

# The Alliance Update

www.alliancechiroandwellness.com

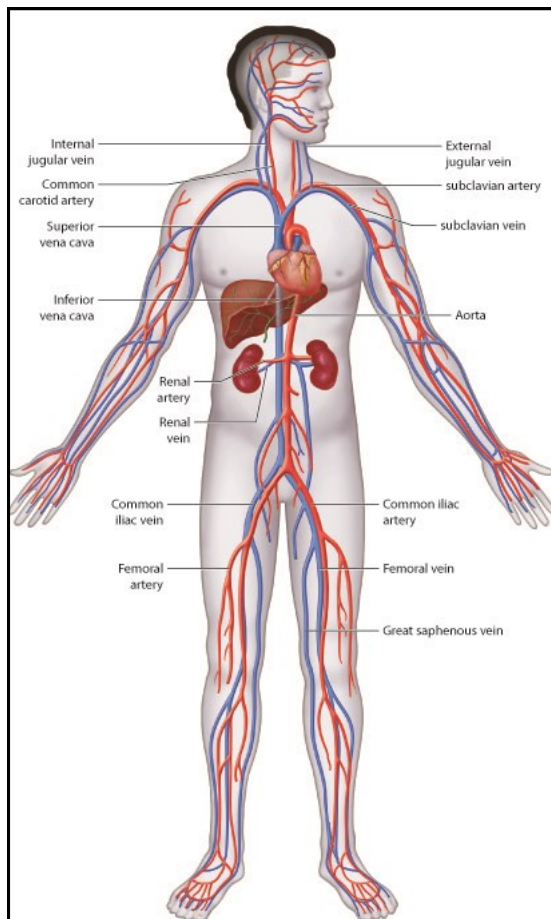
Winter 2024 Edition

Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

**Health  
Newsletter**

## 'World's Healthiest Arteries' Found to Be the Most Elastic

Source: Medscape; Matías A. Loewy, December 28, 2023



The arteries of members of an indigenous community in the Bolivian Amazon, dubbed "the world's healthiest," have remarkably low rates of coronary atherosclerosis, compared with those of other populations. Their arteries were found to be exceptionally elastic and to age more gradually, according to a study presented at the *2023 Annual Congress of the American Heart Association* in Philadelphia.

### An Ancient Lifestyle

The study focused on an indigenous community in Bolivia that sustains itself through ancestral practices like slash-and-burn agriculture (mainly involving plantains, rice, sweet cassava, and maize), river fishing, hunting wild game, and gathering seasonal fruits, honey, and nuts. They are inactive only 10% of their daily time and adhere to a low-fat, low-processed carbohydrate diet.

Over the past decade, numerous studies in this community documented a lower prevalence of arterial hypertension, atrial fibrillation, type 2 diabetes, obesity, smoking, sedentary lifestyle, and more recently, minimal cognitive dysfunction and dementia.

In 2017, a cross-sectional study showed individuals over 40 years of age had very low coronary artery calcium scores, a marker for coronary atherosclerosis. The finding strongly suggests that healthy lifestyle habits genuinely prevent cardiovascular disease. The mechanisms involved and their evolution with age were noted to need further exploration.

The new research delved into arterial elasticity, particularly in the carotid and femoral arteries, as a measure of potential arterial stiffening and atherosclerosis. The study included around 500 adults of both sexes.

### Aging and Arterial Elasticity

The findings revealed that the indigenous groups' arteries are less rigid than those in various urban and sedentary populations that have been studied previously. For instance, the elasticity of the large and small arteries in 491 subjects (average age: 55.3 years) was 57%-86% higher than that observed in adult men and women in the United States in the Multi-Ethnic Study of Atherosclerosis.

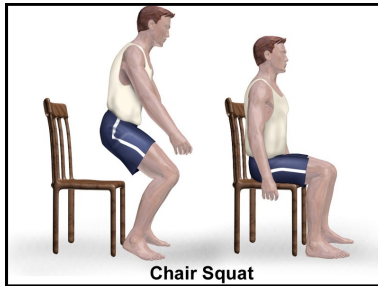
The researchers noted the Bolivian indigenous groups arteries remain more elastic for a longer period than in other populations. However, by age 70 years, the arteries also start to harden.

The minimal and delayed increase in arterial stiffness related to age could contribute to the very low observed levels of coronary atherosclerosis and dementia in the indigenous group studied. Lifestyle factors likely play a significant role in determining arterial stiffness.

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## The Advantages of Body-Weight Exercise

Source: Harvard Health Publishing; Healthbeat



All exercise is beneficial. But even stacked up against other types of workouts, body-weight exercise has a lot to offer. Not only does it provide an excellent work-out, but it can also help you overcome some common excuses for avoiding exercise such as, "I don't have time to go to the gym" and "I don't have space for a stationary bike at home." All you have to do is move your body. Here's a closer look at some of the pluses.

### It couldn't be more convenient

No matter where you are, you've got your body, so you can exercise anywhere, anytime—in your bedroom when you wake up, in the kitchen while you're waiting for water to boil, or in your hotel room when traveling. That makes it easy to find the time.

### The price is right

With body-weight exercise, there's nothing to buy other than a pair of shoes. You don't need stylish clothing. You don't even need a yoga mat, much less an expensive gym membership, although you can certainly do these workouts at the gym, too. You might want a few props, such as a chair, bench, or counter to modify some moves, but these are all items that are likely on hand.

### The intimidation factor is low

You can do these exercises solo. You don't have to walk into a gym full of buff exercisers and do not need complicated-looking weight machines, requiring adjustments and risk still not fitting you properly.

### It's effective.

Research published in the journal *Physiology and Behavior* found that body-weight exercise, as a form of resistance training, helps build muscle "independent of an external load." But it also does more. When Polish researchers looked at the effects of 10 weeks of body-weight exercises on various physical fitness parameters in a small group of young women, they found improvements in seven out of nine of the parameters. The biggest gains were in aerobic capacity, with a 33% improvement. Muscle endurance, particularly in the core, increased by 11%, while lower-body power posted a 6% gain. Even flexibility was better after the training.

### You don't necessarily have to do a lot of it.

While it's good to meet the [Physical Activity Guidelines](#), smaller amounts of body-weight exercise can also deliver results. In a small study of active people in their 60s, Japanese researchers found that a work-out consisting of eight simple lower-body exercises increased the participants' muscle strength and power by about 15% after 10 months. That may not sound like much, but during this stage of life, strength and power are often declining. What's more, the participants achieved these gains by doing only six workouts a month.

### It provides "functional" exercise

Most body-weight exercises work multiple muscles at once rather than training an isolated muscle or muscle group, as many exercise machines and dumbbell exercises do. Therefore, body-weight exercises are considered more functional, using more muscles and joints at a time, engaging balance and mimicking everyday activities.

### It can be adjusted to your fitness level

It may not be obvious how to do this at first. When you're using your body as the weight, you can't just remove 10 or 20 pounds as you can with machines or dumbbells. But there are ways to modify moves to decrease or increase the resistance. For example, you can adjust your body position—do push-ups against a wall rather than the floor—or you can change the number of times you repeat an exercise or modify your exercise pace.

### It's good for your health

Literally thousands of studies have shown that the more you move, the lower your risks for heart disease, diabetes, obesity, multiple types of cancer, joint pain, and Alzheimer's disease. Exercise can also lift your mood, reduce your stress level, and improve your sleep. Body-weight exercise is no exception.

[Whole Body Routine For Seniors](https://www.youtube.com/watch?v=mndeL_NnU7E)— [https://www.youtube.com/watch?v=mndeL\\_NnU7E](https://www.youtube.com/watch?v=mndeL_NnU7E)

[Beginner Whole Body Routine](https://www.youtube.com/watch?v=iCQ2gC4Dqjw)— <https://www.youtube.com/watch?v=iCQ2gC4Dqjw>

Note: Canadian Physical Activity Guidelines can be found [here](#).

## How Much Exercise You Need To Control Your Blood Pressure

Source: Science Alert; Clare Watson, December 26, 2023



When it comes to exercise for heart health, you don't want to peak too early in life. Recent research suggests that if you want to protect yourself against high blood pressure as you age, you need to play the long game and keep your exercise levels up through middle age.

But social factors can make this more difficult for some people to do than others, according to a study of more than 5,000 people across 4 US cities.

Teenagers and those in their early 20s may be physically active but these patterns change with age. Numerous studies have shown that exercise lowers blood pressure, but the new work suggests that maintaining physical activity during young adulthood – at higher levels than previously recommended – may be particularly important for preventing hypertension.

Hypertension, also known as high blood pressure, is a serious condition affecting billions of people worldwide. It can lead to heart attack and stroke; it's also a risk factor for developing dementia in later life.

Upwards of one in four men and one in five women has hypertension, according to the [World Health Organization](#). But most people with high blood pressure don't even know they have it – hence why it's often called the "silent killer".

Yet there are ways to turn high blood pressure around: exercise being the focus of this study.

Over 5,100 adults were recruited to the study, which tracked their health over three decades with physical assessments and questionnaires about their exercise habits, smoking status, and alcohol intake.

At each clinical assessment, blood pressure was measured three times, a minute apart, and for the data analysis, participants were grouped into four categories by race and gender.

Across the board – amongst men, women, and in both racial groups – levels of physical activity slumped from 18 to 40 years of age, with rates of hypertension rising and physical activity falling over subsequent decades.

According to the researchers, this suggests that young adulthood is an important window for intervening to prevent midlife hypertension with health promotion programs designed to boost exercise.

Nearly half of our participants in young adulthood had suboptimal levels of physical activity, which was significantly associated with the onset of later hypertension, indicating that we need to raise the minimum standard for physical activity.

When the researchers looked at the people who engaged in moderate exercise five times a week during early adulthood – double the minimum amount currently recommended for adults – they found their risk of hypertension considerably lower, and there were even more benefits if their exercise habits were maintained until age 60.

“Achieving at least twice the current minimum adult physical activity guidelines may be more beneficial for the prevention of hypertension than simply meeting the minimum guidelines,” the researchers wrote in their paper.

## Laughter Is The Best Medicine

- Hear about the new restaurant called Karma? There's no menu: You get what you deserve.
- Why don't scientists trust atoms? Because they make up everything.
- What sits at the bottom of the sea and twitches? A nervous wreck.
- A man tells his doctor, “Doc, help me. I'm addicted to Twitter!” The doctor replies, “Sorry, I don't follow you ...”

## How Chiropractic Care Promotes Healthy Aging

Source: Canadian Chiropractic Association Blog, September 1, 2022

In Canada, the average life expectancy is increasing and is reported as 80 for males and 84 for females. However, are Canadians living full, active and healthy lives as they age? In reality, active living is crucial for healthy aging, maintenance of quality of life and independence. Preserving fitness and mobility can help prevent and manage chronic conditions that frequently impact seniors. In fact, even a moderate level of physical activity can improve balance, endurance, and bone strength.

As we age we are generally more susceptible to developing injuries, aches and pain. Canada's chiropractors are committed to helping Canadians live healthy lives by reducing the risk of falls, injury, and disability. Chiropractors can help test strength, mobility, function and balance, as well as advise on exercise, nutrition and preventative strategies for muscle and joint conditions common with aging. Older individuals are more likely to suffer from:

- Osteoarthritis – deteriorating cartilage in the joints
- Spinal stenosis – narrowing of the canal in the vertebrae impinging on the nerve roots causing pain/numbness
- Degenerative meniscal tear
- Repetitive strain injuries
- Osteoporosis – a disease characterized by low bone mass and deterioration of bone tissue

### HOW CAN CHIROPRACTORS HELP?

- Manage pain
- Increase range of motion and function
- Decrease progression of degeneration in the joints
- Correct posture
- Improve balance
- Reduce risk of falls

### Clinic Services

1. Chiropractic Care
2. Laser Therapy
3. Electrical Therapy
4. Sports Injury Care
5. Custom Foot Orthotics
6. Massage Therapy<sup>1</sup>
7. Naturopathic Medicine
8. Acupuncture
9. Kinesiology Services

#### Clinic 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	

Please note:

1. Massage therapy is available outside core office hours.

### Announcements

- Check out our WEBSITE at [www.alliancechiroandwellness.com](http://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.
- The clinic will be closed over the Family Day weekend (February 16-19 inclusive).
- Like us on Facebook! To see the latest in health news, research, updates, and announcements, check us out at [www.facebook.com/AllianceChiropracticandWellnessClinic](https://www.facebook.com/AllianceChiropracticandWellnessClinic)

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