

The Alliance Update

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Summer 2016 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Lower your risk of 13 types of cancer

Source: JAMA Intern. Med. 2016. doi:10.1001/jamainternmed.2016.1548; Diabetes Care 39: 964, 2016



Scientists now report a lower risk of 13 cancers in people who are physically active. An international team of researchers pooled data on 1,436,624 men and women, most of them middle-aged and older, from twelve U.S. and European studies that tracked the participants for 7 to 21 years.

Compared to people who reported doing the least moderate-to-vigorous activity during their leisure time, those who did the most had about a:

20 to 26 percent lower risk of liver, kidney, stomach, lung (in smokers and ex-smokers), or uterine cancer and myeloid leukemia;
10 to 15 percent lower risk of myeloma, colon, head and neck, rectal,

bladder, or breast cancer.

42 percent lower risk of esophageal cancer (adenocarcinoma).

For 13 other cancers, like thyroid, pancreatic, brain, and ovarian, physical activity was not linked to a lower risk.

On the other hand, being more active was associated with a 27 percent higher risk of malignant melanoma (probably because of sun exposure) and a 5 percent higher risk of local (but not advanced) prostate cancer. Men who are more active are also more likely to get screened for prostate cancer, which could account for their slightly greater risk of being diagnosed with this cancer.

Moderate-to-vigorous activity can be brisk walking, jogging, running, biking, swimming, dancing, or similar exertions.

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Treating Irritable Bowel Syndrome Using Diet

Source: Medscape 8 Key Primary Care Takeaways: Digestive Disease Week 2016; David A. Johnson, MD; June 27, 2016



Irritable bowel syndrome (IBS) is a chronic condition of the digestive system. The primary symptoms are abdominal pain and altered bowel habits (eg, constipation and/or diarrhea), but these symptoms have no identifiable cause. IBS is the most commonly diagnosed gastrointestinal condition.

The FODMAP diet is gaining strong research support in the treatment of IBS. It has been shown to make great improvements in symptoms and quality of life for those suffering from diarrhea-predominant IBS. FODMAP stands for fermentable oligo-, di-, and mono-saccharides and polyols, these are fermentable types of carbohydrates, which the colon and distal small bowel can actually ferment in some people, causing a lot of different pain

and sensory symptoms.

Current research shows that people with IBS on the FODMAP diet change the profile of their gut bacteria, as well as reduce gut permeability. Increased gut permeability allow leaking of substances into the blood stream that should not be passing through the gut wall.

For a great summary of foods to avoid and foods to eat for those who suffer from diarrhea predominant IBS, check out the following web site - <http://www.ibsdiets.org/fodmap-diet/fodmap-food-list/>.

Supplements Beneficial for Depression

Source: <http://articles.mercola.com/sites/articles/archive/2016/07/14/depression-supplements-vitamins.aspx>



Omega 3

Many Americans' diets are lacking in healthy fats, including the animal-based omega-3 fats EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Although omega-3s are most well known for their role in heart health, they also play an integral role in brain health and mental health.

There is no set recommended standard dose of omega-3 fats, but some health organizations recommend a daily dose of 250 to 500 milligrams (mg) of EPA and DHA for healthy adults. If you suffer from depression, higher doses may be called for.

In one study, an omega-3 supplement with a dose range of 200 to 2,200 mg of EPA per day was effective against primary depression. Omega-3 has also been shown to improve more serious mental disorders, including schizophrenia, psychosis, and bipolar disorder.

Vitamin D

As noted by the Vitamin D Council: "Exactly how vitamin D works in the brain isn't fully understood. One theory is that vitamin D affects the amount of chemicals called monoamines, such as serotonin, and how they work in the brain. Many anti-depressant medications work by increasing the amount of monoamines in the brain. Therefore, researchers have suggested that vitamin D may also increase the amount of monoamines, which may help treat depression."

Regardless of the exact mechanism, a number of studies have linked low vitamin D to depression, including the following:

- Seniors with the lowest levels of vitamin D have been found to be 11 times more prone to be depressed than those who had normal levels.
- A study conducted by VU University Medical Center in Amsterdam found that people with minor and major depression had on average 14 percent lower vitamin D levels than non-depressed participants.
- In another study, people with vitamin D levels below 20 ng/mL had an 85 percent increased risk of depression compared to those with vitamin D levels greater than 30 ng/mL.
- Vitamin D deficiency has long been associated with Seasonal Affective Disorder (SAD) and, in 2007, researchers noted that vitamin D deficiency is associated with depression and fibromyalgia.
- A double-blind randomized trial published in 2008 also concluded that: "It appears to be a relation between serum levels of 25(OH)D and symptoms of depression. Supplementation with high doses of vitamin D seems to ameliorate these symptoms indicating a possible causal relationship."

Other Supplements and Habits Shown to Lessen Depressive Symptoms

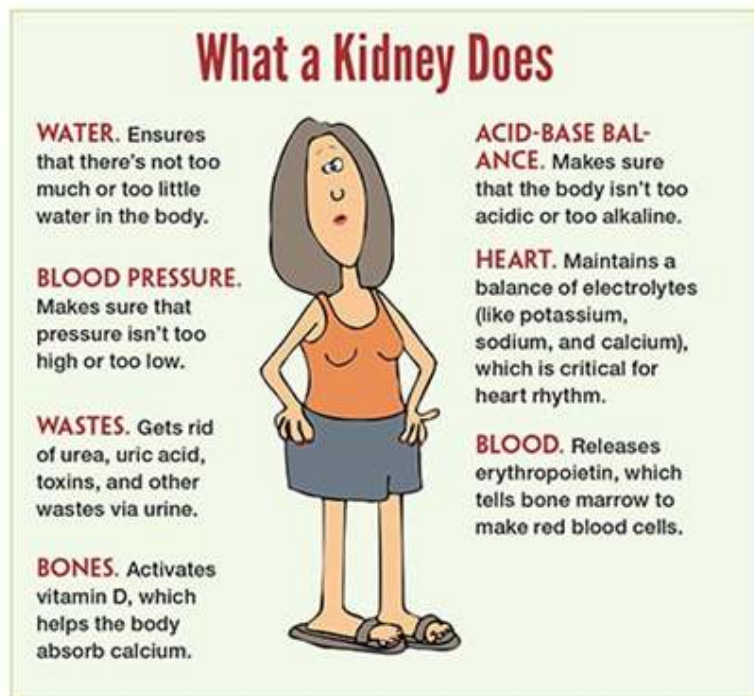
- SAMe is an amino acid derivative that occurs naturally in all cells. It plays a role in many biological reactions by transferring its methyl group to DNA, proteins, phospholipids and biogenic amines. Several scientific studies indicate that SAMe may be useful in the treatment of depression.
- 5-Hydroxytryptophan (5-HTP) is another natural alternative to traditional antidepressants. When your body sets about manufacturing serotonin, it first makes 5-HTP. Taking 5-HTP as a supplement may raise serotonin levels.
- Vitamin B12 deficiency can also contribute to depression, and affects about 1 in 4 people.
- Many also suffer from "exercise deficiency," and exercise is one of the most potent anti-depressants at your disposal. Research has confirmed it actually outperforms drug treatment. It's also a key treatment strategy for anxiety disorders. Exercise primarily works by helping to normalize your insulin levels while simultaneously boosting "feel good" hormones in your brain. But researchers have also recently discovered that exercise helps your body eliminate kynurenine, a harmful protein associated with depression.

Although certain supplements have been shown to be beneficial in treating depression, it is important to realize that your diet and general lifestyle are foundational factors that must be optimized if you want to truly resolve mental health problems such as depression or anxiety.

Seven Reasons To Be Good To Your Kidneys

Source: Nutrition Action by David Schardt, July 22, 2016

Kidney disease is the 9th leading cause of death among all Americans and the 7th leading cause among adults 65 to 74 years of age. That's one important reason to take good care of your kidneys. Here are seven more.



What can harm the kidneys?

High blood pressure. It damages the small blood vessels of the kidney. Kidneys filter about 200 quarts of blood a day. So they are filled with blood vessels, and anything that impairs the blood flow through the kidney reduces the kidney's ability to clean the blood.

Diabetes. It damages not only the small blood vessels in the kidneys, along with other important structures.

Obesity. Obesity raises blood pressure and the risk of diabetes. Also, as people gain weight, the kidneys have to work harder.

Excess salt. It can raise blood pressure, and it's possible that excess sodium itself may be harmful.

Toxins in the environment. Lead, mercury, cadmium.

Certain drugs. Excessive, long-term use of over-the-counter analgesics like acetaminophen and ibuprofen can also increase the risk of chronic kidney disease, possibly

by raising blood pressure and/or by damaging the kidney directly. Studies about aspirin have been inconsistent. If you take those analgesics on a regular basis, ask your healthcare provider about alternatives. Just because these drugs are available over the counter doesn't mean they're safe.

Chiropractic Neck Adjustments vs Cervical Nerve Root Injection for Symptomatic Cervical Disc Herniations.

Source: Journal of Manipulative and Physiological Therapeutics 2016; 39(3): 210-217

Cervical radiculopathy (CR) is a disabling condition, often presenting as a result of severe cervical (neck) disc degeneration and/or cervical disc herniation. The patient often has neck pain with pain/numbness/tingling radiating into the shoulder/arm/forearm, and/or hand.

Cervical nerve root injections are a commonly used medical intervention for the treatment for CR. However, use of cervical nerve root injections was recently criticized due to potentially serious associated complications.

Evidence in favour of cervical spinal manipulative therapy (chiropractic neck adjustments) as a treatment for patients suffering from symptomatic cervical disk herniation is mounting. A recent outcomes study demonstrated that ~75% of patients suffering subacute and chronic cervical radiculopathy reported clinically relevant improvement after 3 months of treatment.

In this recent study, the authors compared the treatment effects of **Chiropractic Spinal Manipulative Therapy to Indirect Cervical Nerve Root Injections** in patients suffering from MRI-confirmed cervical disc herniations.

Twenty-six females and 68 males were included. In general, 85% of the patients who received **Chiropractic Spinal Manipulative Therapy** reported clinically relevant "improvement" after 3 months of care, compared to 49% of patients who received a single **Indirect Cervical Nerve Root Injection**. The chiropractic group demonstrated a superior statistically significant overall improvement. The average treatment cost for the two groups was similar.

Bedtime 'Can Predict Future Obesity'

Source: <http://www.webmd.com/news>; Peter Russell - July 20, 2016



Being strict about your toddler's bedtime could help prevent him or her having problems with their weight later in life, according to recent study. Researchers in the US say that pre-school kids who manage to string out bedtime until after 9pm may be twice as likely to be obese later in life.

Obesity is a growing problem among children. In the U.K. around a third of children are now overweight or obese. These conditions can set people up for disabling health problems later in life, including heart disease and type 2 diabetes.

Professor Anderson and her colleagues relied on data from 977 children who were part of an existing health study that began in the early 1990s. They categorised the children, with a typical age of 4-and-a-half, according to 3 different bedtime regimes: 8pm or earlier; between 8pm and 9pm; and after 9pm. The researchers then linked their bedtime habits to whether they were obese when they were teenagers. They found that the results were quite striking and that:

Only 10% of the children with the earliest bedtimes were obese when they were teenagers

16% of the children who went to bed after 8pm and before 9pm became obese

23% of those who went to bed after 9pm became obese by the time they were teens

Establishing a Routine

The research revealed that half of the children went to bed between 8pm and 9pm, while earlier and later bedtimes were divided equally between the other kids. The researchers also examined how mother and child spent their time before bedtime and discovered that the children who went to bed later and whose mothers were least involved before bedtime were at highest risk of being obese later in life.

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

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.
- 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 out our clinic page at www.facebook.com/AllianceChiropracticandWellnessClinic

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