Diet and Exercise Can Reverse Aging in Our Cells	4
Announcements	4
Alliance Chiropractic Services	4

Tips for Resetting Your Internal Clock and Improving Sleep

Source: <http://articles.mercola.com/sites/articles/archive/2013/08/15/nutrients-better-sleep.aspx/>



Good sleep is one of the cornerstones of health. If you aren't sleeping well, it is just a matter of time before it will adversely affect your health, even if you're doing everything else right.

Fortunately, there are many simple solutions to address poor sleep, starting with your diet and lifestyle. Certain nutrients, such as melatonin, magnesium, potassium, and vitamin D can play an important role. It is also crucial to pay attention to your

use of artificial lighting. To promote good sleep, make sure you are exposed to full natural light during the day, and avoid artificial lighting once the sun goes down, especially as bedtime draws near.

To make your bedroom a suitable sleep sanctuary, begin by making sure it is pitch-black, cool, and quiet. Even the tiniest bit of light can disrupt your pineal gland's production of melatonin and serotonin. Keep the temperature in your bedroom at or below 70 degrees Fahrenheit (21 degrees Celsius). Also, be aware of electromagnetic fields and move alarm clocks and other electrical devices away from your head.

If after improving your sleeping environment, a good night's rest continues to remain elusive; consider working with our naturopath Dr. Sonya Carl. Naturopaths use a variety of treatment modalities such as acupuncture, dietary counselling, supplements, and herbal and homeopathic remedies to help the body return to optimal function.

Muscle and Joint Problems in Children

Source: [http://www.jmptonline.org/article/S0161-4754\(09\)00214-0/fulltext](http://www.jmptonline.org/article/S0161-4754(09)00214-0/fulltext)



Dr. Lise Hestbaek, DC, PhD, from the Nordic Institute of Chiropractic and Clinical Biomechanics in Odense, Denmark, addresses what is now known about musculoskeletal (MSK) problems in children. She explains:

- a. Back and neck pain are very common ailments in school age children.
- b. The prevalence of low-back pain increases from pre-adolescence to early adulthood, but after that, the prevalence rates change surprisingly little.
- c. Children and adolescents with MSK complaints have a higher risk of these problems as adults.
- d. There is evidence that long-lasting pain conditions, including back pain, are associated with "a generally decreased pain threshold", which "may induce a life-long cascade of negative psychological distress and illness behavior more disabling than the pain itself."

The health and well-being of children is a natural concern for all parents and societies. From a health perspective, this development makes sense, and evidence is mounting that health and lifestyle early in life may have a profound impact on health and quality of life in later years. Recent studies have shown up to 50% of children and adolescents will experience back pain or other musculoskeletal problems in a one year period, and approximately one third of these will have recurrent episodes. Furthermore, children and adolescents with back pain are more likely to have recurrent pain in adulthood. At *Alliance Chiropractic and Wellness Clinic* we encourage well visit check-ups for children. The goal of addressing lifestyle factors and biomechanical issues at an early age is to prevent future problems as an adult.

Laughter Is Medicine

Golfer: "I'd move heaven and earth to break 100 on this course."

Caddy: "Try heaven, you've already moved most of the earth."

Golfer: "Think I'm going to drown myself in the lake."

Caddy: "I don't think you can keep your head down that long."

Golfer: "You've got to be the worst caddy in the world."

Caddy: "I don't think so sir. That would be too much of a coincidence."

Nine Secrets of Highly Happy Children

Source: <http://articles.mercola.com/sites/articles/archive/2013/09/05/secrets-of-happy-children.aspx>



Children are probably not the first ones who come to mind when you think about stress. Yet, children feel stress, too – often significantly. They worry about making friends, succeeding at school or sports, and fitting in with their peers. They may also struggle with the divorce of their parents or feel anxious about war and violence they see on the news. Here are some tips for raising a happy child:

1. **Healthy Eating** - Mood swings and even depression in kids are often the result of a heavily processed-food diet. The greatest concentration of serotonin, which is involved in mood control, depression and aggression, is found in your intestines, not in your brain! Your gut and brain actually work

in tandem, each influencing the other.

Focus on **WHOLE** foods that have not been processed or altered from their original state. Rely on food that has been grown or raised as nature intended, without the use of chemical additives, pesticides, and fertilizers.

2. **Eating on Time** - If a child goes too long without eating, it may lead to fluctuations in blood sugar levels that lead to irritability. Children need to refuel their growing bodies on a regular schedule, so try to keep your child's meal and snack times consistent.

3. **Regular, High-Quality Sleep** - Too little sleep not only makes kids prone to being grouchy and having mood swings, it also negatively impacts children's behaviour and attention. In fact, as little as 27 minutes of extra sleep a night has been shown to have a positive impact on children's mood and behaviour. Children aged 5 to 12 need about 10-11 hours of sleep a night for optimal mood and health.

4. **Free Play** - Unstructured playtime is essential for kids to build their imagination, relieve stress and simply be kids. Yet today, many kids are so over-scheduled that they scarcely have time to eat dinner and do homework. Free, unstructured play is essential for children to manage stress and become resilient, as well as reach social, emotional and cognitive development milestones.

5. **Express Emotions** - Kids need to yell, cry, stomp their feet, and run around with excitement. This is how they express their emotions, which is healthy for emotional development and will prevent a lifetime of internalizing negative emotions. Encourage and allow your child to vent and express his emotions in healthy ways.

6. **Make Choices** - Kids are constantly being told what to do, so giving them the ability to make choices goes a long way towards increasing their happiness. Try letting your child decide what to wear or what to eat (within reason), or give her a few choices for activities and let her decide which one to do.

7. **They Feel Heard** - Your child knows when you're not really listening to them. Yet a child's happiness will soar when he feels like his parents truly listen and respond to what he's saying. Not only will you feel more connected to your child, but you'll also build his self-confidence and happiness.

8. **Unconditional Love** - Children need unconditional love, and they need it consistently. If your child makes a mistake, let her know you still love and support her regardless. Your child will grow up confident and happy knowing you are behind her every step of the way.

9. **Be Happy Yourself** - If you're stressed out and unhappy, your child will sense this and also feel sad and worried in response. You are your child's first role model, so lead by example by embracing the bright side of life.

Environmental Working Group—A Great Health Resource

Source: wwf.panda.org/about_our_earth; www.ewg.org

Between 1930 and 2000, global production of man-made chemicals increased from one million to 400 million tonnes each year. While no one would deny that some chemicals bring significant benefits to society, unfortunately some chemicals are damaging the environment and are harmful to humans, and we still don't know enough about their long-term effects.

Results from WWF's first European-wide family blood testing survey found a total of 73 man-made hazardous chemicals in the blood of 13 families (grandmothers, mothers and children) from 12 European countries. Every family member tested was contaminated with a cocktail of at least 18 different man-made chemicals, many found in everyday consumer goods.

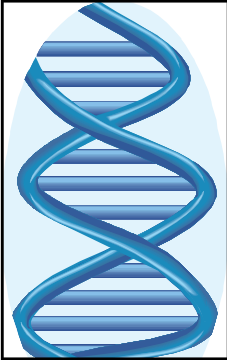
Many of the chemicals we absorb are from foods we eat, skin and beauty care products, household cleaners, containers we use, and clothing we wear. The Environmental Working Group (www.ewg.org) web site is a great resource for finding the safest products commonly eaten and used in your home, as well as which products to avoid. Check it out!

Alliance Chiropractic & Wellness Clinic

101-911 Golf Links Rd.
Ancaster ON L9K 1H9
Tel: 905-648-0661

Healthy Diet and Exercise Can Reverse Aging in Our Cells

Source: <http://blogs.discovermagazine.com/d-brief/2013/09/17/healthy-diet-and-exercise-can-reverse-aging-in-our-cells/#.UjsSEa3jOFI.email>



Lifestyle changes may, in fact, be able to turn back the clock on aging. A small pilot study has provided the first evidence that lifestyle changes can lengthen protective regions of our DNA called telomeres. Telomeres are protective regions at the ends of chromosomes that help keep DNA intact. And shortening of telomeres is closely linked to aging and diseases of old age. The study followed 35 men over the course of five years, all of whom had been diagnosed with low-risk prostate cancer. Ten of the men were assigned to undertake healthy lifestyle changes: a vegetarian whole-food diet, regular exercise, and sessions of stress-reducing meditation or yoga. The others served as controls.

Aging Cells

At the end of five years, researchers found the men who had adopted healthy habits had significantly “younger” DNA than when they began, in terms of telomere length. “A number of studies have shown that as telomeres get shorter, the risk of premature death and most chronic disease, from heart disease to cancer, even dementia goes up,” said study researcher Dr. Dean Ornish, clinical professor of medicine at the University of California, San Francisco. This is the first study showing that lifestyle changes may actually increase the length of telomeres.

Opposite Effects

The ten men who made lifestyle changes grew their telomeres by an average of ten percent over the course of the study, and the more positive changes they made the more growth they saw. In contrast, telomeres of men in the control group *shrunk* by an average of three percent. The findings are reported in *The Lancet Oncology*.

The small size of the study means that conclusions should be taken with a grain of salt. The next step is to see whether the results can be replicated on a larger scale and with more sizeable effects. But if you’re looking for that extra bit of motivation to adopt healthy lifestyle changes, well—do it for your telomeres.

Clinic Services

1. Chiropractic Care
2. Cold Laser Therapy
3. Custom Foot Orthotics
4. Massage Therapy¹
5. Naturopathy
6. Acupuncture
7. Homeopathy
8. Nutritional Consulting
9. Hand Therapy - Custom hand and wrist splinting

Clinic Hours²

Monday	8:00am— 12:00pm	3:30pm - 7:30pm
Tuesday	8:00am— 12:00pm	
Wednesday	8:00am— 12:00pm	3:30pm –7:30pm
Thursday		3:30pm –7:30pm
Friday	8:00am – 12:00pm	

Please note:

1. Massage therapy is available outside core office hours.
2. Emergency care is available most weekends. Please call the office and listen to the welcome message to confirm.

Announcements

- Check out our WEBSITE at www.alliancechiroandwellness.com. You can find archived issues of our newsletter as well as other clinic information. Please note appointment requests should be made by calling the office at 905-648-0661. We do not accept appointment cancellations, bookings, or reschedules via our web site. These should be done by calling the office directly.
- Dr. Morphet will be closed the following days over Christmas and New Year’s— Dec 24, 25, 26, 31 and Jan 1