

# The Alliance Update

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Summer 2025 Edition

Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

**Health  
Newsletter**

## The Famous Harvard's Happiness Study – How To Live a More Fulfilled Life

Source: [Harvard Happiness Study article](#)



The *Harvard Study of Adult Development* is the world's longest study on happiness, beginning in 1938 during a time of great hardship. Back then, the Great Depression had just ended, Europe was heading toward war, and most people didn't talk about mental health or emotional well-being. The goal of the study was bold and new, following hundreds of people across their entire lives to answer one important question - what makes a good life? The study started with two very different

groups: Harvard students (including John F. Kennedy), and boys from Boston's poorest neighborhoods. Now, more than 80 years later, the study has grown to include three generations and over 1,300 descendants of the original 734 participants.

Researchers gathered information about health, income, habits, relationships, and what people valued most. Today, the study looks at both medical records and participants' thoughts about their satisfaction, emotions, and sense of purpose. While society has changed a lot since 1938, people still wonder about the same things: who they are, how to build relationships, and how to find fulfillment. The biggest lesson from the study is simple - strong relationships are *the* most reliable predictor of a long, healthy, and happy life.

According to the study, happiness can be measured, and includes how satisfied people feel about their lives, what emotions they feel day to day, and whether they think their lives have meaning. The study also makes it clear that happiness isn't about feeling good all the time or about financial or status gains. While financial security and stability is important, accumulating wealth beyond that doesn't add much to happiness. People often fall into the trap of always chasing the next goal. This could be buying a bigger house or securing a higher paying job, without realizing that real meaning comes from connection.

The study shows that all relationships matter, whether they are with family, friends, romantic partners, and co-workers. But people often put relationships on hold to focus on success and money, and sometimes "later" never comes. Schulz, one of the study's leaders, refers to 'social fitness', the idea that relationships need regular attention just like our physical health. He suggests making time for people, being present when you're with them, and connecting regularly. Even small efforts, like weekly coffee dates or phone calls, can strengthen bonds.

The ongoing study also shows it's never too late to build a better life, and that happiness is driven by our connection with others.

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## High Dose Dietary Vitamin D Allocates Surplus Calories to Muscle and Growth Instead of Fat

Source: <https://pubmed.ncbi.nlm.nih.gov/38766160/>



A 2024 study titled “High Dose Dietary Vitamin D Allocates Surplus Calories to Muscle and Growth Instead of Fat via Modulation of Myostatin and Leptin Signaling” explored how high levels of vitamin D can change the way the body uses extra calories. The researchers discovered that when vitamin D levels are high, the body produces less myostatin, a hormone that usually limits muscle growth, and increases both the production of leptin and the body’s sensitivity to it. Leptin is a hormone made by fat cells that helps control hunger and energy use. This vitamin D driven shift caused the body to use extra calories to build muscle and promote growth, rather than store them as fat. \

The study suggests that high-dose vitamin D could help prevent obesity, muscle loss related to aging (called sarcopenia), and inflammation by encouraging the body to grow muscle instead of fat. The research also showed a new connection between myostatin and leptin that helps explain how the body balances its energy stores. The findings challenge the old idea that the body only senses how much fat it has and suggests a new model where muscle and fat work together to control calorie use. The study also hints that seasonal changes in vitamin D levels could help the body store more fat in winter and build more muscle in summer.

## Cutting Down on Certain Personal Care Products May Protect Against Breast Cancer



Source: <https://pubmed.ncbi.nlm.nih.gov/36746253/>

A recent study explored how reducing use of personal care products (PCPs) containing certain chemicals, might help protect breast health. Many PCPs such as lotions and shampoos, contain xenoestrogens (XEs) including parabens and phthalates. These chemicals act like estrogen in the body and can overstimulate breast tissue, increasing cancer risk.

In this study, healthy women stopped using PCPs with parabens and phthalates for 28 days as part of a program called REDUXE. Researchers collected breast cell samples from the women before and after they changed their product use. They found that after 28 days, cancer-related activity in the breast cells decreased. Key changes included improvements in pathways linked to cell growth, survival, and self-cleaning processes. The women’s urine samples also showed lower levels of parabens and phthalate by-products, proving that exposure had dropped. When breast cells were exposed to natural estrogen in the lab, the cells from women in REDUXE showed healthier gene patterns and better balance in estrogen signaling. This study suggests that using fewer PCPs with XEs could lower the risk of breast cancer by changing how breast cells behave.

## This Common Vegetable May Help Relieve Depression

Source: <https://scitechdaily.com/new-research-reveals-how-lycopene-revitalizes-brain-health-and-fights-depression/>



Recent research suggests that tomatoes may do more than just provide antioxidants and vitamins: they might also help reduce symptoms of depression. The key ingredient is lycopene, a natural compound that gives tomatoes their bright red color. Scientists are now studying how lycopene could improve mental health. In a recent study, researchers tested lycopene on male mice that were exposed to chronic social stress, a condition designed to mimic depression in animals. After the mice were treated with lycopene, they showed clear signs of improved mood. The lycopene-treated mice became more active, were more interested in food, and were more willing to interact with other mice.

The positive changes were most noticeable in the hippocampus, a part of the brain that helps control emotions and responses to stress. Lycopene seemed to help this brain region work better by increasing the activity of the BDNF-TrkB signaling pathway. This pathway is important for brain health, as it helps the brain deal with stress and build emotional resilience. In fact, many antidepressant medications work by boosting this same BDNF pathway. What's exciting is that lycopene appears to have a similar effect naturally, which could make it a safer alternative to traditional antidepressants in the future.

Interestingly, cooked tomato products like tomato paste, sauces, and sun-dried tomatoes have more lycopene than fresh tomatoes. In the study, mice received lycopene at a dose that would be equal to a realistic amount for humans if they ate foods rich in concentrated tomato products. While these findings are very promising, scientists say more research is needed. So far, only male mice have been tested, and no human trials have been done yet. Researchers agree that further studies on different groups of people are necessary before we can know for sure if lycopene can help treat depression. Still, this research highlights that what we eat can impact our mental health.

## A Simple Dietary Change Could Lower Your Risk of Colon Cancer

Source: <https://ecancer.org/en/news/26356-walnut-consumption-curbs-inflammation-and-colon-cancer-risk>

A recent study from the *University of Connecticut School of Medicine* found that eating walnuts may help lower the risk



of colon cancer and reduce inflammation in the body. The study focused on 39 people between the ages of 40 and 65 who were at high risk for colon cancer. Before the study began, the participants avoided certain foods to reset their levels of urolithins, anti-inflammatory compounds made by gut bacteria after eating walnuts. For the following three weeks, they ate walnuts daily while researchers monitored their health.

The study showed that walnuts are rich in ellagitannins, plant chemicals that the gut turns into urolithin A. People who produced more urolithin A after eating walnuts had lower levels of inflammation markers in their blood, urine, and stool. They also had healthier colon tissue, with lower levels of proteins linked to colon cancer. This effect was especially strong in people who were obese. The research suggests that eating about five to ten walnuts a day can provide these benefits. Experts also point out that walnuts are a good source of fiber and omega-3 fats, both of which support gut and overall health.

## Living Near a Golf Course and Parkinson's Risk

Source: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2833716>



A recent study published in *JAMA Network Open* (May 2025) explored whether living near golf courses might increase the risk of developing Parkinson's disease (PD). The researchers looked at 419 people who had PD and compared them to 5,113 people without the disease. All participants were part of the Rochester Epidemiology Project, and data was collected between 1991 and 2015.

The study found that people who lived within one mile of a golf course had 126% higher odds of developing PD compared to those who lived more than six miles away. The risk seemed to decrease, the farther people lived from the golf course. The study also found that people living in areas where the public water supply included a golf course had nearly double the risk of PD compared to those in areas without golf courses. This risk was even higher in places where the groundwater was vulnerable to contamination.

These results suggest that exposure to pesticides used on golf courses, either through living nearby or through drinking water, may contribute to a greater risk of PD. The study highlights the need for more research into how environmental contaminants such as pesticides, might affect brain health.

### 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

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 Mon Aug 25th, returning Mon Sept 8th at 8:00 am.
- Dr. Richard Grolmus brings over 30 years of experience, and will provide chiropractic care while Dr. Morphet is away.
- 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](#) for the latest in health news, research, updates, and announcements.
- If you want to see a topic covered in an upcoming newsletter, blog, or social media post, email [info@alliancechiroandwellness.com](mailto:info@alliancechiroandwellness.com)
- Did you know we publish a weekly [blog](#)? We source trends and tips to help our patients make informed decisions about their health. Find it on our website!

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