

The Alliance Update

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Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Chiropractic Treatment of Pregnant Patients

Source: Chiropractic & Manual Therapies 2014; 22:15.



Low back and pelvic pain are so common during pregnancy, they are often considered normal. However, this is a concern due to their high prevalence (50-80%); impact on quality of life for those affected; and common link to general back pain persisting after pregnancy. Low back pain related to pregnancy is most commonly divided into three categories: lumbar spine pain (LP); posterior pelvic pain (PPP); or a combination of the two. PPP has been shown to be the most common. There has been no current definitive cause identified for low back pain associated with pregnancy, but it is thought to be related to biomechanical changes caused by the enlarging uterus and the influence of relaxin hormone on stabilizing ligaments, leading to increased mobility (or hypermobility) of joints, particularly those in the pelvis.

A recent study found that women receiving chiropractic care and routine obstetrical care versus women receiving only routine obstetrical care showed statistically and clinically significantly greater improvements in pain after five and nine weeks.

Baseline and one year data were available on 115 patients, treated by 15 chiropractors. The average patient age was 33 and the average gestation week was 26.2 at baseline, with a slight majority of patients in their third trimester. Of the total, 53 patients (46%) had at least one previous pregnancy, and 58% of those reported back pain during a previous pregnancy.

At one week, over half of the patients reported clinically relevant improvement in pain symptoms. At one year, 85.2% of patients were 'happy' or 'very happy' with their chiropractic care and only 6% were 'unhappy'. A final important note is that no serious adverse events were reported.

Early Exposure to Antibiotics Augments Allergy and Eczema Risk

Source: <http://www.medscape.com/viewarticle/868649>

Rates of hayfever and eczema are higher in children exposed to antibiotics in the first two years of life than in unexposed children, according to results from a recent study which looked at 394,517 children with hayfever; 229,080 children with eczema; and 64,638 children with both.

For both hayfever and eczema, the association was stronger in children treated with two or more courses of antibiotics than in those treated with just one course. The researchers did not have sufficient data to look at the association between each condition and type of antibiotic.

"Gut microbiota (good bacteria) are thought to play an important role in the development of the immune system early in life, and reduced gut microbial diversity by exposure to antibiotics in early infancy leads an increased risk of allergies and other immune-related disorders," explains study author Dr. Ahmadizar.

"We also found an increased risk for food allergy by exposure to antibiotics in early life, but since we could only include three studies for this part of the meta-analysis, we did not include the results," she added.

In the article, the authors point out that research has shown antibiotics can disrupt the normal flora of the skin, respiratory system, and gastrointestinal tract, and scientists are just beginning to understand the potential effects that antibiotics may cause through alteration of the microbiome. "We know that microbes that colonize these areas contribute to immune development, and studies like this suggest that antibiotics may interfere with proper immune development, possibly leading to allergic diseases." Examples include eczema and seasonal allergies.

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Food and Pain: The 'Essentials'

Source: http://www.medscape.com/viewarticle/869430#vp_1



Robert Bonakdar, MD, director of pain management, *Scripps Center for Integrative Medicine*, La Jolla, California, and assistant clinical professor, *University of California, San Diego*, outlines below the essentials of food and pain management.

Nutrition can affect pain through many mechanisms. Diet can influence inflammation, shift the microbiome (body's bacterial system), modulate the immune system, improve joint function, eliminate pain triggers, and reduce nutrient deficiencies.

In the typical western diet, over 60% of foods consumed are highly processed, and the diet lacks fresh fruits, vegetables, and fiber. This type of poor diet produces signs of inflammation, such as high C-reactive protein (CRP) levels. Elevated CRP levels can increase the risk for problems such as low back pain. There is a direct dose response

between CRP and back pain: the higher the CRP, the more intense the back pain, and the more it can interfere with activities of daily living.

The Western diet also shifts the body's microbiome structure, affecting digestion. Over time, this can have a significant effect on the diversity of flora by reducing the good bacteria in the body. This lack of diversity is directly linked to many pain states, including chronic pelvic pain and irritable bowel syndrome.

Consuming highly processed foods can also affect mast cells (part of the immune system), by making them hyper-excitable, causing pain. Several disorders are connected to mast cell-mediated mechanisms of pain including migraines, fibromyalgia, and neuropathic (nerve) pain.

If we are not feeding our cells appropriately, or we are feeding our cells toxic products or inflammatory products, the end result will be inflammation and pain.

Excess grains can also be inflammatory, especially if there are issues with celiac or sensitivity. Many patients consume grains in a highly processed form, lacking nutrients and fiber, and causing a spike in blood sugar.

Magnesium is an important example of the pain-related impact of nutrients. About 70% of the American population has a magnesium deficiency, and about 20% of the population are not even getting half of the daily requirement. Deficiency is defined as a serum level of less than 0.75 mmol/L. There is a very strong association between lack of magnesium and migraine headaches. The odds of migraines increase 35-fold if you have a magnesium deficiency. Improved magnesium levels also produce positive changes in muscles and mood. Foods high in magnesium include spinach, chard, pumpkin seeds, almonds, black beans, avocado, figs, and bananas.

Vitamin D deficiency is important in the field of pain management. At least 70% to 80% of pain patients have a vitamin D deficiency, which can make nerves hypersensitive. People with ultra-low vitamin D levels (serum 25-hydroxyvitamin D < 20 nmol/L), will require high-dose vitamin D supplementation to quickly bring their body's vitamin D stores to normal levels.

There is a strong relationship between obesity and pain. One study — an analysis of more than a million Americans answering health survey questions — showed a direct dose-response curve between obesity and pain, especially as people age. Even reducing weight by about 5% can have a significant impact on pain and function.

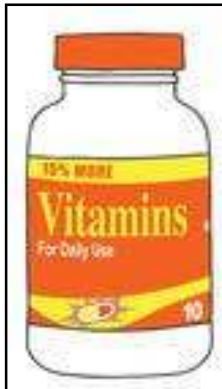
Just as diet can increase pain, it can also decrease pain. Evidence indicates that a low-glycemic-index diet (based on how foods affect blood glucose), high in polyphenols, fiber, fruits, vegetables, healthy fats, and "good" sources of protein, has a positive impact on pain. This type of diet benefits the microbiome and increases bacterial diversity.

There are some herbs and spices, for example, curcumin, a constituent of turmeric, that reduce pain and inflammation. Studies support this benefit of curcumin in patients with osteoarthritis and rheumatoid arthritis. Omega-3 fatty acid is another important nutrient when it comes to pain prevention, and may also help in cognitive functioning.

A healthy diet is an essential component to preventing and treating pain. If you are eating a typical western diet, it will be sooner rather than later, when your body starts to break down.

Do Vitamins and Minerals Keep You From Getting Sick?

Source: <http://www.nutritionaction.com/category/daily/dietary-supplements/>; David Schardt • October 7, 2016



Many supplements claim to “support” or “enhance” immune function. These claims are permissible because the *Food and Drug Administration* has advised supplement companies that “supports,” “maintains,” and “enhances immunity” are claims that do not promise to help “prevent or lessen disease;” and subsequently, these statements do not need to be backed by strong evidence. Of course, preventing disease is exactly why someone would be attracted to a supplement that “supports your immune system.”

Here’s what scientists have found about some of the key nutrients that claim to “support” immunity.

Multivitamins

In three studies conducted since 2002 in Canada, the Netherlands, and Scotland, on a total of roughly 2,150 middle-aged and older men and women, the following was found: those who were given a standard daily multivitamin—one that supplied the Daily Value (DV) for most vitamins and minerals—for at least a year got sick just as often as those who were given a placebo. Furthermore, in two of these studies, the multivitamin

takers were as likely to get just as sick and remain as sick, for the same length of time as the placebo takers.

Vitamin E

In three studies, people who took 15 IU to 74 IU of vitamin E as part of a multivitamin every day, for an average of 15 months, were no less likely to get a cold or the flu than similar people who took a placebo (The Daily Value, or DV, for vitamin E is 30 IU). Much larger doses do not seem to help older people living on their own either. In a study of 652 people aged 60 or older, those who got 300 IU of vitamin E every day for 15 months had no fewer infections than those who received a placebo.

However, in a study of 450 Boston-area nursing home residents (average age: 85), those who were given 200 IU a day of vitamin E for one year had 20 percent fewer colds than those who were given a placebo. While that is only a modest benefit, “colds in older people are a more serious problem than in younger people,” notes lead author Simin Nikbin Meydani of *Tufts University*.

Zinc

Taking zinc did not prevent colds or other respiratory infections in five studies that gave 10 mg to 20 mg of zinc, alone or as part of a multivitamin, or a placebo to some 2,560 mostly older adults every day for seven months to two years. The DV for zinc is 15 mg.

Zinc lozenges are more likely to help. In some studies, sucking on at least 75 mg of zinc from lozenges every day at the first sign of a cold, cut its duration, though not its severity, by up to two days.

Vitamin A

The results of three trials, looking at a total of roughly 2,150 men and women in Canada and Western Europe taking either a placebo or 1,333 IU to 2,000 IU of vitamin A as part of a multivitamin every day, looked at the effect of Vitamin A. (The DV of Vitamin A is 5,000 IU.) Over the next 12 to 18 months, people in both groups were equally likely to get sick. The multivitamin in two of the studies also contained 2,000 IU to 26,000 IU of vitamin A from beta-carotene.

In a fourth trial, where researchers gave 180 elderly French nursing home residents a placebo or 10,000 IU of vitamin A as beta-carotene every day for two years, the vitamin takers experienced just as many respiratory or urogenital infections as the placebo takers.

The bottom line is more research needs to be done to confidently recommend supplements as a preventative measure for colds and flus.

New Online Store

If you are looking for back supports, orthopedic braces, exercise and rehabilitation equipment, TENS units, and much more visit our new online store at <http://www.solutionwellness.ca/store/I038>. Alliance Chiropractic & Wellness Clinic has partnered with Solutions Wellness to provide high quality health and wellness products. If you have any questions about a specific product, please feel free to speak with Dr. Morphet.

Hidden Sugars May Have Serious Effects on Children's Heart Health

Source: [http://www.sugarscience.org/Mary C. Wiley, PsyD](http://www.sugarscience.org/Mary_C_Wiley_PsyD)



For the first time ever, the *American Heart Association (AHA)* is taking a stand on sugar intake. The AHA reviewed and graded the most recent scientific evidence for studies examining the cardiovascular health effects of added sugars on children. Here is what they concluded:

Children ages 2-18 should have no more than six teaspoons (or under 25 grams) or 100 calories of added sugar *a day* to avoid the risk of adverse effects on cardiovascular health. They should also be limited to only one sugar-sweetened beverage a week. This includes drinks such as soda, fruit-flavored and sports drinks, sweetened teas, and energy drinks.

Children ages 0-2 should have zero added sugars including sugar-sweetened drinks.

In the U.S, the average child is consuming a staggering 90.5 grams of sugar per day. That is over three to often four times the recommended amount by the AHA. Examples of added sugars include: table sugar, glucose, fructose, high fructose corn syrup, honey, and maple syrup.

For example, sugary cereals like Fruit Loops have about 12 grams of added sugar in each single serving. Consider that most people will consume two to three times the listed serving size at a meal, and now the total sugar intake in that serving is closer to 28 to 36 grams of sugar, exceeding the total recommended daily intake of sugar.

Other examples of common foods with added sugars include ketchup, tomato sauce, orange juice, fruit yogurt, bread, granola bars, dried fruit and the obvious sugary beverages. So make sure to start checking those nutrition labels for the amount of sugars in each product the next time you hit the grocery store. You may be alarmed by how quickly the sugars add up and surpass the recommended less than 25 grams per day.

Clinic Services

1. Chiropractic Care
2. Laser Therapy
3. Electrical Therapy
4. Sports Injury Care
5. Custom Foot Orthotics
6. Massage Therapy¹
7. Naturopathic Medicine
8. Acupuncture

Clinic Hours²

Please note:

1. Massage therapy is available outside core office hours.

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

2. Emergency care is available most weekends. Please call the office and listen to the welcome message to confirm.

Announcements

- *Holiday Season Toy Drive*—once again we will be collecting donations of new and unused toys. Details coming soon!
- 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.
- *Massage Therapy* is available outside core hours and on Saturdays.
- Like us on Facebook! To receive the latest in health news, research, updates, and announcements, check us out at www.facebook.com/AllianceChiropracticandWellnessClinic
- Dr. Morphet will be away from the office on the following dates: Nov 14th, 2016 and Jan 2nd—6th, 2017
- If you are looking for back supports, orthopedic braces, exercise and rehabilitation equipment, TENS units, and much more visit our new online store at <http://www.solutionwellness.ca/store/1038>. Alliance Chiropractic & Wellness Clinic has partnered with Solutions Wellness to provide high quality health and wellness products.

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