

The Alliance Update

www.alliancechiroandwellness.com

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Think Outside the Box and the Spine

Source: Kevin M. Wong, DC—http://www.dynamicchiropractic.ca/mpacms/dc_ca/article.php?id=55757



More than any other part of the body – feet are overlooked on a regular basis. The fact that the foot affects the rest of the body is common knowledge, but it is important to look at why and how it affects the body. Any structural imbalance requires compensating movements in the lower extremities and pelvis. Over time, specific muscle imbalances and shortenings will develop. Eventually, the soft tissues and bones are damaged which can eventually lead to pain and discomfort.

Arch Issues

The foot has three arches that are supposed to be working together to support the 26 bones of each foot. The stability of the tibia, fibula, femur, hips, pelvis, and spine are all dependent on these three foot arches. When the arches fall, the foot physically drops downward toward the floor. This creates excessive inward rotation of the tibia and femur. This inward rotation of the leg bones causes the hip muscles to tighten and pull on the hip bone as well. Following the chain of events upward, the pelvis torques backward, which creates stress in the lumbar spine and upwards to the thoracic, cervical and skull areas. Quite often, there isn't any pain in the feet. It might only be knee pain, hip pain or back pain. The key is to realize that the feet are the gateways to the rest of the body. A lack of support in one or both feet will have negative effects on the body over time.

Custom-made, stabilizing orthotics help promote healthy biomechanics, neurology, and circulation for the feet. A good pair of stabilizing orthotics will change peoples' lives, allowing them to do activities they enjoy and enhancing their quality of life.

At **Alliance Chiropractic & Wellness Clinic** we produce custom foot orthotics using foam impression molding, and a thorough biomechanical exam of the foot. We also look at the impact the foot mechanics are having on the rest of the body. The mold and biomechanical information are then provided to a Podiatrist who builds the orthotic to our specifications. Generally orthotics should be replaced about every 2 to 3 years. How long the orthotic will last depends on the individual's volume of standing, walking, and running.

For additional information about orthotics visit <http://www.alliancechiroandwellness.com/custom-foot-orthotics.html> . Additional clinic information is also available at our site: <http://www.alliancechiroandwellness.com>

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Changes In US Death Rates by Cause From 1950 to 2007

Source: The End of Illness, David B. Agus, MD

Heart Disease:	67% decline
Cerebrovascular Diseases :	77% decline
Pneumonia/Influenza:	66% decline
Cancer:	8% decline

Healthy Back

Source: www.chiropracticcanada.ca/en-us/back-and-health/back-care-tips/healthy-back/myths---facts.aspxalthy



Your back is an amazing part of your body! It allows you to stand and supports your arms and legs. It also protects your spinal cord, which sends messages between your brain and the rest of your body. Knowing what to do when you have back pain is important. And back pain, unfortunately, is one of the most common ailments today. A sedentary lifestyle, as well as injuries, arthritic changes, and aging can all lead to problems. What to do when you have back pain? Have regular spinal check-ups, practice recognized self-care, and see a chiropractor.

At one time, many people believed that bed rest was a great treatment for back pain. In fact, bed rest may worsen your back pain unless it is so severe that you cannot move. See a health professional such as a chiropractor about chronic or new back pain.

With acute back pain, applying heat may worsen the inflammation of the joint and surrounding muscles and ligaments. The usual recommendation is to ice – use a commercial cold pack, a bag of frozen vegetables, or ice in a dampened towel – for the first three days of acute pain. Limit cold pack treatments to 15 to 20 minutes at a time, and always place a damp towel or cloth between the sore area and the ice.

Pain in your back is definitely an indication that something is wrong, especially if the pain is chronic and stops you from doing everyday chores and activities. But you may not always feel pain in your back when there is a problem. Restricted movement or discomfort in your arms, legs, and shoulders may also indicate that there is a problem with your spine.

One of the most important facts about back health involves posture. It's a fact that good posture and a properly aligned spine can help prevent back and neck pain. Exercise can also help keep your back and spine fit and healthy. Flexibility stretches help keep you limber while core exercises such as those involving balance, Pilates, or a stability ball will help to strengthen your spine. Dr. Morphet can provide more information about helpful exercises and stretches.

Do You Know the Most Common Stroke Warning Signs?

Source: http://articles.mercola.com/sites/articles/archive/2013/01/09/young-stroke-sufferers.aspx?e_cid=20130109_DNL_art_2



Getting medical help quickly can mean the difference between life and death, or permanent disability, if you're suffering from a stroke. This is an area where conventional medicine excels, as there are emergency medications that can dissolve a blood clot that is blocking blood flow to your brain, and if done quickly enough can virtually reverse any permanent neurological damage.

To be effective, patients should be treated within one hour of stroke onset. So it's very important that you're able to recognize the signs of stroke and get medical help immediately. Use the **"FAST"** acronym to help remember the warning signs of stroke:

F = FACE: Ask the person to smile. Does one side of the face droop?

A = ARMS: Ask the person to raise both arms. Does one arm drift downward?

S = SPEECH: Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

T = TIME: If you observe any of these signs (independently or together), call 9-1-1 immediately.

Other signs of stroke indicating you should get help right away include:

- Sudden trouble walking (dizziness, loss of balance, etc.)
- Sudden confusion
- Sudden numbness or weakness (especially on one side of your body only)
- Sudden trouble seeing (for example, double or blurred vision)
- Sudden severe headache

Prescribing Trends: An Interesting Picture

Source: Ann Fam Med. 2012 Sep-Oct;10(5):452-60. doi: 10.1370/afm.1380.



A recent study done at Michigan State University states that spending on prescription drugs in the United States has risen nearly 6-fold since 1990. This increase largely reflects substantial increases in treatment of chronic conditions (hypertension, high cholesterol, and diabetes being the most common), by the use of multiple drugs to manage these problems. It is estimated that 11% of the US population and 40% of people older than age 60 take five medications or more. Although some studies have documented health benefits with multiple medications, adverse drug reactions reported by the Food and Drug Administration tripled between 1995 and 2005, and research finds these reactions are the fourth leading cause of death in the United States.

The study looks at some of the factors that might be causing this dramatic increase in prescription drug use. The results are as follows:

1. New guidelines have lowered 'dangerous' levels for certain conditions typically treated by drugs. Notably for diabetes and hypertension; and subsequently encouraging treatment of predisease conditions, such as pre-hypertension and pre-diabetes. As a result, millions of people previously defined as healthy are now classified as needing drug treatment. The researchers suggest that changes to diagnostic thresholds and guidelines are potentially due to the drug industry systematically generating and publishing research findings that promote their drugs. The industry may also influence the establishment of clinical standards, as the committees and organizations setting the standards often have substantial pharmaceutical industry support and include many individuals with industry ties.
2. Within the insurance industry, physician reward programs pay doctors based on patients' test numbers remaining below given thresholds. These insurance companies assess individual clinicians on the basis of whether their patients meet these standards, often paying substantial bonuses that encourage clinicians to respond to marginal test results with aggressive use of pharmaceuticals. Currently there is no consensus on whether aggressive drug treatment in response to marginal test results actually improve overall outcomes. Doctors who prescribe more judiciously, prioritizing patient benefit over marginal improvements in test values, may actually be penalized by this system.
3. Prescription drugs often accumulate in what has been called a *prescribing cascade*. This means a prescribed drug produces side effect symptoms for which more drugs are prescribed, resulting in *polypharmacy* (patients on five or more drugs) and further increasing the risk of adverse drug reactions. The *prescribing cascade* may be further sustained by clinicians failing to recognize that the drug they prescribed caused the new symptoms, even when the symptoms are well known to be associated with that drug.
4. The presence of a large number of drug representatives in physician practices is stated as an obvious industry influence within this study. A recent national survey reported that 87% of physicians have regular contact with these marketing professionals. Given that the industry spends an estimated \$53 billion annually on marketing pharmaceuticals to US physicians, the researchers conclude it should be assumed that these marketing efforts have at least some influence on prescribing practices.

In their conclusion, the authors call for a reform on how much influence the pharmaceutical industry has on the practice of medicine. They urge that at a minimum, individuals, or organizations with financial conflicts of interest should be excluded from involvement with treatment guideline-writing panels. They also suggest that physicians be discouraged from seeing drug representatives.

Great Quote

One way to get the most out of life is to look upon it as an adventure.

William Feather (August 25, 1889 - January 7, 1981) was an American publisher and author, based in Cleveland, Ohio

Alliance Chiropractic & Wellness Clinic

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

The Fascinating World of Prenatal Development

Source: The End of Illness—David B Agus MD



Over the past several decades, a large volume of research has emerged that shows prenatal development is an extremely important time for influencing both well-being and disease in later life. We know that mothers who put on too much weight during pregnancy can increase their child's risk for diabetes. Low birth weight can increase the chance for cardiovascular disease later in life, and exposure to certain chemicals, including alcohol, can trigger defects.

In 2011, Columbia University researchers determined that the risk of an autism diagnosis in a second-born child was more than three times higher when the child was conceived within twelve months of the birth of the first child. Second born children conceived between twelve and twenty-three months after a first child was born had twice the risk of being diagnosed with autism when compared to babies conceived a full three years after an older sibling. It is unknown yet if a nutrient deficiency or a change in biochemistry, or something else that happens in the uterine environment following a pregnancy is affecting the next pregnancy. The findings lend support to earlier research on other brain diseases, several of which found that shorter intervals between babies are associated with mental illnesses such as schizophrenia. The research in this area is strong enough for The World Health Organization to make the recommendation that for having healthy babies, women should not attempt another pregnancy for twenty-four months following childbirth.

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.
- Massage Therapy now available on Saturdays.
- We are excitedly awaiting the arrival of Michelle Richard's second child. She is expected to be on maternity leave at the end of April. Natalie Rozell, RMT will be expanding her hours to provide care for Michelle's clients while she is away on leave.