

The Alliance Update

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Fall 2022 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Would You Like to Live to a 'Ripe Old Age'?

Source: Medscape; George D. Lundberg, MD; August 31, 2022

To Live to a Ripe Old Age:

Choose ancestors that do/did not die of natural causes in young adulthood or middle age (sorry, too late to choose); never inhale tobacco smoke; maintain a body mass index within a "healthy range" using a variety of tools; maintain a blood pressure within a "healthy range" with or without medications; and maintain a low resting heart rate. While those actions alone may suffice, below are some lifestyle habits that also correlate with longevity.

Food and Drugs

Do not consume sugar, either added to anything, in home-cooked or restaurant meals, in soft drinks, fruit juices, pastries, desserts, or processed foods; do eat whole grains, including bran; do consume above-ground, leafy vegetables, some root vegetables, tree nuts and peanuts, and berries; do ingest supplemental fiber, such as psyllium husks; do ingest daily supplemental magnesium, and possibly vitamins K2, C, and D; don't fret about consuming animal and vegetable fats (except no trans fats), including milk, cheese, meat, poultry, seafood, and eggs; limit alcohol consumption; consume two full meals a day and avoid between-meal snacking; never use "street drugs."; do not use natural or synthetic opioids for anything except short-term relief of severe pain or the pain of advanced cancer.

Lifestyle and Activity

Sleep 6-8 hours per night without sleep medication; do not drive a vehicle after drinking or taking certain psychoactive drugs; do walk up and down stairs, but be sure there are handrails in case you need them; make sure to continue to be active physically, mentally, socially, and sexually; do not keep firearms within your home or workplace; study and enjoy birds, bees, trees, plants, flowers, and wildlife.

Social and Economic Factors

Value whatever family life you have, and participate actively while encouraging individuals to live their own lives; read great books (fiction or nonfiction) a little every day; actively engage (in person or electronically) with younger people; stay informed about current world affairs, care a lot, but accept the reality of what you can and cannot change; be passionate about culture (performing and visual arts) and sporting events; recognize and respect the value of spirituality and religion for many people, but feel free to live otherwise as you choose; try to earn (and retain) as much money as needed to control your healthy environment into "ripe old age."

Medical Actions

Take charge of your own health; listen to your body; maintain a long-term relationship with a reliable and conservative primary care physician and certain specialists that fit the needs of older individuals; promote good vision in any way you can; use hearing aids as needed daily, to retain that brain function; see your dentist every six-12 months and practice good oral hygiene — there's a strong correlation between length of life and number of original teeth; take as few medications and have as few diagnostic tests and surgical procedures as possible, especially back and knees; utilize chiropractic, acupuncture and massage as appropriate; apply abundant moisturizing skin lotion, especially after sun exposure; do use saline nasal mist often to prevent nosebleeds.

Exercise

Walk at least two miles every day; if the opportunity is available, try to swim every day; learn and practice the techniques of yoga, not necessarily in groups; recognize that sarcopenia (muscle shrinking) of aging is inevitable and inexorable, but try to mitigate it by a protein-rich diet and deliberately lifting heavy objects (resistance training); work on balance, especially standing on one foot.

Work

Do not retire; if you must retire from working full-time, work part-time or at volunteer jobs; be sure you have productive and fulfilling reasons to get out of bed each morning.

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Get Your Body Moving - The Real (And Surprising) Benefits of Daily Movement

Source: Julie Belini, registered kinesiologist



It's no secret: it's become very easy to avoid daily, frequent movement. Our bodies are not built to sit for an hour or several hours or all day. Moving your body doesn't have to be a big undertaking. In all my years as a Registered Kinesiologist, here is the most important thing I've discovered: The quality and quantity of your daily movement - your strength, agility, balance, and stamina - are actually markers for something much more important than a lean and agile body, they are keys to a better quality of life. People of all shapes, ages, and sizes say they have a better quality of life with fewer physical and mental limitations, they are more energetic, younger feeling, able to do things they've put off for years, and feel empowered with their healthier bodies.

Strong evidence shows the many health benefits when you include daily physical activity and regular exercise.

- Dramatically lowers your risk of heart disease and stroke
- Helps prevent and control everything from high blood pressure to high cholesterol, Type 2 diabetes, osteoporosis, osteoarthritis, obesity, and mental health conditions
- Reduces stress, increases energy, better sleep, improves digestion, memory and learning.

These benefits are also proven in research that compared exercise alone to diet alone. Therefore, to not move is a loss much, much greater than your pant size. Now... just imagine how you could feel if you combined the magic of daily activity and regular exercise with brain-boosting and muscle building nutrition!

So, what is best when you are limited by joint stiffness and pain?

Swimming, biking, and pole walking (greater stability and balance) to increase your heart rate for cardiovascular stamina. Work up to 30 minutes or do 15 minutes twice a day. Combine this with core movement training which will improve balance and stability at your back, hips and knees, reduce joint stress and possibly slow joint degeneration from osteoarthritis. Dr Stuart McGill, a top spine biomechanist, has proven his 'Big 3' core exercises are critical to help manage low back, hip, and knee pain by improving core endurance, which allows you to do the activities you enjoy. These are included in my core training classes.

It may seem like a daunting task to exercise regularly. When you set yourself up for success and ease into a daily routine, experts promise that the motion will be the medicine. Tips to exercising regularly:

- Write a goal and make it visible
- Remind yourself of your goal when you want to skip exercise
- Make sure the exercises are what your body needs to move better, and learn proper form
- Schedule realistic times into your week
- Keep it simple - at your level of ability and fitness - not too easy nor too difficult

The mantra, some is better than none, every day, will keep you consistent on your healthy journey. Here's something for you! <https://youtu.be/VCvujXjz4ml>. A 30 minute core class. Enjoy and save it!

If you are struggling to walk more than 15 minutes and daily activities continue to be painful, it is time to get expert help to correct your movement problems that provoke pain. Book an appointment with me.

What's the Best Time of Day to Exercise? It Depends on Your Goals

Source: https://www.medscape.com/viewarticle/975915?src=wnl_tp10n_220707_mscpedit&uac=245029FG&impID=4400940



For most of us, the "best" time of day to work out is simple: When we can. Maybe that's before or after work; or when the gym offers free daycare; or when our favourite instructor teaches our favourite class. That's why we call it a "routine." And if the results are the same, it's hard to imagine changing it up.

But what if the results aren't the same?

They may not be, according to a new study from a research team at Skidmore College. The results of a 12-week exercise program were different for morning vs. evening workouts.

Women who worked out in the morning lost more fat, while those who trained in the evening gained more upper-body strength and power. As for men, the performance improvements were similar no matter when they exercised. But those who did so in the evening had a significant drop in blood pressure, among other benefits.

The study is part of a growing body of research showing different results for different times of day among different populations. As it turns out, when you exercise can ultimately have a big effect. And we're not just talking strength and fat loss, but also heart health, mood, and quality of sleep.

An Accidental Discovery

The original goal of the Skidmore study was to test a unique fitness program with a group of healthy, fit, and extremely active adults in early middle age. The program includes four workouts a week, each with a different focus: strength, steady-pace endurance, high-intensity intervals, and flexibility (traditional stretching combined with yoga and Pilates exercises).

But because the group was so large – 27 women and 20 men completed the 3-month program – they had to split them into morning and evening workout groups. It wasn't until researchers looked at the results that they saw the differences between morning and evening exercise.

Participants in every group got leaner and stronger. But the women who worked out in the morning got much bigger reductions in body fat and body-fat percentage than the evening group. Meanwhile, women in the evening group got much bigger gains in upper-body strength, power, and muscular endurance than their morning counterparts.

Among the men, the evening group had significantly larger improvements in blood pressure, cholesterol levels, and the percentage of fat they burned for energy, along with a bigger drop in feelings of fatigue.

Strategic Timing for Powerful Results

Some of these findings are consistent with previous research. For example, a study published in 2021 showed that the ability to exert high effort and express strength and power peaks in the late afternoon, about the same time that your core body temperature is at its highest point. On the other hand, you'll probably perform better in the morning when the activity requires a lot of skill and coordination or depends on strategic decision-making.

Performance aside, exercise timing might offer strong health benefits for men with type 2 diabetes, or at high risk for it. A 2020 study showed that men who exercised between 3 and 6 p.m. saw dramatic improvements in blood sugar management and insulin sensitivity, compared to a group that worked out between 8 and 10 a.m. They also lost more fat during the 12-week program, even though they were doing the exact same workouts.

Health Humour

A mother complained to her consultant about her daughter's strange eating habits.

–"All day long she lies in bed and eats yeast and car wax. What will happen to her?"

–"Eventually," said the consultant, "she will rise and shine."

Question: Does an apple a day keep the doctor away?

Answer: Only if you aim it well enough.

Painful Shoulder Movements are NOT Related to Rotator Cuff Findings on MRI

Source: Pain Reports 2021; 6(4): e980; Alaiti R, Caneiro J, Gasparin J et al.

Chronic shoulder pain often interferes with daily activities that involve arm movements. Clinical decisions are often based on a patient's reports of pain with movement, considering patterns of movement that provoke the pain or by performing provocative movements to determine the mechanical causes of the pain.

General measures of shoulder pain are poorly correlated with x-ray findings, and the connection between tissue damage and movement-related shoulder pain has not been properly investigated. Nevertheless, many clinicians consider that more intense pain or pain with more shoulder movements are accurate measures of more tissue damage to the rotator cuff tendons. Unfortunately, studies thus far have relied on pain-intensity measures that do not actually measure the variability of shoulder pain during life's daily activities!

The aim of this study was to determine whether movement-related pain that occurs across a wider variety of activities was associated with the number or severity of rotator cuff radiological findings on magnetic resonance imaging (MRI). The authors hypothesized that such pain would not be associated with the number or severity of rotator cuff MRI findings.

Pertinent Results:

Put simply, movement-related pain that is reported across a wider variety of shoulder activities was not associated with the number nor severity of rotator cuff MRI findings. In other words, neither the number of abnormal rotator cuff tendons nor the severity of tendon findings was associated with pain occurrence across clinically relevant arm movements.

The findings of this study are similar to what other studies have found, that neither the presence nor severity of imaging findings are associated with general measures of pain intensity or disability. However, this study did show that participants who reported pain across more activities were more prone to notice pain during rest.

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.
- We are pleased to welcome Julie Belini our Registered Kinesiologist. She uses current evidence based exercise and ergonomic recommendations to help individuals reduce pain, and improve function. Ask about how she can help on your next visit.
- 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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