

The Alliance Update

www.alliancechiroandwellness.com

Spring 2017 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Preventing Text Neck

Source: <http://www.chiropractic.on.ca>

People are spending more and more time looking down at smartphones and tablets every year, and strain injuries in the hand, wrist, forearm, and neck are on the rise. Symptoms in the neck and upper back caused by excessive and improper device use are commonly referred to as “text neck”.

HOW TO BEAT THE PAIN CAUSED BY DIGITAL DEVICES

As you tap and swipe, follow these tips to avoid the aches and pains that come with the digital age. Your back and neck will thank you.

Take a break

Holding up your phone or tablet for extended periods of time can strain the muscles in your shoulders, arms, and fingers. Let your arms rest at your sides every so often.

The 20-20-20 rule

Give your eyes a break! Every 20 minutes, take 20 seconds to look about 20 feet ahead (or as far as possible).

Change positions

Try to avoid sitting for longer than 30 minutes at a time. Get up and walk around!

Aim higher

Raise your phone up closer to eye level to reduce strain on your neck. When watching lectures on your tablet or laptop, be sure to prop it up against something so your shoulders and arms can relax.

Stretch it out

Slowly turn your head towards your left shoulder, hold for five seconds and repeat on your right side. You can also download Straighten Up Canada! — a free app developed by Canada’s chiropractors with videos of stretches you can do to help your posture in just three minutes!

The only thing that is more important than “perfect” posture is movement. If you still have pain and discomfort after trying these tips, visit a chiropractor to develop a plan to keep you pain-free.



Cool Body Facts

Source: www.theguardian.com/science/2013/jan/27/20-human-body-facts-science



Surprisingly, not all the useful DNA in your chromosomes comes from your evolutionary ancestors – some of it was borrowed from elsewhere. Your DNA includes the genes from at least eight retroviruses. These are a kind of virus that makes use of the cell's mechanisms for coding DNA to take over a cell. At some point in human history, these genes became incorporated into human DNA. These viral genes in DNA now perform important functions in human reproduction, yet they are entirely alien to our genetic ancestry.

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Poor Diet Linked to Nearly Half of Cardiometabolic Deaths

Source: *Medscape*, Megan Brooks, March 09, 2017



A substantial proportion of deaths in the United States due to heart disease, stroke, and diabetes are associated with suboptimal diet, a new study suggests.

The largest number of diet-related cardiometabolic disease (CMD) deaths are related to high sodium intake, followed by low intake of nuts and seeds, high intake of processed meats, low intake of seafood rich in omega-3 fats, low vegetable intake, low fruit intake, and high intake of sugar-sweetened beverages, the researchers found.

Increased intakes of specific **minimally processed** foods, such as fruits, vegetables, nuts, whole grains, fish, vegetable oils, and decreased intakes of salt, processed meats, and sugar-sweetened beverages appear to be key relevant priorities for dietary and policy recommendations.

The study was published March 7 in *JAMA* and presented at the American Heart Association Epidemiology and Prevention – Lifestyle and Cardiometabolic Health (EPI-Lifestyle) 2017 Scientific Sessions.

Nutrition Crisis

Our findings suggest that nearly half of all deaths from heart disease, stroke, and diabetes are directly caused by poor diet," Dariush Mozaffarian, MD, dean, *Tufts Friedman School of Nutrition Science & Policy*, who worked on the study, told *Medscape Medical News*.

"Our country is facing a nutrition crisis. Few other challenges cause more deaths, disability, and associated preventable health costs. Congress is actively debating how to improve health and reduce costs — fixing our food system is among the most essential priorities, a win-win for all," he added.

Best Way to Slow Aging? Exercise — but not just any kind.

Source: *Hamilton Spectator*, By Ana Veciana-Suarez



A new study published in the journal *Cell Metabolism* noted that any kind of exercise is better than none, but it is the high-intensity interval training that does best in reversing age-related changes at the cellular level. Though this works for people of all ages, it seems to offer more benefits to older people.

High-intensity interval training or HIIT, as it is commonly known, requires short bursts of intense aerobic activity, intermixed with longer stretch of moderate exercise. Participating in this kind of training encourages cells to make more proteins to fuel the energy producing cellular mechanism. This, in turn, arrests the aging process.

The study found that younger people participating in HIIT showed a 49 per cent increase in mitochondrial capacity and the older group saw a 69 per cent. (Mitochondria are the cells' powerhouses, responsible for producing the molecule that transports chemical energy within cells.)

"Based on everything we know, there's no substitute for these exercise programs when it comes to delaying the aging process," Dr. Sreekumaran Nair, senior author of the study and a diabetes researcher at the *Mayo Clinic* in Rochester, Minnesota, told *Medical News*. "These things we are seeing cannot be done by any medicine."

Incorporating HIIT training into your exercise program a couple days a week can pay big health dividends with minimal time input.

Environmental Working Group's 2017 Shopper's Guide to Pesticides in Produce

Source: <https://www.ewg.org/foodnews/summary.php>



More and more people are demanding food free of synthetic chemicals. But Environmental Working Group's (EWG's) analysis of tests by the U.S. Department of Agriculture found that nearly 70 percent of samples of 48 types of conventionally grown produce were contaminated with pesticide residues. The USDA found a total of 178 different pesticides and pesticide breakdown products on the thousands of produce samples it analyzed. The pesticides persisted on fruits and vegetables even when they were washed and, in some cases, peeled.

But there are stark differences in the number and amount of pesticides on various types of produce. EWG's annual *Shopper's Guide to Pesticides in Produce*™ lists the Dirty Dozen™ fruits and vegetables with the most pesticide residues, and the Clean Fifteen™, for which few, if any, residues were detected. Below is the list for both the dirty dozen and the clean fifteen. Buying organic produce for the fruits and vegetables listed in the dirty dozen will greatly reduce your exposure to pesticides.

EWG's Dirty Dozen:

Strawberries	Spinach	Nectarines
Apples	Peaches	Pears
Cherries	Grapes	Celery
Tomatoes	Sweet bell peppers	Potatoes

EWG's Clean 15

Sweet Corn*	Avocados	Pineapples	Cabbage
Onions	Sweet peas, frozen	Papayas*	Asparagus
Mangos	Eggplant	Honeydew Melon	Kiwi
Cantaloupe	Cauliflower	Grapefruit	

A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce. Check out EWG's website for great health resources: <https://www.ewg.org>

'Strong Evidence': Obesity Tied to 11 Cancers

Source: Medscape; Nick Mulcahy February 28, 2017

"Strong evidence" supports the association between obesity and 11 cancers, which mostly comprise digestive organ tumors, and hormone-related malignancies in women, according to a new analysis published online February 28 in the *British Medical Journal*.

These cancers include: esophageal adenocarcinoma; multiple myeloma; and cancers of the gastric cardia, colon (in men), rectum (in men), biliary tract system, pancreas, breast (postmenopausal), endometrium (premenopausal), ovary, and kidney.

The new study is known as an "umbrella review". The umbrella review's conclusion — that excess body fat increases most digestive system cancers as well as endometrial and postmenopausal breast cancer — agrees with last year's report from the International Agency for Research on Cancer (IARC).

However, the IARC has found associations with additional cancers (such as those of the liver, and thyroid) that the current study did not, write the editorialists, Y. Park, ScD, and G. Colditz, MD, DrPH, from the Division of Public Health Sciences, Washington University School of Medicine, St Louis, Missouri.

Nonetheless, the data is "clear," say the pair. "The unavoidable conclusion from this data is that preventing excess adult weight gain can reduce the risk of cancer, and excess body fat is potentially the second most important modifiable cancer risk factor after smoking."

Energy Booster

Source: www.chiropractic.on.ca/public/your-back-health/energy-boosters/

If you are experiencing a lack of get-up-and-go for many of the activities you used to love, try these tips and strategies to help increase your energy while avoiding that extra cup of coffee.

Keep moving

Increasing physical activity actually increases energy. The key is to focus on daily physical activity and not just 'exercise'! Scrub, dig, shovel, walk, play, ride, or wheel through your day. Small steps like turning off the TV after dinner to go for a walk with your partner, children, or dog can make a big difference.

Sleep tight

Making time for sleep is essential to feeling alert and ready to take on the day. Most people need at least eight to nine hours every night. To help create a restful atmosphere, fully darken your bedroom (turn your alarm clock away if the display gives off too much light), regulate room temperature (too hot or too cold, and you will wake up), and use 'white noise' (a fan or quiet music) to help induce sleepiness.

Nourish yourself

Meal timing is another important factor in maintaining energy levels. People often skip meals, and wonder why they are tired in the afternoon. Skipping meals can cause blood sugar swings, often resulting in fatigue. You should eat at least three nutritious meals each day, with the last meal well before bedtime.

Get some sun

The body makes vitamin D after exposure to sun, which can help with higher physical performance and improved mood. Try to get 10 minutes of unprotected exposure to the sun at least three times a week.

Pain-free movement is also an important energy booster. If headache, back, neck or shoulder pain is slowing you down, consider visiting a chiropractor for treatment recommendations to reduce your aches and pains, and energize your 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

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* 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/

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