

# The Alliance Update

www.alliancechiroandwellness.com

Spring 2014 Edition

Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

**Health  
Newsletter**

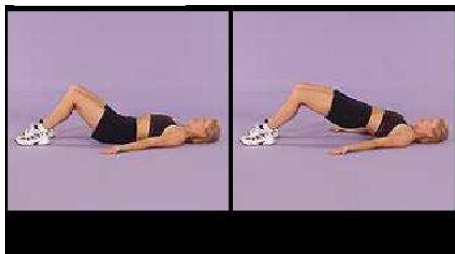
## Core Strength Exercise Progression

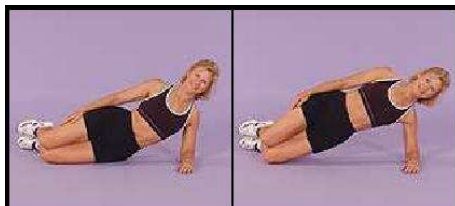
Source: Dr. Gavin Morphet


What is *core strength*? The *core* refers to your trunk area, and *core strength* refers to the strength of abdominal, back, and pelvic girdle muscles. Current theories suggest core muscle endurance as being more important than core muscle strength for preventing lower back pain. What's the difference? Muscle strength refers to the amount of force a muscle can produce with a single maximal effort. Muscle endurance on the other hand refers to the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time. As with most theories in health care, the body of research regarding core strength has some studies that support this model as preventative and beneficial for low back pain, and others find it no better than general physical conditioning. This being said, many health care providers find it a useful tool in the battle against back pain.

Below is a core stability progression that is often recommended to patients suffering from back pain. These exercises are typically introduced once the patient is out of the acute stage of the injury. The major advantage of these exercises is that they place minimal pressure on the lumbar discs.


### Core Stability Progression

	<p>Lie on back with knees bent and feet flat on the floor. Place arms 45° at sides with palms up. From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position. Shoulder blades should remain on floor. Hold at end position, then lower and repeat.</p>	Sets: 2
		Reps: 20
		Weight:
		Hold: 3 sec
		Rest: 30-60
		4 x/week

	<p>Lying on one side with knees bent keeping knees, hip and shoulder in line. Support upper body on elbow, placing elbow directly under shoulder. Raise hip up off floor. Avoid rotating forward or backward.</p>	Sets: 1
		Reps: 2
		Weight:
		Hold: 60 sec
		Rest: 30-60
		4 x/week

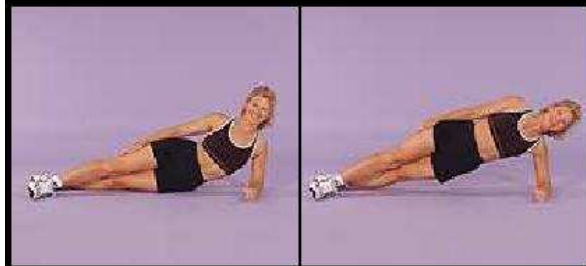
	<p>Support body in a half plank position with forearms shoulder width apart and knees together. Keep a straight line through the knee, hip and shoulder. Maintain abdominal hollow.</p>	Sets: 1
		Reps: 2
		Weight:
		Hold: 60 sec
		Rest: 30-60
		4 x/week

Work up to holding the posture in the plank and sidebridge position for 60 seconds, and perform two repetitions. With the pelvic lift, you are working up to twenty repetitions. The plank and sidebridge may not be appropriate for people with shoulder injuries. Once the above exercises become easy, progress to the next three exercises. (continued on page 2).

	<p>Holding a bridge position, maintain pelvic tilt and abdominal hollow. Slowly raise one foot up off the floor keeping pelvis level. Lower foot back to floor and alternate.</p>	Sets: 2
		Reps: 10-15
		Weight:
		Hold: 2 sec
		Rest: 30-60
		3 x/week

<i>Inside This Issue:</i>	<i>Pg</i>
Core Strength Exercise Progression	1
The Anti-Inflammatory Diet	2
6 Ways to a Healthy Online Life	3
Why Processed Food is Bad	4
Announcements	4
Alliance Chiropractic Services	4

## Core Stability Exercise Progression— Continued



Lying on side with legs out straight (feet staggered) keeping, hip and shoulder in line. Support upper body on forearm, placing elbow directly under shoulder. Raise hip up off floor and hold. Avoid rotating forward or backward.

Sets:	1
Reps:	2
Weight:	
Hold:	60 sec
Rest:	30 sec
3x/week	



Support body in a plank position with forearms shoulder width apart and feet together. Keep a straight line through the knee, hip and shoulder. Maintain contraction of the transverse abdominal. (suck abs in against gravity)

Sets:	1
Reps:	2
Weight:	
Hold:	60 sec
Rest:	30-60
3 x/week	

For more information on these exercises, please ask Dr. Morphet at your next appointment.

## The Anti-Inflammatory Diet

Source: <http://www.livestrong.com/article/542570-basics-of-an-anti-inflammatory-diet/>

The anti-inflammatory diet is unlike the plethora of plans that promise you'll drop a dress size by Friday. Designed to help reduce inflammation, the plans focus on foods that trigger certain hormones that regulate the body's inflammatory response. The result is less pain, improved digestion, and better overall health.

### Theory

Although there are countless anti-inflammatory diets with varying guidelines, each is based on the theory that chronic inflammation leads to disease and poor overall health. Eating to prevent inflammation helps reduce your risk of health complications. Proponents of anti-inflammatory diets believe that such diets work to both treat and prevent illness. Some of the conditions linked to increased inflammation include: Alzheimer's, various types of cancers, irritable bowel syndrome, heart-related illnesses, and diabetes.

### Anti-inflammatory Foods

Fruits and vegetables are anti-inflammatory foods, preferred over processed foods because they don't contain additives that can promote inflammation. Additionally, fresh fruits and vegetables are a rich source of antioxidants, which fight inflammation in the body and counteract free radicals, or cell-damaging molecules that contribute to aging and illness. Fruits and vegetables should occupy one-half of your plate at meals. Whole grains, beans, and legumes are also part of an anti-inflammatory diet.

Other foods you might find on an anti-inflammatory diet menu are those high in omega-3 fatty acids, such as salmon and walnuts. These foods are proven to reduce inflammation and help lower the risk of heart disease, arthritis, and cancer, according to the University of Maryland Medical Center.

### Anti-inflammatory Herbs

Certain herbs are a part of the anti-inflammatory diet because they contain anti-inflammatory compounds. Garlic and turmeric contain bioflavonoids and polyphenols that inhibit free radical production in the body. Similar to the way that non-steroidal anti-inflammatory drugs work, ginger works by suppressing the synthesis of pro-inflammatory molecules.

### Foods to Avoid

Refined and processed foods are off limits for those following an anti-inflammatory diet. Trans fats, hydrogenated oils, sugars, and refined grains are also offenders, thought to increase inflammation in the body. Those on an anti-inflammatory diet are also cautioned against known allergens, such as soy, gluten, milk, or peanuts. To identify problematic foods, eliminate potentially bothersome foods for a time, and reintroduce them slowly to see how your body responds. If you find you have a sensitivity to a certain food, ensure that you avoid them to the maximum extent possible.

Our naturopath, Dr. Sonya Carl, can help you refine your diet with the goal of reducing inflammation. To schedule an appointment, call the office at 905-648-0661.

## 6 ways to have a Healthy Online Life

Source: <http://www.cbc.ca/news2/interactives/teens-online-health/>



The average tween or teen consumes nearly 11 hours of media a day, according to research from the Kaiser Family Foundation, and scientists are raising concerns about how all that screen time is affecting young people.

That 11-hour average shows how multitasking has become routine for young people. For example, in the 2010 Kaiser study, one hour of watching videos while simultaneously texting would count as two hours of media consumption.

But even without factoring in multitasking, the screen-time numbers young people are racking up are astonishing. Surveys by market researcher Ipsos Mobility last fall, show that on school days Canadian teens spend five hours a day just on their smartphones — texting, social networking, gaming, and watching videos. Scientists worry that this leads to producing distracted kids who have a hard time focusing and thinking deeply or analytically. Below are ways to counteract some of the negative effects of media, and ensure that kids have a healthier online life.

### Get some exercise

There is emerging evidence of skeletal and muscle problems in the neck, thumbs, and backs of heavy texters, gamers and computer users. All that sedentary time spent in front of screens is producing a less fit generation. Experts say regular exercise to improve cardiovascular health and increase strength can counteract some of those screen time effects. Many studies have also documented the effectiveness of exercise in reducing depression and anxiety.

### Get some face-to-face time

Some adults complain young people have lost social skills as a result of immersing themselves in technology, and preferring texting instead of talking. Practise eye contact and conversation skills by making time for in-person socializing, which studies show also creates a stronger sense of connectedness ... the human kind!

### Get balanced

Like a healthy, balanced diet, a healthy screen life means moderation. Media technologies aren't going away, but they need to be seen as just one part of a child's day, along with many other activities, such as recreation, school, homework, and time with friends and family. Parents shouldn't just limit time with technology; they should encourage kids to make conscious choices about filling their days with a variety of activities.

### Get picky

Many of us have embraced technology blindly, succumbing to the seduction of constant distraction and the endless novelty of cute cat videos. Experts say a healthy approach to technology means using it for what it does well, and learning to filter out the "noise." Parents can help kids become smarter consumers of technology and critical thinkers by talking to them about the content they view and listen to on-line.

### Get natural

Researchers say spending time in nature is an antidote to the physical, mental, and emotional stress technology use puts on our bodies and brains. Getting outdoors increases Vitamin D stores depleted by too much time spent indoors and in front of screens, and improves distance vision. Vitamin D also been shown to reduce symptoms of anxiety, depression, and attention deficit disorders. Schools that include time outdoors have higher standardized test scores in math, reading and writing.

### Get a good book

Various studies show reading engages parts of the brain that involve imagination, creativity, and the senses. Regular readers have better verbal and critical thinking skills, and a lower risk of developing dementia. This is in contrast to electronic media consumption, which is usually a cognitively passive activity.

## Health Humour

Jerry was in the hospital recovering from surgery when a nurse asks him how he is feeling. "I'm OK but I didn't like the four-letter-word the doctor used in surgery," he answered. "What did he say," asked the nurse.

"OOPS!"

## Why Processed Food is Bad for You

Source: <http://articles.mercola.com/sites/articles/archive/2014/02/12/9-dangers-processed>

If you want to be optimally healthy, you should spend 90 percent of your food budget on whole foods, and only 10 percent on processed foods. With most foods, the closer they are to nature, the better. It's possible to have some processed foods that are still healthy; for instance, frozen green beans have been "processed" as has butter, grass-fed ground beef, or freshly prepared almond butter.



### Nine Reasons to Avoid Processed Foods

#### 1. High in Sugar and/or High Fructose Corn Syrup

Excess sugar consumption is linked to insulin resistance, high triglycerides, heart disease, diabetes, obesity, and cancer.

#### 2. Designed to Make You Overeat

Processed foods stimulate such a strong reward response in our brains that it becomes very easy to overeat

#### 3. Contain Artificial Ingredients

This includes preservatives, artificial colors, artificial flavors, and texturants, many of which have been linked to negative health effects.

#### 4. You Can Become Addicted to Processed Foods

They are designed to stimulate dopamine, a feel-good neurotransmitter. This artificial dopamine stimulation can lead to excessive food cravings, and ultimately food addiction.

#### 5. High in Refined Carbohydrates

Refined carbohydrates quickly break down to sugar in your body, and have similar effects as high sugar foods.

#### 6. Low in Nutrients

Many of the vitamins, minerals, and phytochemicals that are good for you are processed right out of the food, and only a few are added back.

#### 7. Low in Fiber

Fiber is nature's broom, it is important for a healthy digestive tract. Processed food is usually low in fiber.

#### 8. Requires Less Energy and Time to Digest Processed Foods

In one study, it took volunteers twice as many calories to digest an unprocessed meal compared to a processed one.

#### 9. High in Trans Fats and Processed Vegetable Oils

Synthetic trans fats are known to promote inflammation, which is a hallmark of most chronic and/or serious diseases.

### Clinic Services

1. Chiropractic Care
2. Cold Laser Therapy
3. Custom Foot Orthotics
4. Massage Therapy<sup>1</sup>
5. Naturopathy
6. Acupuncture
7. Homeopathy

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	

#### Clinic Hours<sup>2</sup>

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](http://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 away from the office on Monday May 26th, and Wednesday June 11.
- Michelle Richard R.M.T is back from her maternity leave. She is full days Tues, Wed, and Thursday: <http://www.alliancechiroandwellness.com/massage-hours.html>

#### Alliance Chiropractic & Wellness Clinic

101-911 Golf Links Rd. Ancaster ON L9K 1H9  
Tel: 905-648-0661 Fax: 905-648-1268