

The Alliance Update

www.alliancechiroandwellness.com

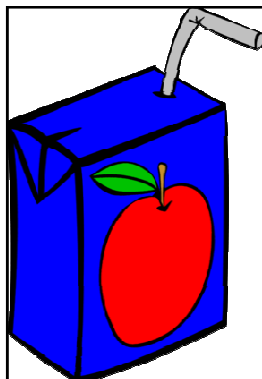
Summer 2015 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

Health
Newsletter

Documentary Film Creator Becomes Human 'Lab Rat' to Find Truth about Sugar

Source: Lois Abraham, *The Canadian Press*, July 09, 2015



With some people calling sugar toxic and others insisting it's essential for energy, filmmaker Damon Gameau decided it was time to unpack the ambiguity around the sweet substance. Gameau conducted an experiment – using himself as the guinea pig – to document the effects of a high-sugar diet on a healthy body. He would eat 40 teaspoons of sugar a day, the equivalent of just above the daily teenage average in Australia, and show his progress in "That Sugar Film."

The twist? - The sugars had to be hidden in commonly perceived "healthy" foods and drinks – like granola bars, juice, low-fat yogurt, cereal, smoothies, and sports drinks. The sugar had to consist of sucrose and fructose, whether "added" or naturally occurring. He had to avoid pop, junk food, ice cream and candy. He had to choose low-fat foods and maintain his same level of exercise.

With his first breakfast of cereal, juice and yogurt, Gameau found he was nearly halfway to his daily total with about 20 teaspoons of added sugar. (One teaspoon of sugar is about four grams.) During the two-month experiment, Gameau was supervised by medical and nutrition experts. He gained 15 pounds and packed on more than four inches around his belly. Within three weeks, he'd developed fatty liver disease. He suffered from mood swings, lack of energy, and skin breakouts. By the end, he had early Type 2 diabetes and heart disease risks. This all came from eating much less fat and fewer calories than before he started. "I was eating a lot of food that parents might feed their kids," said Gameau, noting many of the products are cleverly marketed with bright colours and slogans denoting health.

The World Health Organization (WHO) recommends limiting daily intake of added sugars to less than 10 per cent of total energy intake. A further reduction to below five per cent or roughly 25 grams (six teaspoons) per day would provide additional health benefits, the WHO says.

The good news for Gameau is that his health and weight went back to normal once he returned to his pre-experiment diet. "I think there's a terrific message in there, how reliant as a society we are on medications and big pharma, that a lot of this stuff obviously can be prevented by eating the right foods."

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The Association between Obesity and Low Back Pain

Source: *Am J Epidemiol.* 2010 Jan 15;171(2):135-54.



This study of the relationship between obesity and low back pain was a meta-analysis. A **meta-analysis** uses statistical methods for contrasting and combining results from different studies in the hope of identifying patterns among study results, sources of disagreement among those results, or other interesting relationships that may come to light in the context of multiple studies. This particular study combined the findings 33 high quality studies on body weight and low back pain. The results indicate obesity is associated with increased prevalence of low back pain in the past 12 months, increased incidence of seeking care for low back pain, and increased incidence of chronic low back pain. Compared with non-overweight people, overweight people had a higher prevalence of low back pain

but a lower prevalence of low back pain compared with obese people. Findings indicate that overweight and obese people have an increased risk of low back pain. Being overweight and obese have the strongest association with seeking care for low back pain and suffering from chronic low back pain.

Safe and Adequate Sun Exposure

Source: <http://articles.mercola.com/sunburn.aspx>



When it comes to getting adequate vitamin D produced in your skin and steering clear from sunburn, optimal and safe sun exposure is the key. To optimize your levels, you need to expose large portions of your skin to the sun – including your legs, back, arms, and chest – until your skin turns the lightest shade of pink, which can be about 20 minutes or longer. At that point you've reached your skin's equilibrium or saturation point, and your body will not produce any more vitamin D. The amount of time to reach this saturation point is dependant on your natural skin pigmentation. The darker your skin, the more sun exposure time you need to reach maximum vitamin D production.

You can create as much as 20,000 units of vitamin D per day if you have enough of your uncovered skin exposed to the sun. It's important to note that the sun can either be helpful or harmful depending on what type of ultraviolet light you're getting, and how long you are exposing your skin to the sun. The ultraviolet light from the sun comes in two main

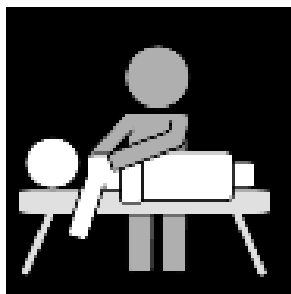
wavelengths:

- Ultraviolet A (UVA) - Considered the unhealthy wavelength because it penetrates your skin more deeply and causes more free radical damage.
- Ultraviolet B (UVB) - The healthy wavelength that helps your skin produce vitamin D. Both UVA and UVB can cause tanning and burning, although UVB does so far more rapidly.

While bad UVA rays are constantly available all the time – all hours of day light and throughout the entire year – good UVB rays are low in morning and evening, and high at midday or solar noon, making it the most optimal time for vitamin D production and ironically the time in which most mainstream experts warn against sun exposure.

Thoracic Thrust Manipulation vs. Non-Thrust Mobilization for Chronic Mechanical Neck Pain

Source: *Journal of Manipulative and Physiological Therapeutics*, 2014; 37(5): 312-9.



Neck pain is a common musculoskeletal complaint. At any given point in time (point prevalence), around 15% of males and 23% of females will be suffering from this condition. Patients often seek manual therapy for the management of their symptoms. As an alternative to neck manipulation, it has been shown in the literature that individuals with neck pain could also benefit from thoracic spine (mid and upper back) manipulation. The mechanism by which thoracic spine thrust manipulation (TTM) affects individuals with neck pain is not yet well understood. Both current theories feel the treatment affects the nervous system at a local spinal level, and at a higher brain level, causing a decrease in pain and improvement in function. A total of five studies have demonstrated that neck spine manipulation causes significant pain reduction in healthy people suffering from mechanical neck pain, and those suffering with tennis elbow (lateral epicondylitis). Only two studies to date have

compared the pain reducing effect of thoracic manipulation vs thoracic mobilization on neck pain: Both were small studies, and one showed a benefit of manipulation over mobilization, and the other did not.

In the current study, twenty-seven (27) patients were randomly allocated to the thoracic thrust manipulation (TTM) group, while 25 were allocated to the thoracic non-thrust mobilization (TNM) group. No significant differences were noted between baseline demographic data for the 2 groups.

The findings of the current study indicated that individuals who received thoracic thrust manipulation experienced significantly greater reductions in neck pain compared to non-thrust mobilization. The effect sizes for between-groups differences were large, suggesting a clinical effect of thoracic spine manipulation.

The evidence suggests that patients with chronic mechanical neck pain experience improvements with both thoracic spine manipulation and mobilization, albeit manipulation did result in a greater reduction in pain in this study. Thoracic spine manipulation has been shown to be a safe and effective alternative to cervical spine manipulation in reducing chronic mechanical neck pain. In practice, clinicians can offer this viable treatment alternative dependent upon patient preferences.

7 Kinds of Coughs and What They Might Mean

Source: <http://articles.mercola.com/sites/articles/archive/2015/05/06/coughing-causes.aspx>



A cough is a symptom, not a disease in and of itself, that is often indicative of an underlying condition. A cough can accompany a common cold, or be due to allergies, lung disease, or gastrointestinal troubles.

Although the causes are varied, the reason you cough is to help your body get rid of foreign material or mucus from your lungs and upper airway passages. It is one of your body's protective mechanisms designed to keep you breathing easy.

1. Postnasal Drip

A cough due to postnasal drip will usually be worse at night, and you may also have a tickle or scratchy feeling at the back of your throat. If allergies are causing the postnasal drip, you may also have itchy eyes and sneezing. If you have postnasal drip accompanied by congestion, pressure in your face, cold symptoms lasting longer than 10 days, and thick green or yellow mucus, you could have a sinus infection. In this case, irrigating your sinuses may help.

2. Asthma

A dry cough coupled with a rattling or wheezing sound is often a sign of asthma. In this condition, your airways become inflamed, leading to wheezing, coughing, and difficulty in breathing. Cough due to asthma typically worsens at night or while exercising. It may be accompanied by chest tightness, shortness of breath, and fatigue.

3. Gastroesophageal Reflux Disease (GERD)

After food passes through your esophagus, into your stomach, a muscular valve called the lower esophageal sphincter (LES) closes, preventing food or acid to move back up. GERD, also sometimes referred to as acid reflux, occurs when the LES relaxes inappropriately, allowing acid from your stomach to flow (reflux) backwards into your esophagus.

GERD may cause a dry, spasmodic cough. In fact, GERD is the second most-common cause of chronic cough. A GERD-related cough is likely to become worse when you are lying down or eating. It may be associated with other GERD symptoms, such as heartburn, but in 75 percent of cases, chronic cough is the only symptom.

4. Chronic Obstructive Pulmonary Disease (COPD)

If you are chronically coughing and hacking up lots of mucus (especially in the morning) your cough may be due to COPD. Typically, the cough will be worst in the morning and ease in severity throughout the day. You may also experience shortness of breath (particularly with physical activity), wheezing, fatigue, and chest tightness.

Smoking is a major cause of COPD, which includes both emphysema and chronic bronchitis. In emphysema, the air sacs in your lungs eventually lose their elasticity and start to worsen. Chronic bronchitis happens when there is a swelling in the linings of your lungs and it constrains your breathing.

5. Medication-Related Cough

Drugs known as ACE inhibitors, which are used to treat high blood pressure, can cause a dry cough in about 20 percent of patients. If you noticed your cough a few weeks after starting this medication, it could be to blame.

6. Pneumonia

Pneumonia starts out as a dry cough but progresses into a wet cough with yellow, green, or red mucus. It may be accompanied by fever, chills, trouble breathing, or pain when coughing or breathing in deeply.

7. Whooping Cough (Pertussis)

Whooping cough causes a severe cough that ends with a whooping sound as you breathe in. If you think you have whooping cough, seek medical attention right away, especially if it occurs in a young child.

The average cough lasts close to 18 days. Most acute coughs are due to viral illnesses such as colds and flu, which antibiotics don't help. When physicians prescribe antibiotics for unnecessary conditions, several negative consequences happen. First, the overuse of antibiotics promotes the natural mutation of common bacteria, ultimately resulting in the creation of new, resistant strains. You also have a chance of having an adverse reaction anytime you take an antibiotic, and antibiotics also cause an imbalance in your body's microbiome (natural bacterial system, which acts as part of your immune system). While antibiotics are definitely useful and necessary to treat certain conditions, antibiotics are prescribed unnecessarily more often than you might think.

Safe Gardening Tips

Source: www.chiropractic.on.ca Plant and Rake Gardening Program.



Gardening can be fun, but it's the heavy lifting that's no easy feat. The following back safe tips can help you move those daunting loads from point A to B either with or without a partner.

Safe lifting on your own

- Stand close to the load to be lifted.
- Place your feet shoulder-width apart.
- Keep your back straight.
- Squat down to the object's level and test the weight of the load.
- Use the strength of your leg and arm muscles to smoothly and slowly lift the load.
- Keep the load close to your body.
- Pivot with your feet to turn and face the intended direction of travel.
- Avoid twisting your body while carrying the load.
- Bend your knees and slowly lower the load to its intended place.

Lifting objects from high places with a partner

- Stand on a secure platform or sturdy ladder with a helper nearby.
- Slowly lift the load, keeping it close to your body.
- Pass the load to your helper, or safely rest the object at a slightly lower level, as you work your way back down to the ground.

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.
- Like us on Facebook! To receive the latest in health news, research, updates, and announcements, check out our clinic page.
- For massage therapy on Friday's and Saturday's, you can contact Joanne directly at 647-210-7001.

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