

The Alliance Update

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Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Growing Evidence Suggests Plant-Based Diets Reduce Cancer Risk

Medscape, [Tara Haelle, January 16, 2025](#)



Eating more plant-based foods can help reduce the risk of several types of cancer. Recent research shows that people who follow a diet rich in vegetables, fruits, whole grains, and legumes have a lower chance of developing cancers, especially those linked to lifestyle choices.

How Plant-Based Diets Protect Against Cancer

A major reason plant-based diets are helpful is because of how they affect the microbiome, the collection of bacteria in the human gut. A study published in *Nature Microbiology* found that vegans and vegetarians had more healthy bacteria that reduce the risk of colon cancer. Even people who ate some meat but included a lot of plant-based foods in their diet had healthier gut bacteria. This suggests that adding more plants to any diet can help lower cancer risk.

What Is a Plant-Based Diet?

There is no single definition of a plant-based diet. It can include vegetarian, vegan, or “plant-forward” diets where plants make up most of the food, but some animal products are still included. The American Institute for Cancer Research (AICR) recommends a “New American Plate,” where two-thirds of the plate consists of vegetables, fruits, and whole grains, and no more than one-third is animal protein.

Research Findings on Cancer Risk

Studies show that plant-based diets lower the risk of cancers affecting the digestive system, including colon, rectal, and stomach cancer. They may also reduce the risk of breast and prostate cancer. A 2023 meta-analysis found that eating more plant-based foods was linked to a 12% lower risk of cancer overall. The risk dropped even more—by 14%—when people followed a “healthy plant-based diet” that included unprocessed plant foods.

Risk Reduction for Specific Cancers

- Digestive system cancers: 18% lower risk
- Prostate cancer: 13% lower risk
- Breast cancer: 9% lower risk
- Pancreatic cancer: 32% lower risk

In addition, another 2023 study found that vegetarians had a 23% lower risk of developing gastrointestinal cancers. The same study showed that men had a greater reduction in risk (43%) compared to women.

Why Plant-Based Diets Are Effective

Plant-based diets are low in saturated fats and high in fiber; this helps with weight control and reduces generalized inflammation, both of which lower cancer risk. These diets also avoid red and processed meats, which can also increase cancer risk through inflammation and oxidative stress.

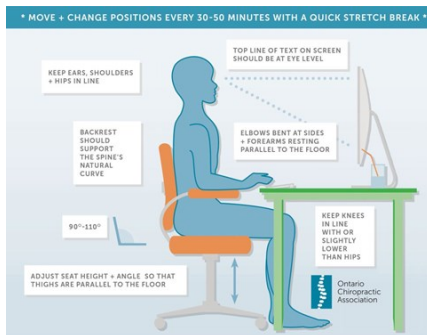
Conclusion

Plant-based diets offer a powerful way to reduce the risk of cancer. While these diets do not have to be strictly vegetarian or vegan, focusing on eating more fruits, vegetables, and whole grains can make a big difference in improving health and preventing cancer.

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Ergonomics Tips to Make Your Work Station More Comfortable

Source: <https://chiropractic.on.ca/self-management/five-office-ergonomics-tips/>



More than 80% of people will have low back pain at least once in their life. If you sit all day at work, especially with poor posture, you are more likely to have this problem. Sitting too long, repeating the same movements, and sitting in awkward positions can cause pain and injuries. Here are five tips to protect your back and make your workspace more comfortable.

1. Sit Tall and Maintain Good Posture

Good posture means keeping your spine's natural curves. Sit with your ears, shoulders, and hips in line and your buttocks against the back of the chair. Keep your chest high and sit tall to avoid extra strain on your muscles and ligaments.

2. Adjust Your Chair Properly

Your lower back should rest against the chair for support. Use a lumbar pillow or rolled-up towel if needed. Make sure your thighs are parallel to the floor and your knees are slightly lower than your hips. Adjust your chair height so your knees bend at a 90-degree angle with your feet flat on the floor. Also, adjust the armrests so they barely touch your elbows. Don't forget to stretch or change your position every 30 to 45 minutes.

3. Position Your Computer Monitor Correctly

Place your monitor directly in front of you, with the top line of text at eye level. This keeps your neck in a neutral position and reduces strain. If your monitor isn't adjustable, use books or other items to raise it. Give your eyes a break by looking away from the screen and switching tasks during the day.

4. Check Your Keyboard and Mouse Position

Keep your keyboard and mouse close so your arms stay relaxed and your wrists are straight. Your elbows should be at your sides, with your forearms parallel to the floor. If you use a laptop often, consider getting an external keyboard to avoid straining your neck or arms.

5. Keep Moving

Sitting in one position for too long can cause stiffness and pain. Change your position every 30 to 50 minutes and take quick stretch breaks. If you use the phone a lot, use a headset or earphones instead of holding the phone between your shoulder and ear.

Work can be stressful enough, so following these tips can help reduce strain on your back. For extra support, consider visiting a chiropractor to keep your back pain-free.

Box Breathing: Benefits and How to Do It

Box breathing, also known as four-square breathing, is a simple technique that offers numerous physical and mental benefits:

<ul style="list-style-type: none"> • Reduces Stress and Anxiety: activates the parasympathetic nervous system, lowering heart rate and promoting relaxation. 	<ul style="list-style-type: none"> • Improves Emotional Control: helps regulate emotions and reduce feelings of overwhelm.
<ul style="list-style-type: none"> • Enhances Focus and Concentration: improves mental clarity by calming the mind, making it a favourite practice among 	<ul style="list-style-type: none"> • Boosts Lung Capacity and Control: strengthens respiratory muscles and increases oxygen efficiency.

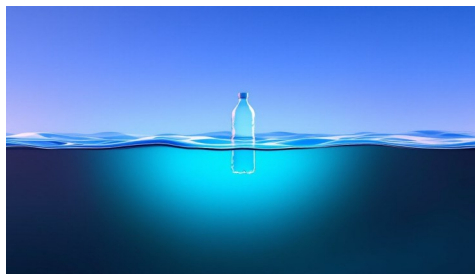
How to Perform Box Breathing:

1. Inhale: Breathe in slowly through your nose for four seconds	3. Exhale: Release the breath slowly through your mouth for four seconds
2. Hold: Hold your breath for four seconds.	4. Hold: Pause for four seconds before repeating.

Repeat this cycle for four to five minutes to experience the full benefits.

Marine Microplastics Linked to Neurologic Dysfunction

Source: [Medscape, Megan Brooks, March 07, 2025](#)



A new study shows that high levels of microplastics in ocean water may be linked to more cases of brain and nerve problems in people who live in coastal areas of the United States. Microplastics are tiny pieces of plastic that break down from larger items and pollute the ocean. Dr. Sarju Ganatra from *Lahey Hospital & Medical Center* (Massachusetts) said that their research shows a strong connection between high microplastic exposure and increased rates of disability such as trouble thinking, moving, taking care of oneself, and living independently. These findings will be shared at the *American Academy of Neurology (AAN) 2025 Annual Meeting* in April.

Earlier research, mostly done on animals, showed that microplastics can cross the blood-brain barrier, cause inflammation in the brain, and upset the balance of chemicals that help the brain work properly. However, there has been little information on how microplastics affect humans. This study is the first to find a clear link between high microplastic exposure and higher rates of neurologic disabilities in humans, even after considering other factors like income, health condition, and air pollution.

The researchers studied 218 coastal counties in the United States and grouped them based on the amount of microplastics in nearby ocean water. Counties with very low levels had fewer than 10 microplastic pieces per cubic meter of ocean water, while those with very high levels had more than 1,000 pieces. The study showed that counties with very high levels of microplastics had more cases of people with disabilities than those with low levels.

In counties with high microplastic exposure, cognitive disabilities were 9% higher, mobility disabilities were 6% higher, self-care disabilities were 16% higher, and independent living disabilities were 8% higher compared to counties with low exposure. The researchers believe that microplastic exposure could be an independent risk factor for neurologic problems in people who live near the ocean. These findings suggest that reducing microplastic pollution may help protect brain and nerve health in coastal communities.

Probiotics and Prebiotics: What's Really Important

Source: [Harvard Health Publishing](#)

Probiotics and prebiotics are getting a lot of attention lately. You've probably seen ads for foods and supplements that promise to provide 'good' bacteria and improve your health. But before you buy these products, here's what you should know.

What Are Probiotics and Prebiotics?

Your large intestine contains 100 trillion helpful bacteria called the *microbiome*. These good bacteria keep your bowels healthy and may even help with weight, mood, and conditions like inflammatory bowel disease. Everyone is born with their own unique microbiome, but the foods we eat can add more good bacteria.

How to Add Good Bacteria to Your Gut

- **Yogurt and Kefir:** Look for labels that say "live and active cultures" to make sure you're getting live bacteria.
- **Fermented Foods:** Foods such as sauerkraut, sour pickles, miso, and kombucha are made by good bacteria. But if these foods are pasteurized, the bacteria die. It's best to buy them fresh from a deli or natural food store, or you can [make your own](#) at home.

Prebiotics Help Good Bacteria Grow

Prebiotics are found in foods with insoluble fiber. These include:

- Whole-grain products like oatmeal and whole-grain bread.
- Vegetables such as asparagus, leeks, onions, and garlic.
- Starchy vegetables like sweet potatoes and corn.
- Beans, lentils, and peas.

What to Avoid

Limit sugar, saturated fat, and processed foods because they can harm the good bacteria in your gut. Eating whole, unprocessed foods is the best way to keep your gut healthy.

A Win For Vitamin D — This Time With MS

Source: [F. Perry Wilson, MD, MSCE: DISCLOSURES | March 10, 2025](#)

A new study tested whether high doses of vitamin D could help people with “clinically isolated syndrome” (CIS), an early stage of multiple sclerosis (MS). Not everyone with CIS develops full-blown MS, but many do. The study included 316 participants who had just experienced their first MS-like symptom.

High Dose of Vitamin D

The group receiving vitamin D received 100,000 international units (IU) every two weeks. This is much higher than the usual 1,000 IU found in regular supplements. Although high doses of vitamin D can sometimes cause harmful side effects like high calcium levels and kidney stones, no serious side effects occurred in this study.

Study Results

The goal was to see if vitamin D could slow down the disease. Researchers checked for disease progression by looking for symptom relapses or new brain lesions on MRI scans. After two years, 74% of people in the placebo group showed increased disease activity, compared to only 60% in the vitamin D group. This means vitamin D reduced the risk by 14%. The people taking vitamin D also had a longer time before their disease progressed—432 days compared to 224 days in the placebo group.

Best Results in Less Severe Cases

Vitamin D was more effective in people who had low vitamin D levels before the study and in those with milder forms of MS. It also worked better for participants who had not received steroid treatment. This suggests that vitamin D may be most helpful in less severe cases.

Conclusion

The study showed that high doses of vitamin D can be a safe and effective way to slow down the progression of early MS. While it may not work for everyone, it offers hope for those in the early stages of the disease.

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

- Dr. Morphet will be away from the office Wed June 25th, returning Wed July 2nd at 8:00 am.
- Check us out at www.alliancechiroandwellness.com
- All appointment requests should be made by calling the clinic at 905-648-0661. We do not accept appointment cancellations, bookings, or reschedules via our web site. Please note we need to know what you are being seen for to book the appropriate duration of time.
- Like us on *Facebook*! To see the latest in health news, research, updates, and announcements, check us out at www.facebook.com/AllianceChiropracticandWellnessClinic
- If you want to see a topic covered in an upcoming newsletter, blog, or social media post - send an email to info@alliancechiroandwellness.com
- We have launched on Instagram! Give us a follow [@alliance_chiropractic_](https://www.instagram.com/alliance_chiropractic_)

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