

The Alliance Update

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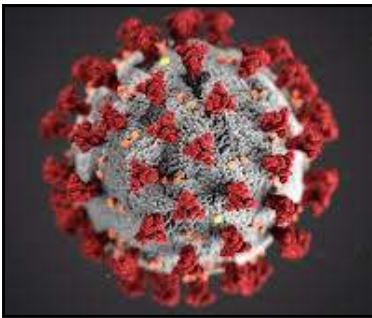
Summer 2020 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Coexisting with Viruses

Source: Discover By Troy Farah, June 22, 2020



Believe it or not, humans probably owe our entire existence to viruses, at least in part. In 2000, the Human Genome Project revealed that we have the ghosts of viruses in our DNA. It's not a small amount, either — at least 8 percent of the human genome reveals the teeth marks of ancient retroviruses that worked their way into our ancestors' DNA.

“Viruses can get locked into the genome, and that's not trivial because they might actually bring genes that are useful to the host,” Turner says. “That's pretty beneficial, I would say.”

One insertion at least 60 million years ago was a gene called syncytin, which spurred the evolution of the placenta. Before this adaptation, animals used eggshells to wall off offspring from the mother's own trigger-happy immune system. Otherwise, a fetus would be gobbled up by white blood cells. But syncytin allows our genes to build a barrier between fetus and mother while still allowing the exchange of nutrients. In short, we owe some of the fundamental principles of human evolution to viruses.

Viruses still play a beneficial role in our health today. Take the microbiome, which seeks to catalog the intricate society of microbes that reside in our bowels. There's also a human virome — and just as not all gut bacteria are intrinsically bad, not all viruses on our body are malevolent. Some viruses actually prevent infection.

“The extent to which viruses are around in our environment isn't completely appreciated,” says Ken Cadwell, a microbiologist at New York University's Grossman School of Medicine. He and other scientists are starting to understand the ways we can better coexist with viruses. So far, most of this research is in mice, but in one study Cadwell demonstrated that viruses can protect against intestinal damage caused by antibiotics.

One day, this could lead to therapies or technology to help humans live in better harmony with viruses. “They're not like these things that are conscious entities that are nefarious and trying to plot your demise,” Cadwell says. “They're basically tiny robots that are trying to make copies of themselves. Whether or not the host gets sick is kind of more on us than them.”

Health Humour

Source: <https://aimseducation.edu/blog/ridiculously-funny-medical-jokes>



A proctologist had been in practice for 20 years and had settled into a very comfortable life with his future very secure. So he decided to fulfill his REAL dream and become an auto mechanic.

Having entered mechanic school, the former physician received the results of his first test, which was a score of 200%. Confused, he asked the teacher why his score was so high. “Well”, said the teacher, “The first part was taking the engine apart and you did that perfectly, so you got 50%. The second was to put it back together again and you did it perfectly and got another 50%. The other 100% was for doing it through the tailpipe.”

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What Does a Healthy Diet Look Like?

Source: HEALTHbeat; <https://www.health.harvard.edu>



What's the healthiest way to eat? It depends on who you ask. Many medical and nutrition experts claim to know the "perfect" way to eat for health, yet some of these dietary advocates disagree with each other in some fundamental ways. So, who's right . . . and who's wrong?

The truth is that there is no single way to eat for good health. As a species, humans are quite similar on a genetic level, yet as individual specimens we can be amazingly diverse. That's why some people may feel great on a vegan diet while others prefer a paleo diet— two dietary patterns that would appear to be polar opposites. The paleo diet includes meat but excludes grains and legumes, while the vegan diet includes grains and legumes but excludes meat and other animal products. How can both diets work? When planned well, each diet includes lots of vegetables and minimizes highly processed foods. Those are the common denominators of a healthy diet. From there, you can fill in the blanks to suit your tastes and your unique physiological needs by adding your choice of high-quality fats (nuts, seeds, avocados, olive oil, fatty fish), carbohydrates (whole grains, fruit, starchy root vegetables), and plant- or animal-based proteins (legumes, soy, fish, lean sustainably raised meat, poultry, eggs, dairy). It takes a varied diet to get the vitamins, minerals, fiber, and phytochemicals required for optimal health, but there are many combinations of foods that can get you reach that goal.

While everyone needs carbohydrates, fat, and protein, there is no "magic" ratio that you should be striving for, as long as you avoid extremes. In fact, a number of recent studies have found that the quality of the food you eat—particularly emphasizing whole foods over processed food—is more important than whether it's low-fat, low-carb, or somewhere in between.

Hypothyroidism Symptoms and Signs in an Older Person

Source: <https://www.health.harvard.edu>

Some people over age 60 have few, if any, classic hypothyroidism symptoms, while others experience the same symptoms younger people do. Still others have hypothyroidism symptoms that are not typical at all, making the diagnosis even more difficult. Any of the following signs and symptoms can indicate hypothyroidism in an older person.

Unexplained high cholesterol. High cholesterol is sometimes the only evidence of an underactive thyroid in an older person. Because this sign may stand alone, high cholesterol warrants a thyroid evaluation.

Heart failure. Reduced blood volume, weaker contractions of the heart muscle, and a slower heart rate—all caused by low thyroid hormone levels—can contribute to heart failure, a serious condition that occurs when your heart can't pump out enough blood to meet the needs of your body. Symptoms of heart failure include breathlessness, swelling in the ankles, weakness, and fatigue.

Bowel movement changes. An older person with hypothyroidism might have constipation because stool moves more slowly through the bowels. A less common hypothyroidism symptom is frequent bouts of diarrhea—a problem more typically associated with hyperthyroidism. Some people with an autoimmune thyroid disease such as Hashimoto's also have celiac disease, another autoimmune condition that can cause diarrhea.

Joint or muscle pain. Vague joint pain is a classic hypothyroidism symptom. It sometimes is the only symptom of hypothyroidism in an older person. Many people experience general muscle aches, particularly in large muscle groups like those in the legs.

Psychiatric problems. Clinical depression—a common symptom in younger people with hypothyroidism—can also affect older people with the condition. The difference is that in older people it can be the only hypothyroidism symptom. Some older adults also develop psychosis with delusional behavior or hallucinations.

Dementia. Debilitating memory loss that is often, but not always, accompanied by depression or psychosis can also be the lone symptom of hypothyroidism. If you or a loved one is being evaluated for dementia, make sure that a thyroid test is part of the evaluation.

Balance problems. Hypothyroidism can lead to abnormalities in the cerebellum (a region at the back of the brain that's involved in motor control). This may cause problems with walking in older people.

Overcome Your Fear Factor

Source: Harvard Men's Health Watch; <https://www.health.harvard.edu/>



Have you grown more worried and fearful about life over the years? You aren't alone. Research has shown that feelings of fear, general anxiety, and nervousness tend to rise with age.

These negative feelings can manifest in many ways. You could be more concerned about your financial future, the risk of a new or returning health problem or injury, or as the recent COVID-19 pandemic has shown, changes in world events.

"People become more fearful about daily life because they worry a setback will come at any time, and it's something they can't control," says Dr. Ipsit Vahia, medical director of Geriatric Psychiatry Outpatient Services at Harvard-affiliated McLean Hospital.

It's not clear what drives this mindset. Researchers speculate it could be a combination of biological changes in the aging brain along with the cumulative effects of unhappy life experiences, either your own or those of someone close to you.

These ongoing feelings of fear and worry can have a deep impact on your health. You may become less active and less social, both of which can contribute to frailty, heart disease, and depression.

If not addressed, constant fear and worry may progress to a specific disorder, such as social anxiety disorder, agoraphobia (fear of public places), or generalized anxiety disorder (chronic worrying that may lead to physical problems like chest pain and muscle fatigue).

What To Do

There are many ways to address constant fear and worry so they do not consume your life. The first step is to identify your fear's source. "The right treatment begins with recognition," says Dr. Vahia. "Often, people cannot articulate why they are fearful or worry too much, and why it's happening."

He recommends meeting with a psychiatrist or therapist: "A professional analysis can help pinpoint where your specific worries and fears may lie," says Dr. Vahia.

After that, the two of you work together to create strategies that address those fears. These could include one-on-one or group therapy sessions, relaxation training exercises, or cognitive behavioral therapy (in which you learn to reframe your response to your fearful thoughts).

Once you are aware of your specific fears and when they typically arise, you can utilize other means to manage them. For example:

Practice mindfulness. Mindfulness trains your mind's attention to be more present without drifting into concerns about the past or future. This mindset helps you not to overreact to fearful thoughts and reduce any stress, depression, or anxiety that accompanies them.

Meditation is a popular way to learn mindfulness. The goal of meditation is not to push aside or block fearful thinking, but rather to notice your thoughts and feelings and realize that you don't have to act on them. This could be as simple as closing your eyes and repeating a single phrase or word, or counting breaths.

Consult a financial expert. If money issues worry you, meet with a financial planner or adviser. He or she can do a thorough review of your financials, create or adjust your budget, focus on specific concerns, and help set goals. "This can help you feel more confident about your situation and address any issues that may trigger worry," says Dr. Vahia.

Hire a personal trainer. If you avoid activity or exercise because you fear injury, hire a personal trainer who specializes in older adult conditioning. A trainer can assess your current fitness, identify strengths and weaknesses, and develop a program to help you improve.

"Because you will see and feel your physical improvements as you progress, this will help you overcome fear of injury and the worry that you can't exercise or be more active," says Dr. Vahia. "You can realize that you are more than capable of being active than you think." Look for trainers with specialized certification from organizations like the American Council on Exercise or the National Academy of Sports Medicine.

Five Healthy Lifestyle Choices Tied to a Dramatic Cut in Dementia Risk

Source: Medscape Medical News; Megan Brooks; June 22, 2020



Combining four of five healthy lifestyle choices has been linked to up to a 60% reduced risk for Alzheimer dementia in new research that strengthens ties between healthy behaviours and lower dementia risk.

To help quantify the impact of a healthy life on risk for Alzheimer dementia, data from two longitudinal study populations: the Chicago Health and Aging Project (CHAP), with 1845 participants; and the Memory and Aging Project (MAP), with 920 participants were combined.

They defined a healthy lifestyle score on the basis of the following factors: not smoking; engaging in ≥ 150 min/week of physical exercise of moderate to vigorous intensity; light to moderate alcohol consumption (between 1 and <15 g/day for women and between 1 and <30 g/day for men); consuming a high-quality Mediterranean-DASH Diet; and engaging in late-life cognitive activities.

Compared to individuals with no healthy lifestyle factors or only one, the risk for Dementia was 37% lower for those with two or three healthy lifestyle factors and 60% lower for those with four or five healthy lifestyle factors.

The fact that the lifestyle factors studied are modifiable and in direct control of the individual, it is imperative to promote them concurrently among older adults as a strategy to delay or prevent Alzheimer dementia.

What needs to be determined is - how early should we start 'behaving.' We should all aim to engage in four to five factors of the above lifestyle habits across our entire lifespan, but this is not always feasible. So, when is the time to behave? Also, what is the relative weight of each of these factors?

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 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	

At this time, we look forward to seeing all of our patients and not just those requiring acute or emergency care. Face masks are now mandatory, and please use the hand sanitizer available.

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.
- Just a reminder to use the hand sanitizer when you enter the office, and face masks are mandatory. Thank-you!
- Like us on Facebook! To see the latest in health news, research, updates, and announcements, check us out at www.facebook.com/AllianceChiropracticandWellnessClinic

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