

# The Alliance Update

www.alliancechiroandwellness.com

Fall 2025 Edition

Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

Health  
Newsletter

## Living Well with Arthritis: Awareness, Support, and Care Options

Source: [arthritis.ca](https://arthritis.ca), [OCA](https://oca.ca), and our [Blog Library](#).



One in five Canadians lives with arthritis. Even if you don't suffer from this incurable disease, chances are you know someone who does.

According to [Arthritis Society Canada](#), by 2045 the number of Canadians living with arthritis is expected to rise by 50%, reaching an estimated nine million people. In this article you will learn more about arthritis, its impact, and the care options available to help manage symptoms.

### Understanding Arthritis

Arthritis is not a single disease but a group of conditions that cause joint pain, stiffness, and swelling. While it is often

associated with older adults, arthritis can affect people at any age, even children. The most common type, **osteoarthritis**, develops as joint cartilage wears down over time, often affecting knees, hips, hands, and the spine. **Inflammatory arthritis**, including rheumatoid arthritis, psoriatic arthritis, and gout, occurs when the immune system mistakenly attacks the joints.

**Juvenile arthritis** can affect children and teens, but with early detection it can often be managed into remission, allowing kids to participate fully in school and play.

Recognizing that arthritis looks different across life stages is important. Children may struggle with fatigue and stiffness at school, younger adults may find flare-ups affect commuting or childcare, and older adults may experience challenges with mobility and independence. **Arthritis Society Canada** offers excellent life-stage resources for children, young adults, and seniors.

### How Chiropractic Care Can Help

While there is no cure for arthritis, many patients find relief through supportive chiropractic care. At **Alliance Chiropractic**, we create individualized, evidence-based treatment plans designed to meet each patient's goals. Common approaches include:

- Gentle joint mobilization and manipulation to improve mobility
- Soft tissue therapy to ease muscle tension around sore joints
- Laser therapy and electrical modalities to reduce pain and promote circulation
- Custom exercise plans to improve strength, flexibility, and balance
- Ergonomic advice for safe posture and workstation setup
- Orthotics and bracing guidance when alignment issues contribute to pain

Our goal is simple: to help patients get back to doing what they love, whether that's walking the dog, gardening, or lifting a grandchild without discomfort.

### Simple Steps for Symptom Relief

In addition to chiropractic care, daily habits can make a big difference. Experts recommend choosing low-impact exercises such as swimming, walking, or cycling, performing gentle morning stretches to ease stiffness, pacing tasks to prevent overexertion, and wearing supportive shoes. Strengthening surrounding muscles and practicing safe lifting techniques also helps protect joints from further strain.

Arthritis may not yet have a cure, but with awareness, support, and the right care, people living with arthritis can continue to move, work, and enjoy life on their own terms.

Inside This Issue:	Pg
Living Well with Arthritis: Awareness, Support, and Care Options	1
How to Improve Your Brain Health: Practical Advice for Every Age	2
Posture and Growth: Why It Matters for Your Child's Health	3
How Glycine Can Reduce Nighttime Urination and Improve Sleep	4
Clinic Services and Announcements	4

## How to Improve Your Brain Health: Practical Advice for Every Age

Source: [alzheimer.ca](https://www.alzheimer.ca), [dietitians.ca](https://www.dietitians.ca) and [caringforkids.cps.ca](https://www.caringforkids.cps.ca).



Your brain is your body's control centre, guiding how you think, feel, move, and function. Just like your heart or muscles, it needs attention and care to stay healthy. The good news is that brain health can be developed, improved, and preserved at every stage of life through small, purposeful steps.

### Start Early with Children

The brain grows most rapidly between birth and age five, making early experiences vital. Parents can support healthy development by talking, reading, and singing daily, encouraging free play, and keeping routines consistent to build stability. Limiting screen time and focusing on nurturing interactions such as eye contact, responding to sounds, and offering comfort, can provide a strong foundation for lifelong brain health.

### Building Resilience in Adulthood

During the busy years of careers, parenting, and caregiving, the brain is under constant demand. Protecting it requires balance:

- **Move daily:** Walking, practising yoga, or doing yard work boost circulation and memory.
- **Get enough sleep:** Aim for 7–8 hours nightly to recharge and process information.
- **Challenge your brain:** Learn a new skill, language, or hobby to form new neural connections within the brain.
- **Stay socially connected:** Strong relationships reduce stress and protect long-term memory.
- **Protect heart and hearing health:** Both are directly linked to cognitive function.
- **Eat for brain health:** Choose whole foods, nuts, fish, and leafy greens. These habits not only improve focus and performance short term, but also lower the risk of cognitive decline later in life.

### Aging Gracefully

Growing older doesn't have to mean slowing down mentally. Older adults can stay sharp by being active with friends, managing health conditions, and continuing to learn new skills. Mindfulness and gratitude practices reduce stress and improve well-being, while embracing a sense of purpose, through volunteering, mentoring, or hobbies—keeps both mind and spirit strong.

### Habits for Every Stage of Life

No matter your age, brain-healthy habits remain the same: eat nourishing foods, manage stress, get regular sleep, move often, and stay socially engaged. Even small changes—like swapping screen time for a walk, calling a friend, or trying a new recipe, add up over time.

### Key Takeaway

From singing to a baby to walking with a grandparent, brain health can be nurtured daily. You don't need a major lifestyle overhaul, just intentional choices that keep your mind active, rested, and connected. Your brain is constantly adapting, and it's never too early or too late to support good brain health. One book, walk, or conversation at a time, you can build habits that protect your most important organ, your brain, for life.

## Posture and Growth: Why It Matters for Your Child's Health



Most parents know that healthy growth and development rely on good nutrition, physical activity, sleep, and healthy lifestyle habits. But one factor often overlooked is posture. Because children and teens experience rapid growth, the way they sit, stand, and move during these years can have lasting effects on their overall health and well-being.

### What Is Good Posture?

Harvard Health defines posture as the way we hold our body while sitting, standing, and moving, involving three natural curves of the spine: cervical, thoracic, and lumbar. When these curves are balanced, the spine is supported and protected. Poor posture disrupts this balance, leading not only to aches and pains but also to changes in breathing, digestion, and energy levels.

### Why Posture Matters During Growth

As kids grow, their spinal curves adapt and shift while muscles develop. Poor posture during this time can create imbalances, tightness in some areas and weakness in others. A slouched position, for example, reduces the space for lungs and abdominal organs, which may affect breathing, digestion, and energy. Monitoring posture early can help prevent issues before they become long-term problems.

#### At-home posture check:

- Are ears aligned over the shoulders, or drifting forward?
- Are shoulders level?
- Are hips even?

#### Lifestyle Habits That Influence Posture

- **Screens and devices:** Forward head posture or 'text neck' adds strain to the neck and upper back.
- **Backpacks:** Heavy or poorly fitted packs should weigh no more than 10–15% of a child's body weight.
- **Study spaces:** Proper seating, feet supported, and screens at eye level help maintain neutral spine alignment.
- **Movement:** Breaks and physical activity are essential. [The Canadian Paediatric Society](#) offers screen use guidelines for children and teens.

#### Risks of Poor Posture

Unchecked posture issues during growth can lead to neck or back pain, headaches, fatigue, tingling or weakness in the limbs, and reduced tolerance for everyday activities such as carrying a backpack. If you notice persistent symptoms, have your child assessed by a healthcare professional. Early intervention is always easier than correction later in life.

#### What Parents Can Do

Children learn by example. Modeling healthy posture habits such as limiting screen time, taking movement breaks, and setting up ergonomic workspaces, can go a long way. Free tools such as [Straighten Up Canada](#) offer quick, three-minute posture exercises designed for youth and adults.

#### Quick posture checklist for parents:

- Monitor posture regularly during homework, meals, and play.
- Ensure ergonomic seating and screens at eye level.
- Limit backpacks to 10–15% of body weight, using both straps.
- Encourage movement breaks every 30–60 minutes.
- Support healthy lifestyle basics: sleep, nutrition, and activity.
- Book a posture assessment, especially during growth spurts.

#### Final Takeaway

Posture is about more than sitting up straight, it plays a key role in breathing, movement, energy, and long-term health. With awareness, small daily habits, and professional support when needed, parents can help their children build strong posture and lifestyle habits that support long-term health and wellness.

## How Glycine Can Reduce Nighttime Urination and Improve Sleep

Source: <https://www.youtube.com/watch?v=8NbwzbO60Xo>; [Journal of Complementary & Integrative Medicine. 2021;18\(3\):617-620.](#)



Waking up multiple times at night to urinate, a condition known as nocturia, can disrupt sleep quality and leave people fatigued the next day.

Research published in the *Journal of Complementary and Alternative Medicine* examined whether glycine supplementation could reduce urinary frequency in humans. In the study, participants were given either three grams of glycine or a placebo nightly for four weeks. The glycine group reported fewer total urinations, less urgency, and fewer nighttime voids compared to placebo. Even when urination did occur, subjects were able to wait longer before needing to use the bathroom. These benefits were in addition to glycine's well-documented role in improving sleep quality.

Mechanistically, glycine acts not only as an amino acid but also as a neurotransmitter. It influences the spinal cord and brainstem, calming the nervous system. This appears to suppress the sensation of bladder urgency. Glycine may also modulate neurons associated with bladder discomfort, providing a dual effect on both brain and bladder signaling.

Practical recommendations include taking three grams of glycine about an hour before bed, ideally in capsule form to avoid extra fluid intake. Additional strategies include front-loading fluids earlier in the day, and moderating evening tea or water intake.

Emerging evidence suggests that glycine may be a simple, inexpensive, and effective way to improve sleep for individuals struggling with nocturia. By addressing both the neurological and physiological pathways behind bladder urgency, glycine offers a promising option for those seeking better rest.

### 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 the following Fridays: Oct 24th, Nov 7th, and Nov 21st. Thursday hours will be extended during those weeks.
- 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.
- Check us out on [Facebook](#) and [Instagram](#) 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!

### Alliance Chiropractic & Wellness Clinic

101-911 Golf Links Rd. Ancaster ON L9K 1H9  
Tel: 905-648-0661 Fax: 905-648-1268