

The Alliance Update

www.alliancechiroandwellness.com

Winter 2017 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

The Federal Government Is Considering Taxing Your Health and Dental Benefit Plans

WHAT'S AT STAKE

The federal government has confirmed that they are considering making employer health and dental plans a taxable benefit, possibly as soon as this year. This would mean you would pay income and payroll taxes on the premiums your employer pays like it was income. This means hundreds or thousands of dollars added to your tax bill annually.

The current approach of encouraging employers to provide benefits is working as intended. 75% of working Canadians, and a total of 22 million Canadians, have access to care through benefits. The federal government needs to hear from Canadians that taxing these essential health benefits is a bad idea, and the negative affect this could have on middle class Canadians and their families.

These plans provide preventive care, prescription drugs, mental health services, dental care, and musculoskeletal care that is not covered by provincial plans. Without proper health care benefits, more Canadians will enter the public system with greater health needs, driving up costs.

YOU COULD BE AT RISK OF LOSING YOUR BENEFITS

If benefits are taxed, many employers may choose to cancel their plans. When a similar tax was introduced in Quebec, 20% of employers dropped health benefits. For small firms, this was almost 50%. Others may reduce coverage. For Canadians who lose coverage, getting equivalent coverage privately will cost much, much more.

The federal government needs to hear from you and other Canadians that taxing these essential health benefits is a bad idea.

WHAT CAN YOU DO?

Visit <http://donttaxmyhealthbenefits.ca> to take action by sending your concerns to your Member of Parliament and the Minister of Finance.

New Guideline for Prevention of Peanut Allergy

Source: Medscape January 19, 2017; Matthew Greenhawt, MD, MBA, MSc

The entire concept of preventing food allergy is an emerging field, and the issue received a huge boost in 2015 with the release of the Learning Early About Peanut Allergy (LEAP) study. As recently as 2000, the American Academy of Pediatrics (AAP) warned us to delay the introduction of such highly allergenic foods as peanut or eggs to children at risk of developing food allergy. In 2008, that policy was updated to note that there was no evidence to support delaying the introduction of any solid food past 4-6 months of life. Although the 2008 guidelines did not actively recommend when to introduce highly allergenic foods (eg, peanut, egg, fish, tree nut, etc.) to any infant, they did emphasize that parents of children at risk for allergic disease should consult with an allergist before starting these foods.

The LEAP study results have helped to fine-tune these recommendations for peanut. The LEAP study convincingly showed that not only was there strong evidence that peanut introduction between 4 and 11 months of life was protective for the development of peanut allergy, but more to the point, it highlighted that a prolonged delay in peanut introduction was associated with harm and a significantly increased risk for peanut allergy. Early peanut introduction was associated with an 86% risk reduction among children with no baseline positive peanut skin test and a 70% risk reduction among those with small positive baseline peanut allergy skin tests.

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Protect Yourself From the Second Leading Cause of Lung Cancer

Source: http://www.crea.ca/wp-content/uploads/2016/02/A_Homeowners_Guide_to_Radon_CREA.pdf



Radon—a naturally occurring radioactive gas produced by the breakdown of the uranium in soil, rocks, and water—is present in all houses. Left unmitigated, high levels of radon can present significant health risks, so testing is an important element of responsible home ownership. Long-term testing, advocated by Health Canada, provides the most accurate measure of indoor radon. It is inexpensive and can be accomplished by the homeowner. Modifying a house to lower radon levels is relatively inexpensive, with costs being comparable to other home maintenance expenses, and there are a variety of options available. A qualified radon specialist can help homeowners make an informed decision.

What are the dangers of high indoor radon levels?

Left unmitigated, high levels of radon in a home can create a long-term health risk for residents. When inhaled, radon gas particles remain in lung tissue and begin to decay. As the radon particles decay, they release bursts of radiation that can damage the lung tissue cells. Over time, the cell damage can lead to the development of lung cancer. **Radon is the second leading cause of lung cancer** and it is estimated that 16 per cent of lung cancer deaths among Canadians are attributable to indoor radon exposure. The risk of developing lung cancer from radon depends on:

- the concentration of radon in the air that is breathed;
- the duration of exposure to radon; and
- whether the person is a smoker.

How does radon enter a home?

Radon can enter via cracks in the foundation walls and/or floor slabs. It can also enter through other openings, including:

- unfinished floors (dirt)
- gaps around service pipes
- window casements
- sumps
- construction joints
- support posts
- floor drains
- cavities inside walls.

Indoor radon levels are the result of a number of interconnected factors including the property's bedrock type, soil type, soil moisture level, seasonal freezing and thawing activity and the home's design, construction and use.

Radon testing is easy and inexpensive. There are two options: purchase a do-it-yourself test kit or hire a radon measurement professional. Do-it-yourself kits include instructions on how to set up the test and submit the results for analysis. Radon test kits can be purchased by phone, online, or from home improvement retailers. The cost of testing ranges from \$25 to \$75. The Canadian Association of Radon Scientists and Technologists (CARST) agree with Health Canada's recommendations that homeowners use a long-term test—conducted over a minimum of three months during the fall or winter months. Indoor radon levels fluctuate day-to-day, depending on the season. A three month test is more accurate and representative of a person's annual average exposure and should be used to determine if a home's radon concentration exceeds the Canadian guideline of 200 Becquerel per cubic metre (Bq/m³). Information on do-it-yourself radon test kits is available from Health Canada at radon@hc-sc.gc.ca or 1-866-225-0709.

What to do if a home has high radon levels?

If radon exceeds 200 Bq/m³, remedial measures are available, based on the type of home and its location. The higher the radon concentration, the sooner remedial measures should be undertaken. A certified radon mitigation professional can ensure that the mitigation system installed will reflect the most current approaches and technologies. Because an improperly designed and installed mitigation system can have serious implications on home energy costs, C-NRPP radon professionals are trained to ensure that the system will have the smallest impact on home heating/cooling costs.

Can radon problems always be fixed?

Excessive radon levels can be successfully mitigated in every type of home. It is best to consult with a radon professional trained to understand how radon enters buildings and how resulting radiation levels can be effectively managed to ensure the safety of all occupants. The types of mitigation systems vary depending on the radon source and type of home.

Mike Holmes Inspections provides both radon testing and certified radon mitigation. Their contact is mikeholmesinspections.com.

Making Exercise a Habit

Source: <http://fitness.mercola.com/sites/fitness/archive/2017/01/13/obesity-disrupts-dopamine-function.aspx>

The dangers of inactivity have become increasingly well-recognized. Obesity is just one side effect of insufficient movement. The scientific literature has linked inactivity to a whole host of diseases and ailments.

For example, physical inactivity raises your risk of general ill health by 114 percent, your risk of Alzheimer's disease by 82 percent, and your risk of depression by 150 percent. Overall, chronic inactivity has a mortality rate similar to smoking.

Fifty percent of people who start a new exercise program will stop within the first six months. Although there are likely many factors involved, one significant reason could be people new to exercise are unable to accurately monitor and regulate the intensity of their program, and this could have a dampening effect on their motivation.

Without the ability to recognize and regulate exercise intensity, you may push past your limits without realizing it. This can result in significant muscle soreness and even injury. For people who have been sedentary much of their life, the key to maintaining an exercise program long-term may lie in avoiding overexertion too early in the game. In other words, practice patience and increase your activity at a slower pace.

To help you build an exercise habit that will last a lifetime, look for an activity you really enjoy and then team up with others who provide you with social interaction during your workout and reward and motivation to continue the process.

When developing your exercise plan, variety is the name of the game. Also remember that non-exercise movement is just as important — if not more so — as a regimented fitness routine. Standing up and walking whenever possible, throughout each day, can go a long way toward warding off chronic disease.

Six diet changes to cut your risk of diabetes

Source: David Schardt • January 9, 2017; www.nutritionaction.com/category/daily/what-to-eat/

One out of three U.S. adults have prediabetes, which puts them on the road to type 2 diabetes. Nine out of ten of them don't know it. Could you be one of them?

The good news: A healthy diet and moderate exercise can cut the risk of diabetes in half, even for people whose risk is already high. Even more good news: you can cut your risk of diabetes quickly.

Below are the recommendations for quickly lowering your risk for type 2 diabetes:

Unhealthy carbs: Cut back on unhealthy carbohydrates—basically white flour and other refined starch, sugars, and potatoes. In a recent study on 70,000 women, those who ate more starch and less fiber had a higher risk of diabetes.

Sugar drinks. There is about a 25 percent increase in the risk of diabetes for each 12 oz. serving of sugar-sweetened beverages consumed per day. About half of that increased risk is due to weight gain; the rest of the risk is likely due to the high amount of unhealthy carbohydrate that is gulped down in a few minutes.

Meat: Both processed and unprocessed red meat are related to a higher risk of type 2 diabetes, consistently and quite strongly in several studies. If you want to keep diabetes risk low, replace red meat with some beans, nuts or other plant sources of protein, or some dairy, poultry, or fish.

Yogurt: So far research supports yogurt—but not overall dairy—for reducing the risk of type 2 diabetes.

Coffee: Each daily cup of coffee was linked to a 4 to 8 percent lower risk of diabetes. Researchers suspect it is probably due to the flavonoids and antioxidants in coffee, because decaffeinated coffee has a similar benefit.

Magnesium: People who consume more magnesium-rich foods—like leafy greens, beans, nuts, and whole grains—have a lower risk of progressing from prediabetes to diabetes, although something else about those people could account for their lower risk.

With diet changes like those listed above, along with regular, moderate exercise, researchers predict we could prevent about 90 percent of type 2 diabetes cases.

Not Getting Enough Sleep Can Affect Your Waist Line

Source: David Schardt • January 13, 2017; <http://www.nutritionaction.com/category/daily/exercise-for-health/>



Thirty years ago, who would have suspected that too little sleep could show up on your bathroom scale? Today, we sleep less and weigh more...and the two may be related.

The average American now sleeps one or two hours less per night than he or she did 40 or 50 years ago. In 1960, an estimated 16 percent of young adults slept fewer than seven hours a night. Today it's around 37 percent.

We now have lots of studies on sleep and obesity. The majority find that short sleepers are more likely to be obese than longer sleepers." A "short sleeper" is "someone who typically sleeps fewer than six hours a night." The link is even stronger if you look at just five-hour-a-nighters.

In a study that tracked more than 68,000 women, those who slept fewer than five hours a night were 32 percent more likely to gain roughly 30 pounds over the next 16 years than those who slept for at least seven hours a night.

Studies show the less people are allowed to sleep, the more they snack, and it's not just because they're awake for more hours. Sleep restriction is associated changes in hormones which control hunger, and also with increased sympathetic nerve activity—the flight-or-fight response. The increase in sympathetic nerve activity could explain why less sleep affects glucose metabolism and insulin resistance.

Insulin resistance—which means that the body's insulin does a lousy job of lowering blood sugar levels—raises the risk of heart disease and diabetes. Research shows short sleepers were more likely to develop diabetes than normal sleepers, and short sleepers are also more likely to end up with high blood pressure.

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 us out at www.facebook.com/AllianceChiropracticandWellnessClinic
- Dr. Morphet will be away from the office on the following dates: March 13th to the 17th.

Alliance Chiropractic & Wellness Clinic

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