

The Alliance Update

www.alliancechiroandwellness.com

Winter 2020 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Tea Drinkers Live Longer

Source: EUROPEAN SOCIETY OF CARDIOLOGY, January 13, 2020



Drinking tea at least three times a week is linked with a longer and healthier life, according to a study published in the European Journal of Preventive Cardiology, a journal of the European Society of Cardiology (ESC).

The study included 100,902 participants with no history of heart attack, stroke, or cancer. Participants were classified into two groups: habitual tea drinkers (three or more times a week) and never or non-habitual tea drinkers (less than three times a week)

and followed-up for a median of 7.3 years. Habitual tea consumption was found to be associated with lower risks of cardiovascular disease and death from all causes. The favourable health effects are the most robust for green tea and for long-term habitual tea drinkers.

Compared with never or non-habitual tea drinkers, habitual tea consumers had a 20% lower risk of incident heart disease and stroke; 22% lower risk of fatal heart disease and stroke; and 15% decreased risk of all-cause death. What does this actually mean in terms of life expectancythe analyses estimated that 50-year-old habitual tea drinkers would develop coronary heart disease and stroke 1.41 years later and live 1.26 years longer than those who never or seldom drank tea.

The potential influence of changes in tea drinking behaviour were analysed in a subset of 14,081 participants with assessments at two time points. The average duration between the two surveys was 8.2 years, and the median follow-up after the second survey was 5.3 years.

Habitual tea drinkers who maintained their habit in both surveys had a 39% lower risk of incident heart disease and stroke; 56% lower risk of fatal heart disease and stroke; and 29% decreased risk of all-cause death compared to consistent never or non-habitual tea drinkers.

Green tea was found to have a stronger effect, and two factors may be at play. First, green tea is a rich source of polyphenols which protect against cardiovascular disease and its risk factors including high blood pressure and abnormal cholesterol levels. Black tea is fully fermented and during this process, polyphenols are oxidized into pigments and may lose their antioxidant effects. Second, black tea is often served with milk, which previous research has shown may counteract the favourable health effects of tea on vascular function.

The authors concluded that randomized trials are warranted to confirm the findings and provide evidence for dietary guidelines and lifestyle recommendations.

Health Humour

- I just found out I'm colorblind. The diagnosis came completely out of the purple.
- My girlfriend left me because she couldn't handle my OCD. I told her to close the door five times on her way out.
- With great reflexes comes great response ability.

<i>Inside This Issue:</i>	<i>Pg</i>
Tea Drinkers Live Longer	1
Spinal Manipulation for Cervicogenic Headache	2
Exercise Helps Prevent Cartilage Damage Caused by Arthritis	2
Foods Linked to Better Brainpower	3
Knee Joint Cartilage Loss Worse with Increased Age and Body Weight	3
Intermittent Fasting Promotes Weight Loss and Other Measures of Health	4
Announcements	4
Alliance Chiropractic Services	4

Spinal Manipulation for Cervicogenic Headache

Source: The Spine Journal 2018; 18: 1741-1754.



Cervicogenic headaches (CGH) are defined as secondary headaches emanating from a cervical (neck) disorder. CGH's have been identified in approximately 18% of chronic headache sufferers. Spinal manipulation (SMT) is the most commonly-utilized conservative treatment by CGH sufferers; however, in spite of its common utilization, there is unfortunately no consensus on the appropriate dose of SMT to achieve maximum clinical benefit for patients. The authors of this study performed the first full-scale dose-response trial for the purpose of identifying optimal care of CGH with SMT.

The study involved 256 adults with chronic CGH. Participants were randomized to four groups. A control group receiving light massage, and three SMT groups receiving 6, 12, or 18 adjustments. The groups were treated three times per week for 6 weeks, and received a focused light-massage at sessions when SMT was not assigned.

Results

There was a linear dose-response relationship between SMT visits and days with CGH. A maximum effective dose could not be determined, as the number of days with CGH continued to decrease with more treatment. The highest and most effective dose of 18 SMT visits over 6 weeks reduced CGH days by 50% more than the light massage control group. The benefit of the 6 weeks of care for the SMT group held for the 52 weeks researchers followed up with patients after their treatment period.

Exercise Helps Prevent Cartilage Damage Caused by Arthritis

Source: Queen Mary University of London, May 8, 2019



Exercise helps to prevent the degradation of cartilage caused by osteoarthritis, according to a new study from Queen Mary University of London.

The researchers show for the first time how mechanical forces experienced by cells in joints during exercise prevent cartilage degradation by suppressing the action of inflammatory molecules which cause osteoarthritis.

During exercise, the cartilage in joints such as the hip and knee is squashed. This mechanical distortion is detected by the living cells in the cartilage which then block the action of inflammatory molecules associated with conditions such as arthritis.

The researchers showed that this anti-inflammatory effect of physical activity was caused by activation of a particular protein called HDAC6. Pharmaceutical drugs that blocked HDAC6 activation prevented the anti-inflammatory effects of

physical activity, whilst other drug treatments were able to mimic the benefits of exercise.

Changes in length of the primary cilia, which are only a few 1000th of a millimetre, provided a biomarker of the level of inflammation. Cilia increased in length during inflammation, but treatments that prevented this elongation successfully prevented inflammation.

The researchers hope that these findings will help in the search for treatments for arthritis which affects over three million people in the UK causing stiff and painful joints.

The researchers suggest the results may lead to a whole new therapeutic approach known as mechano-medicine in which drugs simulate the effect of mechanical forces to prevent the damaging effects of inflammation and treat conditions such as arthritis.

Foods Linked to Better Brainpower

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



Just as there is no magic pill to prevent cognitive decline, no single almighty brain food can ensure a sharp brain as you age. Nutritionists emphasize that the most important strategy is to follow a healthy dietary pattern that includes a lot of fruits, vegetables, legumes, and whole grains. Try to get protein from plant sources and fish and choose healthy fats, such as olive oil or canola, rather than saturated fats.

That said, certain foods in this overall scheme are particularly rich in healthful components like omega-3 fatty acids, B vitamins, and antioxidants, which are known to support brain health and often referred to as brain foods. Incorporating many of these foods into a healthy diet on a regular basis can improve the health of your brain, which could translate into better mental function.

Research shows that the best brain foods are the same ones that protect your heart and blood vessels, and include the following:

Green, leafy vegetables. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

Fatty fish. Fatty fish are abundant sources of omega-3 fatty acids; healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid—the protein that forms damaging clumps in the brains of people with Alzheimer's disease. Try to eat fish at least twice a week, but choose varieties that are low in mercury, such as salmon, cod, canned light tuna, and pollock. If you're not a fan of fish, ask your doctor about taking an omega-3 supplement or choose terrestrial omega-3 sources such as flaxseeds, avocados, and walnuts.

Berries. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory. In a 2012 study published in *Annals of Neurology*, researchers at Harvard's Brigham and Women's Hospital found that women who consumed two or more servings of strawberries and blueberries each week delayed memory decline by up to two-and-a-half years.

Tea and coffee. The caffeine in your morning cup of coffee or tea might offer more than just a short-term concentration boost. In a 2014 study published in *The Journal of Nutrition*, participants with higher caffeine consumption scored better on tests of mental function. Caffeine might also help solidify new memories, according to other research. Investigators at Johns Hopkins University asked participants to study a series of images and then take either a placebo or a 200-milligram caffeine tablet. More members of the caffeine group were able to correctly identify the images on the following day.

Walnuts. Nuts are excellent sources of protein and healthy fats, and one type of nut in particular might also improve memory. A 2015 study from UCLA linked higher walnut consumption to improved cognitive test scores. Walnuts are high in a type of omega-3 fatty acid called alpha-linolenic acid (ALA), which helps lower blood pressure and protects arteries. That's good for both the heart and brain.

Knee Joint Cartilage Loss Worse with Increased Age and Body Weight

Source: Cai G, et al. *Arthritis Res Ther.* 2019;doi:10.1186/s13075-019-2063-z.; January 13, 2020



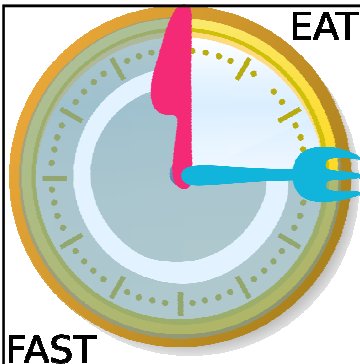
Osteoarthritis (OA) is the most common form of arthritis, characterized by gradual loss of cartilage between the joints. The prevalence of OA increases with age implying that the disease progresses with age. However, current evidence concerning the role of age on the structural progression of OA is inconsistent. X-ray based studies have reported inconsistent findings with regard to joint space or cartilage loss with age.

This current study looked at the association between age, gender, and body weight with the loss of knee joint cartilage volume among older adults over the course of 10.7 years. One thousand and ninety nine men and women aged 50 to 80 were involved in the study. MRI was used to measure the amount of cartilage in the knee joints at baseline.

Researchers found that knee joint cartilage decreased at a faster rate with increasing age and higher body weight (overweight and obese Body Mass Index) in both men and women. The findings of this study revealed that knee joint cartilage loss is universal in older adults, and will become faster over time, particularly in those with higher Body Mass Index (BMI) at baseline and increased BMI over time. The results of this study contrast to previous reports based on x-ray findings where less than 50% of the older population had progressive joint space narrowing over 4 to 14 years.

Intermittent Fasting Promotes Weight Loss and Other Measures of Health

Source: Medscape Medical News; Pam Harrison, December 05, 2019; *Cell Metab.* Published online December 5, 2019



Limiting food consumption to a 10-hour window each day promotes weight loss and decreases cardio-metabolic abnormalities in people with metabolic syndrome, a small pilot study suggests.

In this study, 19 people (13 women, and 6 men) with metabolic syndrome, and taking a cholesterol lowering medication, high blood pressure medications, or both, were studied over 12 weeks to see the effects of time restricted eating. Subjects were instructed to restrict food consumption to 10 hours a day for the 12 weeks. Importantly, they were not told to reduce their caloric intake or change their diet in any way during the 10-hour time-restricted eating window.

Most of the individuals in the study were obese. Over the 12 weeks of the study, participants lost approximately 3% of their body weight. This change led to an approximately 3% reduction in BMI, as well as about a 3% reduction in body fat, including a significant 3% reduction in visceral fat (fat around the abdominal organs), and a 4% reduction in waist circumference.

The time-restricted eating strategy also produced significant reductions in total cholesterol, bad or LDL cholesterol, blood pressure, and fasting glucose.

These improvements in cardio-metabolic parameters were observed independent of any change in physical activity and were again independent of weight loss, the authors emphasized.

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	

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.
- Dr. Morphet will be away from the office the week of March 16th. He will return to work on March 23rd.
- Like us on Facebook! To see the latest in health news, research, updates, and announcements, check us out at www.facebook.com/AllianceChiropracticandWellnessClinic

Alliance Chiropractic & Wellness Clinic

101-911 Golf Links Rd. Ancaster ON L9K 1H9
Tel: 905-648-0661 Fax: 905-648-1268
www.alliancechiroandwellness.com