

The Alliance Update

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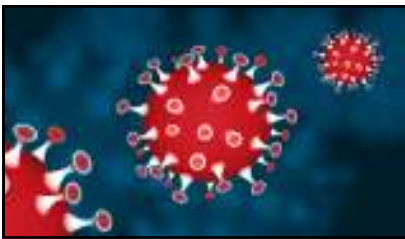
Winter 2021 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Vitamin D Deficiency in COVID-19 Quadrupled Death Rate

Source: Medscape Friday, January 8, 2021; Becky McCall



Vitamin D deficiency upon admission to hospital was associated with a 3.7-fold increase in the odds of dying from COVID-19, according to an observational study looking at data from the first wave of the pandemic.

Nearly 60% of patients with COVID-19 were Vitamin D deficient upon hospitalization, with men in the advanced stages of COVID-19 pneumonia showing the greatest deficit.

Importantly, the results were independent of comorbidities known to be affected by Vitamin D deficiency.

Consider Vitamin D to Prevent COVID-19 Infection

With regards to the potential role in prevention, "Numerous observational studies have shown that low Vitamin D levels are a major predictor for poor COVID outcomes," notes Jacob Teitelbaum, MD, an internist who specializes in treating chronic fatigue syndrome and fibromyalgia, and also has an interest in COVID-19.

"This study shows how severe a problem this is," Dr. Teitelbaum told Medscape Medical News. "A 3.7-fold increase in death rate if someone's Vitamin D level was below 20 [ng/mL] is staggering. It is arguably one of the most important risk factors to consider."

What is not clear is whether Vitamin D levels are acting as an acute-phase reactant dropping because of the infection, with larger drops indicating more severe disease, or whether vitamin D deficiency is causing worse outcomes," added Dr. Teitelbaum, who is director of the Center for Effective CFIDS/Fibromyalgia Therapies, Kailua-Kona, Hawaii.

Vitamin D dampens excessive inflammation," said Dr. Teitelbaum. "In these patients with acute respiratory distress syndrome, the immune system has gone wild."

Ultra-Processed Food Again Linked to Increased Risk of Death

Source: Medscape Friday, January 8, 2021; Fran Lowry



Another study has linked the consumption of ultraprocessed or "junk," foods to bad health outcomes.

In a longitudinal analysis of more than 22,000 men and women from southern Italy, those who consumed the most ultraprocessed food (UPF) had the highest risk for cardiovascular disease (CVD) and all-cause mortality, likely mediated through a diet high in sugar, researchers say.

High consumption of UPF in this cohort was associated with a 58% increased risk for CVD mortality and 52% higher risk of dying from ischemic heart disease (IHD) and cerebrovascular causes. These statistics were independent of known risk factors for CVD, even among individuals who otherwise adhered to the Mediterranean diet.

The findings should serve as an incentive for limiting consumption of UPF and encouraging a diet consisting of natural or minimally processed foods.

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Cronometer: My Review of a Free Online Calorie and Nutrient Tracking Device.

Source: Dr. Gavin Morphet



Many people have a goal of weight loss, and some people even have a goal of weight gain. Knowing how many calories you are consuming, along with the macro nutrient breakdown of those calories (ie. the amount of carbohydrates, proteins, and fats) can make meeting weight goals simpler.

Since November, I have been using a free online app called Cronometer (www.cronometer.com). It has been rated as one of the best online free apps for calorie and nutrient tracking. I have found this software to be very user friendly. You can set up your biometric data (height, weight, age, gender etc.) easily, and set any goals regarding weight you wish to achieve. There is an extensive database of foods to select from, and you can easily add your own custom recipes. I have a simple kitchen scale that allows me to weigh my food quickly. The benefit of the app is it tells you how many calories you need to eat each day to meet your goals, along with the nutrient content of your diet. This is enlightening; you can quickly pick up specific vitamins and minerals you tend to be deficient in. For me this has been vitamin E. If you put the cursor on a vitamin or mineral, it lets you know what foods are the best sources so you can add them to your diet. The program also lets you add any physical activities you do (again it has a large data base). Once you select the amount of time you have performed the physical activity, your daily calorie needs are automatically adjusted.

I set a goal of losing half a pound a week, and to date I have lost 12lbs. This is only a 250 kcal deficit per day, which I don't notice (ie. I am not hungry all the time). But it is the consistency over time that has gotten the results. In looking into the science behind weight loss, best long term results are achieved if you do not lose more than 10% of your body weight over three months, and do not diet longer than three months. After a three month diet cycle you should do a maintenance cycle (eating to maintain the new body weight) for at least three months before performing another three month cycle. You can repeat this cycling of calorie restriction and calorie maintenance to gradually meet your ultimate weight loss goal. This cycling of calorie restriction helps prevent the slowing of your basal metabolic rate, which is how many calories you burn at rest. Calorie restriction that is too severe and too prolonged causes the resting metabolic rate to slow significantly, and is one reason why most people regain the weight lost and often gain additional weight.

Exercise is also very helpful, both cardiovascular and strength exercise. When losing weight, if you are not stressing the musculature, your body will lose both muscle and fat in equal amounts. If you are exercising regularly, your body keeps more muscle mass and loses more fat. This is not only better in terms of appearance and function, but also an important way to maintain your basal metabolic rate while dieting.

There are specific macro nutrient ratios (protein, fat, carbs) that can be beneficial while meeting weight loss and weight gain goals, and I would be happy to provide information on this to interested patients.

Four Reasons to Wear a Mask Even After You are Vaccinated

Source: Medscape; Liz Szabo, January 15, 2021

1. No vaccine is 100% effective.

Large clinical trials found that two doses of the Moderna and Pfizer-BioNTech vaccines prevented 95% of illnesses caused by the coronavirus. While those results are impressive, one in 20 people are left unprotected, said Dr. Tom Frieden, a former director of the Centers for Disease Control and Prevention.

2. Vaccines don't provide immediate protection.

No vaccine is effective right away: it takes about two weeks for the immune system to make the antibodies that block viral infections. Covid vaccines will take a little longer than other inoculations such as the flu shot, because both the Moderna and Pfizer products require two doses.

3. COVID vaccines may not prevent you from spreading the virus.

While covid vaccines clearly prevent illness, researchers need more time to figure out whether they prevent transmission. In other words, a vaccinated person might still be able to spread the virus, even if they do not feel sick.

4. Masks protect against any strain of the coronavirus, in spite of genetic mutations.

The best hope for ending the pandemic is not to choose between masks, physical distancing, and vaccines, but to combine them. The three approaches work best as a team.

World Health Organization's (WHO) New Physical Activity Guidelines

Source: Medscape Friday, January 8, 2021; Pam Harrison



New World Health Organization (WHO) guidelines say more moderate to vigorous physical activity is needed to offset the harms of sedentary behavior, exceeding targets set in previous recommendations.

The 2020 WHO guidelines now specify that adults aim for 2.5 to five hours of moderate intensity and one hour and 15 minutes to 2.5 hours of vigorous intensity physical activity a week. For children and adolescents, at least one hour per day of moderate to vigorous physical activity is now advised.

These recommendations exceed those made in 2010 for adults to achieve at least 2.5 hours of moderate intensity or at least one hour and 15 minutes of vigorous intensity activity per week.

Among the key changes for adults in the new 2020 guidelines is the removal of a previous stipulation that physical activity be accumulated in at least 10 minute bouts.

This change reflects the accumulated evidence showing that any duration of physical activity is associated with improved health outcomes, including all-cause mortality.

The new recommendations also stress the need for adults to engage in muscle-strengthening activities such as weights on two or more days of the week. Older adults should also undertake activities that improve balance and strength to enhance functional capacity and prevent falls.

For the first time, WHO also recommends pregnant women engage in regular physical activity throughout pregnancy and following birth, citing that even gentle stretching may be beneficial.

Another key change is that children and adolescents are advised to obtain at least 60 minutes/day of moderate to vigorous physical activity rather than to simply "accumulate" 60 minutes of physical activity daily, as was previously recommended.

In addition, the guidelines now recommend people of all ages and abilities reduce time spent in sedentary behaviors and use that time for any physical activity of any intensity.

The Clinical Utility of Routine Spinal X-rays by Chiropractors

Source: Chiropr Man Therap. 2020 Jul 9;28(1):33. doi: 10.1186/s12998-020-00323-8.

X-rays are used to rule out serious pathology when signs or symptoms indicate. This includes a diagnosis such as fracture, dislocation, tumour, and bone infection. In the absence of indicators of serious pathology, the usefulness of routine and repeated x-rays by chiropractors to assess the biomechanical structure and function of the spine is controversial.

This particular study reviewed all the research to date that looked at the usefulness of routine or repeat x-rays for evaluating structure and function of the spine, and whether functional or structural findings on repeat radiographs are valid markers of clinically meaningful outcomes (eg. pain reduction; improved function in activities of daily living; pain free motion). The research objectives required that the validity, diagnostic accuracy and reliability of radiographs be determined for the structural and functional evaluation of the spine.

Of the 176 studies reviewed and critically appraised, none assessed the clinical utility of routine or repeat radiographs (in the absence of indicators of pathology) of the cervical, thoracic, or lumbar spine for the functional or structural evaluation of the spine. No studies investigated whether functional or structural findings on repeat radiographs are valid markers of clinically meaningful outcomes.

Conclusion: Currently there is no research supporting the use of routine or repeat radiographs to assess the function or structure of the spine to improve clinical outcomes for the patient. More research is required to prove a link between repeated x-rays for biomechanical evaluation of the spine and better patient outcomes with treatment based on these x-ray findings. Given the inherent risks of ionizing radiation, this study recommends that chiropractors do not use radiographs for the routine and repeat evaluation of the structure and function of the spine.

Stay Standing This Winter!

Source: <https://chiropractic.on.ca/self-management/prevent-winter-slip-ups/>

Falling on ice can leave you red-faced with embarrassment, or far more seriously, hurt badly from hard impact or falling awkwardly. Slippery sidewalks, driveways and icy parking lots can be risk factors for falls in winter. Avoid a bad fall with these top tips.

Walk like a penguin

The penguin waddle helps you keep your centre of gravity over your feet as you step, instead of split between the legs. To further help avoid falls, extend your arms out from your sides to increase your centre of gravity. Do not keep your hands in your pockets. Walk slowly, with short strides and try to land your steps with a flat foot.

Keep walkways clear

Shovel snow and scrape ice as soon as possible. Liberally sprinkle ice melt product or sand onto walkways to provide foot traction and to make sure surfaces do not turn to ice. This not only protects you and your family, but also postal carriers and others when they are walking around your property. Where possible install or use handrails for extra support.

Take all precautions

Be extra cautious walking after a storm. Tap your foot on potentially icy areas to see if it is slippery. Hold a railing while walking on icy steps. Stay steady by wearing proper winter footwear. Lightweight boots with a thick, non-slip tread sole will provide good traction on ice. If a sidewalk is icy down the middle, walk on the snow beside it to avoid slips. To increase safety even more, get a pair of ice cleats to put on your boots when you go walking. See the following website for a product review

<https://bestreviews.com/best-ice-cleats>.

Lighten your load

Carry fewer bags on snowy days, since excess baggage can throw off your balance and make it tougher to regain your balance once you lose it. Keep your hands free by putting away your phone while walking – you may need to catch yourself!

Boost balance with exercise

You cannot control the weather but you can improve your balance through regular exercise. Exercise is an ideal way to help you stay safely on your feet because it helps improve balance, flexibility and strength. Talk to a chiropractor about ways to improve your balance and strength in order to prevent falls.

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.
- Just a reminder to use the hand sanitizer when you enter the office, and face masks are mandatory. Thank-you!
- We continue to be open to all patients during the lockdown with mandated screening, cleaning, and mask protocols in place for the protection of staff and patients.
- 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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