

The Alliance Update

www.alliancechiroandwellness.com

Spring 2023 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Pool or Lake – 9 Benefits of Exercising in Water

Source: <https://chiropractic.ca/9-benefits-of-getting-your-exercise-in-the-pool-lake-or-ocean/>

Summer is coming so make a splash! Whether you are at the beach or poolside, take advantage of exercising in the water. Here are nine benefits that swimming and water activities can provide:

- 1. Gentle on Your Joints:** In the water, you become buoyant, which means you float! This reduces the impact on your joints, making water exercises a safer choice and lowering the risk of injury.
- 2. Stay Cool:** Working out can heat up your body, especially in the summer heat. Exercising in the water helps you cool off faster, preventing overheating. Even if the water is warm, it still improves blood circulation - a big plus during exercise.
- 3. Built-in Resistance:** Water provides natural resistance. When you move through the water, you work harder than you would moving on land. This resistance boosts your overall strength and endurance.
- 4. Adjust the Challenge:** Depending on your speed, position, or form in the water, you can modify the resistance you face. Streamline your swim stroke, and you can move faster with less resistance. If you are up for a challenge, jogging or running in deeper water provides even more resistance and helps improve your running performance on land.
- 5. Swim Smarter, Not Harder:** As you become more skilled and knowledgeable about swimming, your body becomes more efficient. You use less energy and effort, resulting in greater speed and ease. The more you practice, the easier swimming becomes!
- 6. Rest and Recover:** In the water, there is no need to stop to give your body a break. Incorporate resting strokes like sidestroke or elementary backstroke to catch your breath without interrupting your workout.
- 7. Gradually Increase Intensity:** Swimming allows you to make gradual changes to your routine without much effort. Increase your swim time and reduce rest breaks or replace them with rest strokes as you build up your swimming endurance.
- 8. Limber Joints, Toned Muscles:** Water exercises are low impact, keeping your joints nimble. The water's resistance also helps tone your muscles, giving you a fantastic full-body workout.
- 9. Support for Your Body:** Exercising in the water provides excellent support for your whole body, including your back, and places less weight on your spine as you move. Even if you are not a swimmer, no need to fret! Walking waist-deep in the pool is a great way to exercise gently while taking the pressure off your joints and back.

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So now that you know the benefits, head to your local beach or pool, and make a splash! If you have any questions about which exercises are right for you, talk to Dr. Morphet. He can help you find the perfect water workout to suit your needs.

Health Humour

Source: Readers Digest

I was in the emergency room when a young male nurse came in to ask routine medical questions.

Nurse: Have you ever had a hysterectomy?

Me: Yes.

Nurse: When?

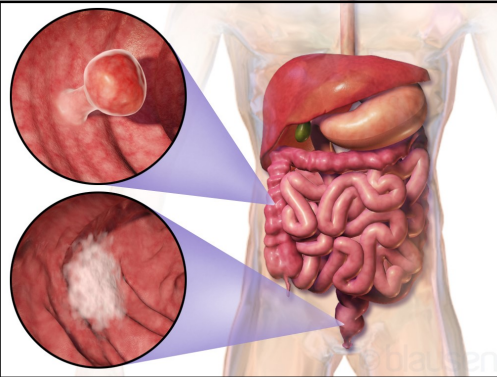
Me: 2011.

Nurse: Do you think you could be pregnant?

Me: Do you think this is the right career for you?

Why Is Colorectal Cancer Rising in Younger People?

Source: Medscape; Nancy A. Melville; March 23, 2023



Although rates of colorectal cancer (CRC) are on the decline, the incidence among younger people continues to rise.

Data show that the incidence of early-onset CRC, diagnosed in people younger than 50, has increased globally by as much as 2% to 4% a year since the 1990s, with even steeper increases among those younger than 30.

"We know rates are increasing in young people, but it's alarming to see how rapidly the whole patient population is shifting younger, despite shrinking numbers in the overall population," Rebecca Siegel, Master of Public Health, American Cancer Society.

But gaining a more granular understanding of why this shift is occurring remains a challenge. Studies attempting to unravel the causes of early-onset CRC have been limited in scope, often focusing on single aspects of the etiology, while the causes are likely multifactorial

On the environmental and lifestyle fronts, researchers highlight the roles obesity and other metabolic conditions, as well as physical inactivity and diet, may play in early-onset CRC risk.

A 2019 study found that obesity during adolescence and adulthood was associated with a higher risk of early-onset CRC. A second study, published the same year, revealed that being more sedentary may increase the risk of early-onset CRC. Consumption of sugar-sweetened beverages and red and processed meat have been implicated in the early emergence of CRC as well.

These factors can affect an individual's gut microbiome, another probable player in early-onset CRC. There is a "compelling body of evidence supporting a role of the gut microbiota in CRC pathogenesis and progression", Melville notes.

Although complex, understanding the interactions between lifestyle and dietary elements, the tumour microenvironment, and the host, will be fundamental to uncovering the root causes of the rise in early-onset CRC.

Some Mental Issues Are Best Treated With Exercise

Source: Medscape, Medscape Staff, April 17, 2023



Physical activity can sometimes be more effective than medications in treating depression, anxiety, and distress, according to a group of medical researchers at the University of South Australia.

What to Know

- Physical activity is extremely beneficial for improving symptoms of depression, anxiety, and distress, and works faster than medications.
- The greatest benefits from exercise occurred in people with depression, pregnant and postpartum women, healthy individuals, and people with HIV or kidney disease.
- For those with depression and anxiety, higher-intensity exercise with bursts of short and mid duration proved more beneficial than exercise of longer duration.
- All types of physical activity and exercise were beneficial, including aerobic exercise, such as walking, resistance training, Pilates, and yoga.
- Physical activity was found to be 1.5 times more effective than counseling or the leading medications in managing depression, and is recommended as a mainstay of treatment.

Four Stretches to Maintain Shoulder Mobility

Source: Harvard Health Publishing; August 1, 2019; Photos by Michael Carroll

Wall climb

Movement: Stand up straight facing a wall. Extend your right arm with your elbow soft (not locked), and place your hand on the wall at shoulder height. Slowly walk your fingers upward, stepping in toward the wall as your hand climbs higher. Stop when you feel mild tension in your shoulder. Hold 10 to 30 seconds. Slowly walk your fingers back down the wall and return to the starting position. Repeat three to four times. Switch arms and repeat.



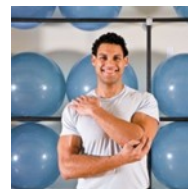
Chest and shoulder stretch

Movement: Stand alongside a doorway or wall. Extend your right arm and put your right hand on the edge of the door frame slightly below shoulder level, palm facing forward and touching the door frame. Keep your shoulders down and back. Slowly turn your body to the left, away from the door frame, until you feel the stretch in your chest and shoulder. Hold 10 to 30 seconds. Return to the starting position. Repeat three to four times, then repeat on the opposite side.



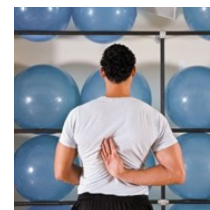
Shoulder stretch

Movement: Stand with your feet hip-width apart. Put your left hand on your right shoulder. Cup your left elbow with your right hand. Roll your shoulders down and back as you gently pull your left elbow across your chest. Hold 10 to 30 seconds. Return to the starting position. Repeat three to four times, then repeat on the other side.



Shoulder stretch with rotation

Movement: Stand up straight with your feet hip-width apart and your hands by your sides. Place the back of your right hand against the small of your back, at your waist. Your fingers should be pointing up. Slowly slide your right hand farther up your back as high as you can. Hold 10 to 30 seconds. Repeat three to four times, then repeat with left hand.



Note: If any of these exercises cause pain or you have a known shoulder pathology, please contact your chiropractor before attempting this program.

What is Driving the 'World's Fastest-Growing' Brain Disease'?

Source: Medscape; Batya Swift Yasgur, MA, LSW; March 16, 2023

A common chemical that is used in paint removers, gun cleaners, aerosol cleaning products, and dry cleaning may be the key culprit behind the dramatic increase in **Parkinson's Disease** (PD), researchers say. An international team of researchers reviewed previous research and cited data that suggest the chemical **trichloroethylene** (TCE) is associated with as much as a 500% increased risk for Parkinson's Disease (PD).

Lead investigator Ray Dorsey, MD, professor of neurology, University of Rochester, New York, called PD "the world's fastest-growing brain disease," and told Medscape Medical News that it "may be largely preventable."

"Countless people have died over generations from cancer and other disease linked to TCE [and] Parkinson's may be the latest," he said. "Banning these chemicals, containing contaminated sites, and protecting homes, schools, and buildings at risk may all create a world where Parkinson's is increasingly rare,"

TCE was first synthesized in a lab in 1864 with commercial production beginning in 1920, the researchers note.

"Because of its unique properties, TCE has had countless industrial, commercial, military, and medical applications," including producing refrigerants, cleaning electronics, and degreasing engine parts.

In addition, TCE has been used in dry cleaning, although a similar chemical (perchloroethylene [PCE]) is currently more widely used for that purpose. Nevertheless, the authors note that in anaerobic conditions, perchloroethylene often transforms into TCE "and their toxicity may be similar."

A Better, Lower-Cost Option for Mild to Moderate Depression?

Source: Medscape; Megan Brooks, March 30, 2023



A mindfulness-based cognitive therapy self-help (**MT**) intervention in which patients were supported by a trained practitioner, led to better clinical outcomes at lower cost than practitioner-supported cognitive-behavioral therapy self-help (**CBT**), new research shows.

The trial included 410 adults (mean age, 32 years; 62% women) with mild to moderate depression who were recruited from 10 publicly funded psychological therapy services in England. Participants were given one of two established self-help workbooks. **The Mindful Way**

Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress, written by the pioneers of MT, or **Overcoming Depression and Low Mood**, 3rd Edition: A Five Areas Approach, a widely used CBT program. Use of the self-help books was supported by six structured phone or in-person sessions with a trained psychological well-being practitioner.

The primary outcome was depression symptom severity at 16 weeks. At this point, following randomization, MT led to significantly greater reductions in depression symptom severity compared with CBT. MT also had superior effects on anxiety symptom severity at 16 weeks.

At the 42-week follow-up, between-group effects on depression and anxiety symptom severity remained better for the MT group, but were not considered statistically significant. Researchers noted that this could be due in part to the greater post intervention psychological therapy accessed by participants in the CBT.

On average, the CBT intervention cost health services £526 more per participant than the MT intervention over the 42-week follow-up.

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
9. Kinesiology Services

Clinic Hours

Please note:

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	

1. Massage therapy is available outside core office hours.

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 from August 18 to August 25th.
- 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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