

# The Alliance Update

www.alliancechiroandwellness.com

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Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

**Health  
Newsletter**

## Eating More Fruits and Vegetables may Prevent Millions of Premature Deaths

Source: [http://www3.imperial.ac.uk/newsandeventspggrp/imperialcollege/newssummary/news\\_22-2-2017-16-38-0](http://www3.imperial.ac.uk/newsandeventspggrp/imperialcollege/newssummary/news_22-2-2017-16-38-0)



A fruit and vegetable intake above five-a-day shows major benefit in reducing the chance of heart attack, stroke, cancer, and early death.

This is the finding of new research, led by scientists from Imperial College London. The study included two million people.

The team found that although even the recommended five portions of fruit and vegetables a day reduced disease risk, the greatest benefit came from eating 800g a day or roughly ten portions of fruit or vegetables. An 80g portion of fruit and vegetables equals approximately one small banana, apple, pear, or large mandarin. Three heaped tablespoons of cooked vegetables such as spinach, peas, broccoli, or cauliflower count as a portion.

The researchers also examined the types of fruit and vegetables that may reduce the risk of specific diseases. They found the following fruits and vegetables may help prevent heart disease, stroke, cardiovascular disease, and early death: apples and pears, citrus fruits, salads and green leafy vegetables such as spinach, lettuce and chicory, and cruciferous vegetables such as broccoli, cabbage and cauliflower. They also found the following may reduce cancer risk: green vegetables such as spinach or green beans, yellow vegetables, such as peppers and carrots, and cruciferous vegetables.

In the research, published in the *International Journal of Epidemiology*, the team estimated that approximately 7.8 million premature deaths worldwide could be potentially prevented every year if people ate 10 portions, or 800 g, of fruit and vegetables a day.

### REDUCING DISEASE RISK

Eating up to 800g fruit and vegetables a day – or 10 portions – was associated with:

- a 24 per cent reduced risk of heart disease
- a 33 per cent reduced risk of stroke
- a 28 per cent reduced risk of cardiovascular disease
- a 13 per cent reduced risk of total cancer
- and a 31 per cent reduction in dying prematurely

This risk was calculated in comparison to not eating any fruit and vegetables.

The current UK guidelines are to eat at least five portions or 400g per day. However fewer than one in three UK adults are thought to meet this target. The Canada Food Guide recommends 7 to 10 servings of vegetables and fruits a day for adults age 19-50. Fifty percent of Canadian adults meet this according to the Obesity in Canada Report, published in March 2016.

### Health Humour [www.rdhumour.com/jokes](http://www.rdhumour.com/jokes)

When I stepped on the scale at my doctor's office, I was surprised to see that I weighed 144 pounds. "Why don't you just take off that last four?" I joked to the nurse's aide as she made a notation on my chart. A few moments later, my doctor came in and flipped through the chart. "I see you've lost weight," he said. "You're down to 14 pounds."

Rachel Wagner, Bixby, Oklahoma

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## Cell Phone Users: Keep Your Distance

Source: <http://www.ewg.org/enviroblog/2017/03/california-cautions-cell-phone-users-keep-your-distance>



Under a recent court order, California public health officials released draft guidelines advising cell phone users to keep phones away from their bodies, use speaker phone, and limit use. The guidelines, first reported by the *San Francisco Chronicle*, advise Californians that scientific studies have linked electromagnetic radiation from long-term cell phone use to an increased risk of brain cancer and other health problems.

In human epidemiological studies, cell phone use has been linked to an increased risk of brain and salivary gland cancers. Studies from teams of scientists in several nations have raised troubling questions about possible associations between heavy cell phone use and altered brain metabolism, sleep disturbance, and even diminished sperm count and sperm damage. In 2011, the *World Health Organization* declared cell phone radiation a possible carcinogen.

Animal studies support the findings in people. A multi-year study from the *U.S. National Toxicology Program* found that male rats exposed to radio-frequency radiation from before birth through two years of age, had a greater chance of being diagnosed with a brain cancer called malignant glioma, as well as developing a tumor found on the heart. The radiation levels to which the rats were exposed included levels that current cell phones are allowed to emit.

More research is needed but numerous studies cast doubt on the adequacy of the existing *Federal Communications Commission* limits on cell phone radiation to safeguard public health. The FCC rules published in 1996 have never updated and are based on studies conducted in the 1980s, before cell phones were as commonly or widely used. They do not account for risks to children's developing brains and consider only short-term cell phone use – not frequent calling every day for decades.

## Your Brain May Age Better if You Do This

Source: [http://time.com/4341680/busy-brain-cognitive-aging/?xid=time\\_socialflow\\_facebook](http://time.com/4341680/busy-brain-cognitive-aging/?xid=time_socialflow_facebook)



One of the best ways to keep your brain sharp as you get older may be to stay busy, according to new research. While scientists have previously recommended engaging in mentally challenging activities, a new study suggests that keeping a packed schedule may offer similar benefits.

In a survey of over 300 people participating in the *Dallas Lifespan Brain Study*, study authors found that among adults over the age of 50, having a busy schedule was associated with better brain processing, improved memory, sharper reasoning, and better vocabulary.

People in the study ranged from 50 to 89 years old, and the positive effect of busyness on the brain was consistent across age. The study authors conclude that this suggests that keeping a busy lifestyle is important in middle age as well as old age.

It is possible that staying busy increases the ability to learn new things, as individuals may be exposed to different situations, people, and information on a daily basis, the researchers suggest. But it is also possible that people with higher cognitive abilities are also more likely to be busier. The study cannot definitively determine that busyness alone causes better brain health.

And what about the stress that can come from maintaining a tight schedule? "We certainly considered that being very busy could hurt cognition," says study author Denise Park, Director of Research at the Center for Vital Longevity at The *University of Texas at Dallas*. "Basically, the data suggest that the benefits of busyness outweigh the downside." Park says her team plans to further study the effects of busyness on the brain to hopefully further untangle the factors that improve or hamper cognition.

## Ginger for Arthritis

Source: <http://www.arthritis.org/living-with-arthritis/treatments/natural/supplements-herbs/guide/ginger.php>



The arthritis foundation recommends ginger as a option for treating arthritis symptoms. Both the dried or fresh root of the ginger plant can be used.

Ginger root has been used in Asian medicine for centuries, ginger has been shown to have anti-inflammatory properties similar to ibuprofen and COX-2 inhibitors such as celecoxib (Celebrex). Ginger also suppresses leukotrienes (inflammatory molecules) and switches off certain inflammatory genes, potentially making it more effective than conventional pain relievers. Ginger reduces nausea and vomiting and is a proven treatment for motion sickness and chemotherapy-induced nausea.

**Studies:** In a 2012 study, a specialized ginger extract called Eurovita Extract 77 reduced inflammatory reactions in Rheumatoid Arthritis (RA) synovial cells as effectively as steroids.

Ginger also has been studied for Osteoarthritis (OA). In one trial of more than 200 patients, Eurovita Extract 77 improved OA pain after standing and walking.

A 2005 study showed ginger killed *Helicobacter pylori*, a bacterium that causes stomach ulcers.

**Dosage:** Comes in powder, extract, tincture, capsule, and oil form. Up to 2g three times per day, or up to four cups of tea daily can be taken. In studies, 255 mg of Eurovita Extract 77 (equivalent to 3,000 mg dried ginger) twice daily.

**Caution:** Ginger can interfere with medications for blood thinning. It should not be used if you have gallstones.

## The US Government is Ignoring its Own Scientists' Warning that a Pesticide Causes Brain Damage in Children

Source: <https://qz.com/946499/scott-pruitts-first-blockbuster-decision-to-keep-chlorpyrifos-a-dow-pesticide-in-use-after-the-epa-found-it-causes-brain-damage-in-children>

Chlorpyrifos is one of the most widely used pesticides on American farms, sprayed on everything from strawberries to soybeans. It is cheap and works well. Chlorpyrifos, produced by Dow Chemical, is derived from the same chemical family as sarin nerve gas, and kills insects by attacking their nervous system. But exposure to chlorpyrifos is also linked to brain damage in infants and children, and nervous system damage in adults such as the farm workers who handle it. After his agency's scientists sounded a clear signal of these harmful effects, Scott Pruitt, the new administrator of the US Environmental Protection Agency (EPA), chose not to ban the chemical.

"They are ignoring the science that is pretty solid" revealed Jim Jones, a 20-year EPA employee who led the agency's chemical-safety unit before leaving the EPA when Trump took office, told the New York Times. The EPA re-evaluates pesticides every 15 years, and 2022 is likely the next time chlorpyrifos will be up for regulatory consideration.

The science was clear enough for the EPA's chemical-safety experts to conclude last year that there are no safe uses of the chemical. Exposure to chlorpyrifos during pregnancy resulted in structural changes to the developing fetus' brain, and abnormal brain changes that began in utero continued through childhood, especially in brain regions responsible for decision making, language, and memory, according to a Columbia University study.

Pregnant women who lived near agricultural fields where chlorpyrifos was sprayed during their second trimester were three times more likely to give birth to a child who would develop autism, according to a study out of the University of California, Davis.

In 2000, the hazards of chlorpyrifos exposure in children led the EPA to ban it from most household products such as pet "flea bombs" and lawn sprays. In 2007, Dow Chemical was notably banned from doing business in India for five years and fined by the US Securities and Exchange Commission for bribing Indian officials to fast-track permits for pesticides despite health concerns, including chlorpyrifos (which used the brand name "Dursban"). But farmworkers at more than 40,000 farms in the US are still applying the chemical on dozens of food crops. Residues of pesticides typically stay with produce all the way to the grocery store. Chlorpyrifos are sprayed on half of all apples and broccoli sold in the US, the Intercept reported. Residue of the chemical on food crops were among the concerns EPA scientists laid out in their 2016 assessment.

## Spinal Manipulation Can Ease Your Aching Back

Source: By Teresa Carr; <http://www.consumerreports.org/back-pain/spinal-manipulation-can-ease-your-aching-back/>

When you wrench your back, your first impulse may be to rummage through the medicine cabinet for an over-the-counter pain drug or even ask your doctor to prescribe a strong opioid painkiller such as Percocet or Vicodin. But an analysis published April 11 in the *Journal of the American Medical Association* finds that spinal manipulation can ease your backache and get you moving again without the risk of medication side effects.

A new Consumer Reports survey of more than 3,500 back-pain sufferers reached similar conclusions: Nearly 90 percent of people who tried spinal manipulation found it helpful. Spinal manipulation involves a healthcare provider applying controlled forces to the spine to improve alignment and allow the muscles and joints to move more easily. While it's usually done by a chiropractor, some doctors of osteopathic medicine (D.O.) and physical therapists also use the technique.

For the JAMA analysis, researchers from the Department of Veterans Affairs and elsewhere combined results from 26 studies involving more than 3,000 patients with low-back pain lasting six weeks or less. Patients treated with spinal manipulation were able to move through daily activities with less pain than people who didn't get the therapy.

Recent guidelines from the American College of Physicians recommend trying spinal manipulation or other nondrug measures such as acupuncture and massage before turning to OTC pain medications such as ibuprofen (Advil, Motrin IB, and generic) or naproxen (Aleve and generic). They also strongly discourage the use of prescription opioid painkillers because of the risk of addiction and overdose. "The real strength of spinal manipulation is that it is equally effective to other forms of commonly used treatments, and it's safer," says Paul Dougherty, D.C., chief of chiropractic care at the Canandaigua Veterans Affairs Medical Center in Canandaigua, N.Y., and a co-author of the JAMA review.

None of the studies included in the JAMA analysis reported that spinal manipulation had serious adverse effects. Minor side effects included headaches, soreness, and muscle stiffness, but those were generally short-lived.

## 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 will be away from the office from August 21<sup>st</sup> to August 28<sup>th</sup>.
- *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/AllianceChiropracticandWellnessClinic](http://www.facebook.com/AllianceChiropracticandWellnessClinic)

### Clinic Services

1. Chiropractic Care
2. Laser Therapy
3. Electrical Therapy
4. Sports Injury Care
5. Custom Foot Orthotics
6. Massage Therapy<sup>1</sup>
7. Naturopathic Medicine
8. Acupuncture

#### Clinic Hours

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	

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