

# The Alliance Update

www.alliancechiroandwellness.com

Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

**Health  
Newsletter**

## Shovelling Tips For A Healthy Back

Source: <https://d2oovpv43hgkeu.cloudfront.net/Public-Ed-Comm-Outreach/snowshovelling-pamphleten.pdf>



- Don't let the snow pile up: If the weather report calls for several days of snow, frequent shovelling will allow you to move smaller, lighter amounts of snow.
- Pick the right shovel: Use a lightweight pusher-type shovel. If you are using a metal shovel, spray it with Teflon first, so snow won't stick to it.
- Push, don't throw: Always push the snow to the side rather than throwing it. That way you avoid lifting heavy shovelfuls of snow, and sudden twisting or turning movements
- Bend your knees: If you find you have to lift a shovelful of snow, use your knees and your leg and arm muscles to do the pushing and lifting, while keeping your back straight.
- Take a break: If you feel tired or short of breath, stop and take a rest. Shake out your arms and legs. Stop shovelling immediately if you

feel chest pain or back pain. If you have back pain that is severe or that persists for more than a day after shovelling, see a chiropractor. If you have chest pain that is severe, see a medical doctor immediately.

## Back Pain Is #1 Cause of Disability Worldwide

Source: <http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=56331>

A series of studies emerging from the Global Burden of Disease 2010 Project, a massive collaboration led by the World Health Organization, and the Institute for Health Metrics and Evaluation has identified low back pain as the number-one cause of disability worldwide, and neck pain the number-four cause. Overall, musculoskeletal conditions represent the second leading cause of global disability. Findings emphasize that while more people are living longer, the flip side is that they do so with an increasing risk of living with the burden of pain, disability and disease compared to generations past.

Some of the highlights of the studies are as follows:

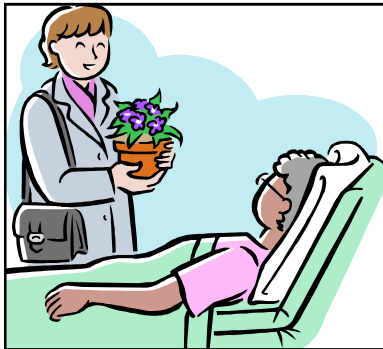
- Musculoskeletal conditions such as low back pain, neck pain and arthritis affect more than 1.7 billion people worldwide and have a greater impact on the health of the world population (death and disability) than HIV/AIDS, tropical diseases including malaria, the forces of war and nature, and all neurological conditions combined.
- When considering death and disability in the health equation, musculoskeletal disorders cause 21.3 percent of all years lived with disability (YLDs), second only to mental and behavioral disorders, which account for 22.7 percent of YLDs.
- Low back pain is the most dominant musculoskeletal condition, accounting for nearly one-half of all musculoskeletal YLDs. Neck pain accounts for one-fifth of musculoskeletal YLDs.
- Low back pain is the sixth most important contributor to the global disease burden (death and disability), and has a greater impact on global health than malaria, preterm birth complications, COPD, tuberculosis, diabetes or lung cancer.
- When combined with neck pain, painful spinal disorders are second only to ischemic heart disease in terms of their impact on the global burden of disease.
- Current estimates suggest that 632.045 million people worldwide suffer from low back pain and 332.049 million people worldwide suffer from neck pain.

Chiropractic care emphasizes maintaining optimal function of the musculoskeletal system, which is an ideal model for preventing and managing the disability associated with neck and back pain. With the average North American life expectancy being over 80 years, ideally keeping people mobile, independent, and pain free for as long as possible is an important goal.

Inside This Issue:	
Shovelling Tips For A Healthy Back	1
Back Pain Is #1 Cause of Disability Worldwide	1
Confirmed – Your Digestive System Dictates Whether You're Sick or Well	2
How to Exercise Safely During the Winter	2
Amazing Things About Our Bodies	3
What Fibromyalgia Feels Like	4
Announcements	4
Alliance Chiropractic Services	4

## Confirmed – Your Digestive System Dictates Whether You're Sick or Well

Source: [http://articles.mercola.com/sites/articles/archive/2012/12/31/digestive-system-gut-flora.aspx?e\\_cid=20120906\\_DNL\\_artTest\\_A5](http://articles.mercola.com/sites/articles/archive/2012/12/31/digestive-system-gut-flora.aspx?e_cid=20120906_DNL_artTest_A5)



More and more, science is finding that teeny tiny creatures living in your gut are there for a definite purpose. Known as your microbiome, about 100 trillion of these cells populate your body, particularly your intestines and other parts of your digestive system. In fact, 90 percent of the genetic material in your body is not yours, but rather that of bacteria, fungi, viruses and other microorganisms that compose your microflora.

True, some of these bacteria can make you sick; for example, the National Institute of Allergy & Infectious Diseases recently found Crohn's Disease might be caused by immune responses to certain gut microbiota. But the majority are good, and they work together as helpmates to aid your digestive system and keep you well. Beneficial bacteria, better known as probiotics, along with a host of other microorganisms, are so crucial to your health that researchers have compared them to "a newly recognized organ."

For example, we now know that your microflora influence your:

1. Genetic expression
2. Immune system
3. Brain development, mental health, and memory
4. Weight, and
5. Risk of numerous chronic and acute diseases, from diabetes to cancer

## How to Exercise Safely During the Winter

Source: [http://fitness.mercola.com/sites/fitness/archive/2012/12/28/winter-sports.aspx?e\\_cid=20121228\\_DNL\\_art\\_2](http://fitness.mercola.com/sites/fitness/archive/2012/12/28/winter-sports.aspx?e_cid=20121228_DNL_art_2)



Dressing appropriately and paying attention to the following safeguards can help keep you safe and warm when exercising outdoors this winter:

**Dress in three or more layers:** Use a lightweight synthetic material to wick moisture away from your skin. Avoid heavy cotton materials as these absorb sweat, trapping wetness close to your body, which can increase your risk of hypothermia. Add another layer or two of wool or fleece for insulating warmth. Top it off with a lightweight, water-repellent and wind-resistant material

**Always wear a hat** when it is really cold out, as you may lose a significant amount of your body heat from your uncovered head.

**Wear gloves** to protect your fingers from frostbite. Layering thin gloves with heavier mittens is a good idea so you can remove a layer if needed without exposing your bare skin to the frigid air.

**Cover your face** with a mask or scarf when the temperature is below freezing to avoid frostbite. This can also help warm the air a bit before entering your lungs.

**Wear sturdy footwear** with good traction to prevent slips and falls on snow or ice.

**Check the temperature** and the forecast. Health risks increase when the combined temperature and wind chill falls below -20°F.

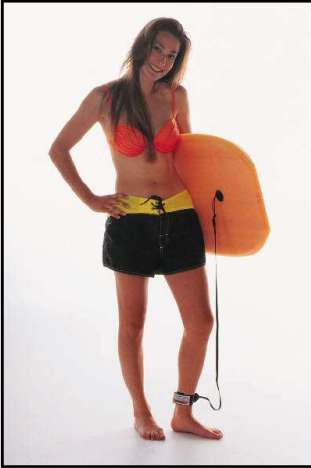
**Wear light and/or reflective clothing**, as it gets darker earlier during the winter months. You want to make sure drivers can see you.

**Drink plenty of fluids.** Staying properly hydrated is just as important during cold weather as during hot weather. Drink before, during and after your workout, even if you don't feel very thirsty, as dehydration may be more difficult to notice during cold weather exertion.

**Tell someone what route you're taking**, and when to expect your return, just in case something goes wrong. If you slip and fall in the winter, hypothermia can get the better of you if no one knows to go looking for you.

## Amazing Things About Our Bodies

[http://articles.mercola.com/sites/articles/archive/2012/09/19/10-amazing-human-body-facts.aspx?e\\_cid=20120923\\_SNL\\_MS\\_I](http://articles.mercola.com/sites/articles/archive/2012/09/19/10-amazing-human-body-facts.aspx?e_cid=20120923_SNL_MS_I)



Your body is truly amazing, and we've only scratched the surface as far as discovering all of the mysteries of its extremely complex capabilities and inner workings. Here are some utterly fascinating facts about your body:

### **You Have Two Brains**

Just as you have neurons in your brain, you also have neurons in your gut – including neurons that produce neurotransmitters like serotonin, which is also found in your brain and is linked to mood. Your gut literally serves as your second brain, and even produces more of the neurotransmitter serotonin – known to have a beneficial influence on your mood – than your brain does. In other words, you have two nervous systems: the central nervous system, composed of your brain and spinal cord, and the enteric nervous system, which is the intrinsic nervous system of your gastrointestinal tract. Both are actually created out of the same type of embryonic tissue. During fetal development, one part turns into your central nervous system while the other develops into your enteric nervous system.

You've probably experienced the visceral sensation of butterflies in your stomach when you're nervous, or had an upset stomach when you were very angry or stressed. The flip side is also true, in that problems in your gut can directly impact your mental health, leading to issues like anxiety, depression, and perhaps even more serious neurodevelopmental disorders such as autism.

### **Loneliness is Physically Painful**

Loneliness is emotionally painful for sure, but it's physically painful as well. In fact, both loneliness and physical pain are processed in the same region of your brain, the anterior cingulate cortex. So just as you have a powerful drive to avoid causing physical pain to your body, you have a similarly powerful drive to connect with others and seek companionship – in order to avoid painful feelings of loneliness.

### **You Salivate More Before You Vomit**

There's a very good reason for this. Because stomach acid can be harsh on your throat and mouth, the extra saliva helps dilute the acid and rinse it away to minimize any damage caused by vomiting.

### **Sugar Can Help Your Wounds Heal**

Not by eating it, of course, but rather by sprinkling it directly on the wound. Sugar is hygroscopic, which means it absorbs water that bacteria need to survive. This method has been popular among healers in Africa for generations, and it is reportedly useful for bedsores, leg ulcers, amputations and more.

A twist on this idea is to use honey, which will help draw fluid away from your wound and suppress the growth of microorganisms. Part of what gives honey its antibacterial properties is an enzyme called glucose oxidase, which the worker bees excrete into the nectar (this is found only in raw honey). Another part is the presence of beneficial Lactobacillus bacteria, found only in raw honey, which fight infection.

### **Memories Work in Mysterious Ways**

Have you ever walked into a room and then forgotten why you went there in the first place? This is because your brain perceives the doorway as an "event boundary," and memories from the room you just left are "stored" there for when you need them. This is why when you go back through the doorway into the prior room you can often remember what it is that you forgot!

### **Most People Only Breathe Through One Nostril at a Time**

Though you've got two nostrils, about 85 percent of people only use one at a time. Erective tissue in your nose slowly swells the tissue in one nostril while shrinking it in the other, so you automatically switch breathing between nostrils about every four hours. Interestingly, body position, illness and other factors can influence which nostril you breathe from when, and, in turn, the nostril you're breathing from can impact your health. For instance, breathing through the right nostril causes you to use more oxygen and raises your blood sugar levels.

### **Seven Miles of New Blood Vessels for Every Pound of Fat Gained**

When you gain a pound of fat, your body makes seven new miles of blood vessels. This means your body must work harder to pump blood through all of these extra new vessels, which may put a strain on your heart, and may reduce oxygenation and nutrient replenishment in other tissues. Fortunately, if you lose a pound, your body will break down and re-absorb the now unnecessary vessels.

## Alliance Chiropractic & Wellness Clinic

101-911 Golf Links Rd.  
Ancaster ON L9K 1H9  
Tel: 905-648-0661

## What Fibromyalgia Feels Like

<http://www.fmnetnews.com/fibro-basics/symptoms>

Fibromyalgia means widespread pain in the muscles. Some describe their symptoms as a flu-like infection that doesn't go away. It leaves you exhausted and unable to think or find the right words. You have trouble sleeping and wake up stiff and achy. Your symptoms can be debilitating and you probably feel as though you have to push yourself to get anything done.

### Top Ten Fibromyalgia Symptoms

Pain all over	Muscle knots, cramping, weakness
Fatigue	Digestive disorders
Sleep difficulties	Headaches/migraines
Brain fog	Balance problems
Morning stiffness	Itchy/burning skin

Certain aggravating factors can make your symptoms come and go, or change without reason. Other conditions may also make you feel worse. Learn what these factors are so that you can work with your doctor on more effective treatment strategies.

### Fibromyalgia Quick Facts

- Affects 3 to 5 percent of the general population
- Occurs in people of all ages, even children
- Men develop fibromyalgia too, although more women are diagnosed with it
- Symptoms are chronic but may fluctuate throughout the day
- Roughly one-quarter of people with fibromyalgia are work-disabled
- Vitamin D deficiency can mimic many fibromyalgia symptoms.

### 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 will be on holidays as follows: March 11 to March 15.
- **Massage Therapy now available on Saturdays.**
- Welcome back to Natalie Rozell RMT—Natalie will be providing massage therapy services on Monday, Friday, and Saturday. Michelle Richard RMT will be in on Tuesday, Wednesday, and Thursday.