

# The Alliance Update

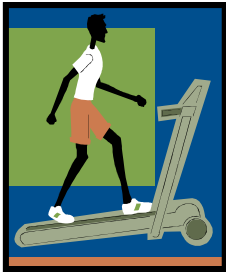
www.alliancechiroandwellness.com  
Summer 2013 Edition

Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

**Health  
Newsletter**

## Exercise and Spinal Compressive Loading

Source: *Spine*, 1976;1(1):61



Exercise is an important component in the treatment of a back injury. Continuing to exercise and working around the injury, speed healing and prevent de-conditioning while you are recovering. It is important to limit compressive loads to the spine at the initial stage of recovery and healing. A Swedish study looked at relative spinal pressure in the lower lumbar discs in various positions and with various exercises. These are listed below with their relative values. They are relative values, but for illustration, think pounds per square inch in the lower lumbar spine.

- Lying on back, flat—25
- Lying on back with legs up on chair, etc.—35
- Lying on side—75
- Standing—100
- Walking—115
- Side-bending—120
- Coughing—140
- Straining (Valsalva maneuver)—150
- Laughing—150
- Extending backwards while standing—150
- On your back, lifting legs 45 degrees—150
- On your stomach, arching backwards—180
- Abdominal crunch, 45 degrees—210 (sit up, knees up)
- Bending forward 20 degrees—220
- Lifting small weight, sitting upright—140
- Lifting small weight, slumped sitting—185
- Sitting and picking up a small weight—275

An exercise progression for rehabilitation of a low back injury should start with exercises that place limited compressive load through the spine. As the back heals, exercises can be added that increase compressive loading. People with more chronic lower back problems, and underlying structural issues (e.g. disc lesions), may have to limit higher compressive loading activities indefinitely to prevent flare-ups. At **Alliance Chiropractic & Wellness Clinic** we can work with you to design an exercise progression that will help speed your recovery from a low back injury, and allow you to continue to safely exercise while your back heals.

## Health Effects of Nitrate in Human Drinking Water

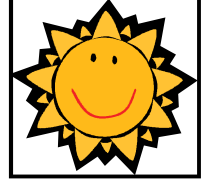
Source: *Discover Magazine*, July/August 2013pp.30 by Susan Moran

Nitrate is a water soluble form of Nitrogen, and a source of food for plants. Unfortunately, it makes a Jekyll and Hyde like transformation when excess leaks into lakes and streams or groundwater. Nitrate then goes from helpful to harmful, choking fish and their habitat by stealing oxygen, and contaminating human drinking water. Exposure to high levels of nitrate in groundwater has been linked to “blue baby syndrome”, which can kill by blocking the blood’s ability to carry oxygen. The *Environmental Protection Agency* has also linked nitrate in drinking water with thyroid cancer, respiratory tract infections, birth defects, and premature births. On average, crops use less than half of the nitrogen that farmers apply to the soil. The rest ends up in our water table. Scientists and farmers are working together to come up with innovative ways to help bind nitrogen to the soil, and prevent it from washing away. Drip irrigation and certain plant combinations can improve soil binding capabilities and limit water table contamination.

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## The Sun As A Health Intervention

Source: [http://articles.mercola.com/sites/articles/archive/2013/03/14/blue-light-therapy.aspx?e\\_cid=20130314\\_DNL\\_art\\_1&utm\\_source=dnl&utm\\_medium=email&utm\\_content=art1&utm\\_campaign=](http://articles.mercola.com/sites/articles/archive/2013/03/14/blue-light-therapy.aspx?e_cid=20130314_DNL_art_1&utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=)



Exposure to the sun in appropriate and measured timeframes has a number of health benefits unrelated to vitamin D production, such as:

- Enhancing mood and energy through the release of endorphins
- Protecting against and suppressing symptoms of multiple sclerosis (MS)
- Treating skin diseases, such as psoriasis, vitiligo, atopic dermatitis, and scleroderma.
- Enhancing skin barrier functions by providing UV radiation
- Inducing nitric oxide (NO), which helps protect skin against UV damage; offers cardiovascular protection; promotes wound healing through its antimicrobial effect; and has some anti-cancer activity
- Melatonin regulation through the “third eye” of the pineal gland photoreceptors
- Relieving fibromyalgia pain
- Standard treatment for tuberculosis 100 years ago, long before the advent of antibiotics
- Treating neonatal jaundice
- As 'sterilization' for your armpits and eliminating the cause of most body odour
- Treating Seasonal Affective Disorder (SAD)
- Synchronizing important biorhythms through sunlight entering your eye and striking your retina
- Regulating body temperature
- Protecting against melanoma and decreasing mortality from it

For guidelines to safe sun exposure for maximum health with minimal risk of skin cancer, check out the following article: <http://articles.mercola.com/sites/articles/archive/2012/03/26/maximizing-vitamin-d-exposure.aspx>

## Eating Peppers May Reduce Parkinson's Risk

Source: [http://articles.mercola.com/sites/articles/archive/2013/05/25/parkinsons-disease.aspx?e\\_cid=20130525\\_DNL\\_art\\_2&utm\\_source=dnl&utm\\_medium=email&utm\\_content=art2&utm\\_campaign=20130525](http://articles.mercola.com/sites/articles/archive/2013/05/25/parkinsons-disease.aspx?e_cid=20130525_DNL_art_2&utm_source=dnl&utm_medium=email&utm_content=art2&utm_campaign=20130525)



Peppers are a member of the *Solanaceae* family of vegetables, informally known as nightshades, which also includes tobacco, tomatoes, and potatoes.

Researchers found that eating peppers – but not other vegetables in the *Solanaceae* family -- was associated with a 19 percent lower risk of Parkinson's.

Parkinson's disease is a neurological disorder in which neurons required for normal movement, begin to die. These neurons are in a region of dopamine-producing cells within your brain (known as the substantia nigra).

As a disease that currently cannot be cured, prevention of Parkinson's disease is crucial. Eating a varied whole-food diet that includes healthful veggies like peppers, appears to be one simple way to lower your risk. Vegetables are also the only source of folate, and a lack of this important vitamin has also been linked to Parkinson's. Most vitamin supplements contain the semi-synthetic analog known as folic acid.

## Great Quotes

Even if you are on the right track, you'll get run over if you just sit there.

**Will Rogers, American actor**

## Strength Training and Yoga—Two Valuable Exercise Components for Aging Canadians

Source: [http://fitness.mercola.com/sites/fitness/archive/2013/05/17/aging-adults-exercise-program.aspx?e\\_cid=20130517\\_DNL\\_art\\_1&utm\\_source=dnl&utm\\_medium=email&utm\\_content](http://fitness.mercola.com/sites/fitness/archive/2013/05/17/aging-adults-exercise-program.aspx?e_cid=20130517_DNL_art_1&utm_source=dnl&utm_medium=email&utm_content)



Exercise is a critical part of a healthy lifestyle no matter what your age. In fact, staying active becomes increasingly important as people age, both for physical and mental health. Even seniors of advanced age can improve strength, agility, and even cognitive ability with exercise. Loss of bone mass is common with aging, because as you age, your existing bone is absorbed by your body while less new bone is created to replace it. In the case of osteoporosis, the formation of new bone falls behind the rate of bone absorption, leading to weakened, thinner and more brittle bones. A thinning hipbone is a major concern for the elderly because any fall increases the risk of a broken hip. Broken bones in seniors often require prolonged specialized care, and if surgery is necessary, there are additional associated risks (ie. from infections and general anesthetic). It is estimated that 25 percent of elderly people

suffering a hip fracture die as a direct result.

Weight-bearing exercise, like resistance or strength training, can go a long way to prevent brittle bone formation, and can help reverse any damage already done. Strength training also has brain-boosting side effects, which can help prevent age-related dementia. Other benefits of exercise include:

- Improved sleep
- Reduced risk for medical conditions, such as heart disease, stroke, type 2 diabetes, depression, dementia, cancer, and premature death
- Fall and fracture prevention
- Improvements in overall mood and outlook

Yoga is particularly useful for promoting flexibility and strengthening core muscles, and has been proven beneficial among back pain sufferers. Yoga is an excellent choice for helping improve and maintain balance, so make sure to include one-legged standing poses.

## Ticks Can Spread Allergy to Red Meat

Source: *Discover Magazine*— Lisa Raffensperger, June 11, 2013



It is tick season, and that tends to trigger mental associations with Lyme disease. But as the arachnids emerge this year, attention is also being given to a rare allergy that ticks may be spreading, and it is a carnivore's worst nightmare: itchy hives every time red meat is eaten.

The ticks implicated in the meat allergy are lone star ticks (*Amblyomma americanum*)—a different species than the deer ticks which carry Lyme disease. Weeks or months after a bite from the ticks, people report a new allergy to beef, pork, or lamb with a characteristic slow onset. Typically most food allergic reactions are felt instantly and immediately after consuming the allergenic substance. This type of meat allergy is unique, as the allergic reaction kicks in three to six hours after a meal, often in the middle of the night. Fortunately, the allergy seems to fade after a few years.

## Alliance Chiropractic & Wellness Clinic

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### Chiropractic: The Right Choice for Relieving Low Back Pain

Source: *Spine*, April 2013;38(7):540-48.



A recent study looking at spinal manipulation (chiropractic manual adjustment) for the treatment of low back pain (LBP) found this type of treatment to be more effective than a nonsteroidal anti-inflammatory drug and placebo in patients with acute LBP.

The authors' findings are particularly impressive because the study consisted of a double-blind, randomized clinical trial. This means the patients receiving treatment and providers registering the results of the treatment were unaware of which intervention the patient was receiving. This type of research design is considered to be of the highest quality.

The study duration was from February 2003 to September 2008; patients with acute (less than 48 hours' duration) LBP were recruited for the study on an ongoing basis in five clinics in Germany. Patients initially were randomized to one of three interventions: anti-inflammatory drug (diclofenac—50 mg tablet, three times a day); high velocity low amplitude spinal

manipulation; or placebo.

The study authors report there was a clear difference between the treatment groups: the subjects receiving spinal manipulation showed a faster and quantitatively more distinct reduction in pain and improvement in function, compared with the drug group and placebo group. The spinal manipulation group also experienced better quality of life after the spinal manipulation compared to the anti-inflammatory group.

The authors recommend high velocity low amplitude spinal manipulation as a first line of treatment for acute low back pain.

#### 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
8. Nutritional Consulting
9. Hand Therapy - Custom hand and wrist splinting

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

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](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's summer holidays will be as follows: July 19th to the 26th with Dr. Linda Zach providing chiropractic care; and August 1st to the 5th inclusive.
- We are excited to announce the birth of Michelle Richard's baby son Maxwell Leopaul Hannaford, born on May 8th, 2013. Congratulations!