

The Alliance Update

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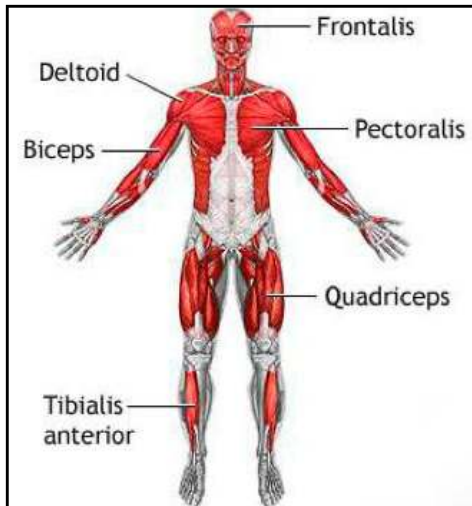
Spring 2015 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Chiropractic Helps Boost Muscle Function and Prevent Fatigue

Source: *Canadian Chiropractor*, February 23, 2015; *Experimental Brain Research* (April 2015), Volume 233, Issue 4, pp 1165-1173



New research of the effects of chiropractic care suggests it may have an important role to play in maximizing sport performance and aiding recovery from a range of conditions where muscle function has been compromised.

The New Zealand College of Chiropractic's Centre for Chiropractic Research recently published a study in the journal **Experiment Brain Research** which demonstrates that following a full spine chiropractic adjustment session, there was an increase in the subjects' ability to contract their muscles.

The study shows an increase in muscle electrical activity readings of almost 60 per cent and a 16 per cent increase in absolute force measures (the force that the muscle produces). There was also a 45 per cent increase in the speed of signals sent from the brain to the muscles.

"The results of the study also indicate that spinal adjustments can prevent fatigue, so we recommend chiropractic care to be a part of medical treatment for patients that have lost tonus of their muscles, or are recovering from muscle degrading dysfunction such as with stroke or orthopedic operations."

The study authors feel the improvement in muscle force production following the chiropractic adjustment session are likely attributed to the improvements in nerve signaling to and from the brain. These results of improved muscle firing speed and force production from muscles, would be of interest to athletes. The authors recommend a similar study be conducted with athletes, to see if the results are reproducible in a highly trained population.

This work provides further evidence of the capacity of chiropractic care to address aspects of nerve and muscle integration and function. *The New Zealand College of Chiropractic's Centre for Chiropractic Research* is at the forefront of this groundbreaking neurophysiological research.

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Laughter As Medicine

My wife was hinting about what she wanted for our upcoming anniversary. She said, "I want something shiny that goes from 0 to 165 in about 2 seconds."

I bought her a bathroom scale.

And then the fight started.....

Surprising Discoveries for Health and Long Life from a Landmark Eight Decade Study

Source: *The Longevity Project*, March 2011, Howard S. Friedman, PhD., and Leslie R. Martin Ph.D

This 80 year study started in 1921 and followed 1528 school age children throughout their lives to determine what really impacts health and longevity across a lifetime. Many of the children went on to be successful, but quite a large number of participants faced regular disappointments in love, in careers, and in length of life. Some who succeeded were lucky, but many others made their own luck.

Across the 80 year span of the study, many predictors emerged as to who would do better and who would do worse, who would live longer and who would die younger. It was not being cheery or being popular and outgoing that made the difference. It was also not those who took life easy, or avoided stress. Rather, it was those who—through an often-complex pattern of persistence, prudence, hard work, and close involvement with friends and communities—headed down meaningful, interesting life paths that had the best longevity and quality of life. The qualities and lifestyles cultivated by people on these long-life paths reflects an active pursuit of goals; a deep satisfaction with life; and a strong sense of accomplishment. Having a large social network; engaging in physical activities; giving back to your community; enjoying and thriving in your career; and nurturing a healthy marriage or close friendships can do more than add years to your life. Together, they represent the living with purpose that comes from working hard, reaching out to others, and bouncing back from difficult times.

It is fascinating to discover that those individuals who became involved with others in a consequential life would be improving their health as an unanticipated bonus. Striving for a socially richer and more productive life will increase the odds of a long life as well.

Stress-Free Eating: Foods That Reduce Cortisol Levels

Source: <http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=56212b> by Corey Mote, BS, DC

Cortisol, known as the stress hormone, is one of the body's instinctual response hormones to the fight-or-flight situation. It is released by the adrenal gland during times of stress and has several functions in the body, such as blood-pressure regulation, glucose mobilization, and reducing inflammation. However, although beneficial and even crucial in many aspects, chronically increased levels of cortisol will impede your body's overall health.

Cortisol is one of the hormones responsible for tearing down muscle tissue. It also increases fat stores, particularly in the abdominal area. One way to keep this destructive hormone lowered is to avoid stressful situations as much as possible. Another way to lower cortisol levels is via a proper, well-balanced diet with the right nutrients. Research suggests certain nutritional strategies may help to reduce levels of cortisol in the body. Here are a few to consider:

Omega-3 Fatty Acids: Studies reveal that taking fish oil for as little as three weeks reduces cortisol levels compared to placebo. Wild Alaskan salmon is one of the premium choices for omega-3s. Other foods high in omega-3 fatty acids include halibut, walnuts, almonds, and flax seed oil.

Vitamin C: Increasing your intake of vitamin C, which is found in citrus fruits such as oranges, as well as bell peppers and dark green leafy vegetables, could reduce cortisol levels. A research study conducted at the University of Alabama concluded that rats supplemented with vitamin C had reduced levels of cortisol after a stressful event compared to those receiving a placebo.

Low-GI Foods: Low-glycemic-index foods can lower cortisol levels in your body. Consuming foods such as eggs, meat, poultry, fish, and vegetables can lower cortisol levels. High-glycemic-index foods containing large amounts of sugar or starch are poor choices for reducing this hormone level, and may even increase the level of cortisol in the blood. High-glycemic-index foods require utilization of almost an equivalent mass of animal protein to keep glycemic balance. It is also necessary to avoid extreme low-calorie diets, as low-calorie dieting is a major stress to the body and increases cortisol production while simultaneously reducing testosterone levels.

Dark Chocolate: Eating dark chocolate may aid in relieving stress. Researchers in Switzerland examined the effects of dark chocolate on stress metabolism. At the end of a two-week study, scientists observed that the group given 40 grams of dark chocolate per day experienced decreases in blood cortisol levels compared to the control group.

Keep in mind that in addition to proper diet, getting the adequate amount of sleep (seven to nine hours of sleep over a 24-hour span) and a regular exercise regimen, are crucial in lowering levels of the stress hormone. Additionally, rose hip extract has been found to reduce cortisol levels. You can find rose hip extract at your nearby health food store; also an added benefit of rose hip extract is also that it has cold healing properties.

New Dietary Guidelines Reverse Flawed Recommendations on Cholesterol

Source: <http://articles.mercola.com/sites/articles/archive/2015/02/25/new-dietary-guidelines-fat-cholesterol.aspx?>



For the past half century, cholesterol has been touted as a grave health hazard, and dietary fat and cholesterol have been portrayed as being among the “deadliest” foods you could possibly eat. This may finally change, as limitations for cholesterol will likely be removed from the 2015 edition of Dietary Guidelines for Americans. It’s about time really, as 60 years’ worth of research has failed to demonstrate a correlation between high dietary cholesterol intake and heart disease. Not only does undamaged natural cholesterol *not* cause heart disease, it is actually one of the most important molecules in your body; indispensable for the building of cells and for producing stress and sex hormones, as well as vitamin D.

Cholesterol is also important for brain health, and helps with the formation of memories. Low levels of HDL cholesterol have been linked to memory loss and Alzheimer’s, and may also increase the risk of stroke, depression, and other mood disorders.

However, if you process saturated fat or cholesterol and heat it by frying, then you create very dangerous products that will clearly increase your risk of cardiovascular disease.

The low-fat craze led to an avalanche of new processed food products, promising to benefit both your waistline and your heart. Nothing could have been further from the truth. When fat was removed, sugar was added in, and this has led to a massive increase in obesity, diabetes, heart disease, and non-alcoholic fatty liver disease.

We now know a whole lot more about HDL and LDL, commonly referred to as “good” and “bad” cholesterol respectively. Depending on the size of the particles, LDL may be either harmful or harmless, so LDL is not necessarily “bad” across the board. If you’ve had your cholesterol levels checked, your doctor most likely tested your total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides. But we now know those are not accurate predictors for cardiovascular disease risk. A far more accurate predictor is your LDL particle number—the test for which is called an NMR Lipoprofile. Exercising, and avoiding grains and sugars in your diet can easily decrease blood triglyceride levels.

Exercise, Not Diet, Has Most Impact On Weight As We Age

Source: http://www.huffingtonpost.com/2015/04/02/age-exercise-weight-gain_n_6986632.html?1427979260=&ncid=fbklnkushpmg00000063

It won’t shock anyone to know that Americans tend to gain weight as they get older. But it is a little surprising that as Americans age and put on more body fat, the quality of their diets generally *improves*. In other words, Americans do try to correct their softening midsections with things like salads and lean proteins. Unfortunately, that doesn’t quite work, according to a recent analysis of physical activity, diet and weight among U.S. adults. Instead, whether or not a person engaged in moderate to vigorous physical activity was more likely to predict their ability to stave off age-associated weight gain. The study, which breaks down data points from 4,999 American adults ages 20 to over 70 years old, is large enough in sample size to depict an accurate snapshot of how Americans are aging -- and how their diet and exercise levels change over the years.

"Our study points to the very important impact of physical activity on weight status in U.S. adults, and in particular points to the critical role of the age-related decline in physical activity on the increasing rates of overweight and obesity that we see with aging," said lead researcher Russell Pate, Ph.D., of the *University of South Carolina*. "Our findings indicate that increasing fatness with age in U.S. adults cannot be explained by changes in the quality of the diet they consume."

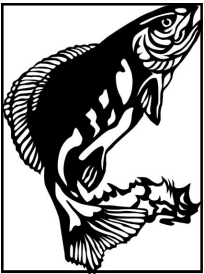
Pate took information from the *National Health and Nutrition Examination Survey*, which measured activity via accelerometer (a plus because it’s much more accurate than self-reported information) and recorded information on weight, body mass index, waist circumference, and quality of diet. He then controlled for factors like race, ethnicity, socioeconomic status, and whether or not a person smoked.

The takeaway? "Americans should meet the federal physical activity guideline, 150 minutes of moderate intensity physical activity per week," wrote Tate. "If most American adults met that guideline, rates of overweight and obesity would be substantially lower than they are today."

Overall, Americans’ activity levels are lower thanks to sedentary jobs, technology, and better mass transportation options, according to the American Heart Association. We’re paying for those conveniences with our health; about 69 percent of adults are either overweight or obese, which increases risk for diseases like diabetes, cardiovascular disease, some cancers, and reproductive problems.

Which Fish are Good For You and the Planet

Source: *Nutrition Action Newsletter*, April 2015



Polychlorinated biphenyls (PCBs), mercury, antibiotic residues, dioxins, sea lice in ocean pens, leveled mangrove forests, and depleted fish stocks.... there are plenty of reasons to be wary of seafood, but there are also plenty of reasons to consume it. People who eat more seafood have a lower risk of heart disease, stroke, and Alzheimer's. Researchers aren't sure if that's because of decosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA); or the omega-3 fats in fish; or because seafood eaters do other things to protect their health. Regardless, seafood is low in saturated fat and rich in protein and flavour.

Below is a list of the best choices for some popular types of fish or seafood. For a more comprehensive list go to seachoice.org. Note that the Canadian Food Inspection Agency inspects 5% of the lots of seafood that are imported each year. Generally, you are better off buying domestic or US seafood.

Tilapia: Buy Canadian tilapia farmed in 100 per cent closed systems. U.S. and Ecuador tilapia is farmed in ponds.

Farmed Salmon: Any Atlantic salmon farmed in a "land-based" system. Coho salmon farmed in the US in flow through tanks.

Trout: Rainbow trout farmed in Canada and the United States in land-based, flow through systems. Wild lake trout from Minnesota waters of Lake Superior.

Canned Tuna: Troll/pole caught British Columbia albacore and US yellowfin. That typically means smaller brands like Raincoast Trading and Wild Planet.

Shrimp: Trap-caught British Columbia spot prawns or Nova Scotia shrimp. US inland farmed Pacific white shrimp.

Catfish: Catfish farmed in the United States.

Wild Salmon: Any wild salmon from Alaska.

In large long-term studies of fish intake and risk of chronic disease, the benefits of fish far outweigh any hypothetical harm for most people.

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:

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	

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 away from the office from July 2 to July 9.
- Several of our clinic services can now be billed under physiotherapy through our associates at Clinio. If this is something that is of interest please contact our office to find out details.
- Like us on Facebook! To receive the latest in health news, research, updates, and announcements, check out our clinic page.

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