

# The Alliance Update

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Spring 2026 Edition

Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

**Health  
Newsletter**

## Understanding and Managing Pain

Source: [Alliance Chiropractic Resource Blog](#)



Pain is something most people experience at some point in their lives. In Canada, about **8 million people, around 20% of the population, live with constant pain** that affects how they feel, move, and live their daily lives. Learning more about pain can help people better manage and prevent pain from becoming a long-term problem.

Pain is defined as an unpleasant physical and emotional experience that is usually linked to

damage in the body. Health professionals often divide pain into two main types. **Acute pain** is short-term and usually happens after an injury, illness, or surgery. **Chronic pain** lasts longer than three months and can continue even after the original injury has healed.

The amount of pain a person feels is affected by many different factors. **Physical factors** such as diet, fitness, strength, and activity level can influence pain. **Psychological factors**, including stress, attitude, and resilience, also play a role. **Social factors**, such as support from friends and family, and **environmental factors**, such as work conditions or home life, can also affect a person's pain experience.

Pain can come from several causes. One common cause is **structural trauma**, which includes injuries from falls or accidents, or conditions like arthritis and tendonitis. Pain can also be **nerve-related**, such as a pinched nerve, sciatica, or nerve damage after surgery. Sometimes the **nervous system itself becomes more sensitive**, which can lead to conditions like migraines, fibromyalgia, or chronic back pain. In addition, **lifestyle factors** such as high stress, poor sleep, lack of exercise, or repetitive work can increase the risk of pain.

Pain is complicated because it is not caused by just one thing. Often, several factors combine to make pain worse. For example, a physical injury along with stress and unhealthy habits can increase how strongly pain is felt. Pain involves many parts of the body, including the nervous system, hormones, inflammation, and even a person's thoughts and beliefs about pain. This is why pain can be different for every person.

Given pain has many causes, treatment usually needs to include several strategies. **Movement and exercise** are very important because they improve blood flow and support healing. Gentle stretching, strengthening exercises, and walking are often recommended. **Manual therapies**, such as joint movement techniques and soft tissue treatment, can help improve mobility and reduce tension. Some treatments use **modalities**, like laser therapy or electrical stimulation, to reduce inflammation and help the body heal.

Other treatments may include **assistive devices** such as braces, taping, or custom orthotics to support the body and reduce strain. **Mental exercises** like breathing techniques, relaxation, and meditation can also lower pain levels by helping the body stay calm. Finally, **lifestyle changes**, including better sleep, healthy nutrition, regular exercise, and stress management, are important for reducing inflammation and preventing pain from getting worse.

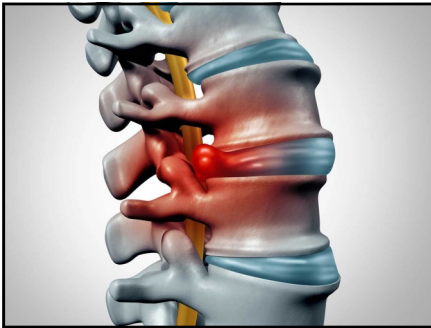
Pain is a complex experience that affects both the body and the mind. Understanding the many factors that influence pain can help people find effective ways to manage it and improve their quality of life.

Experiencing pain? Book an appointment, we're here to help.

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## Iron Deficiency and Disc Degeneration – Is there a Link?

Source: [Sci Rep 15, 19323 \(2025\)](#).



A recent study looked at how iron deficiency affects the health of spinal discs, the cushions between the bones in the spine. Doctors have noticed that people with anemia (low iron) and back pain often have worse disc damage. Researchers wanted to understand why this can happen.

To study this, scientists used rats. They created iron deficiency anemia by feeding some rats a low-iron diet. They then looked at the quality of disc development in the iron deficient rats compared with the rats without iron deficiency. MRI scans, and tissue testing were used to examine disc development.

The results showed that iron deficiency harms normal disc development. Rats with low iron had weaker and less healthy discs. Their discs showed: lower water content (seen on MRI); fewer healthy cells in the center of the disc; thinner cartilage endplates (important for nutrient supply); and reduced production of type II collagen, a key material that provides discs strength and structure.

These changes suggest that iron is important for building and maintaining healthy spinal discs. Without enough iron, spinal discs may become weaker and start to break down earlier.

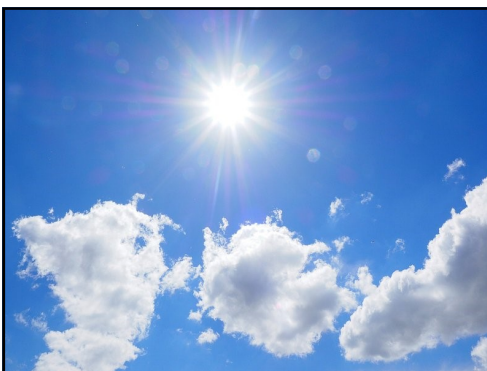
The study also confirmed that iron plays a key role in the body. It helps with oxygen transport, energy production, and collagen production. Past research has shown that low iron can weaken bones and increase the risk of osteoporosis. This latest study adds new evidence that iron also affects the spinal discs.

There were some study limitations. Subjects were rats, not humans, and sample numbers were small.

In conclusion, iron deficiency can weaken and damage spinal discs during development. More research is needed to understand how iron affects long-term spinal health in humans.

## Weather Affects Your Mental and Physical Health

Source: [Alliance Chiropractic Blog Library](#)



Weather can have a real effect on both your mental and physical health. Research shows that changes in sunlight, temperature, and air pressure can influence how you feel each day. For example, people may feel happier on sunny days and more tired or low during dark, cloudy weather. Some people also notice physical symptoms, such as joint pain before a storm, headaches when air pressure drops, or low energy during cold seasons.

Weather can also affect mental health. Many people feel anxious about climate change and extreme weather events like floods or wildfires. This “eco-anxiety” can lead to trouble sleeping, fatigue, and feelings of stress or helplessness. Over time, this stress can impact overall health.

Your environment plays a big role as well. Factors such as air quality, natural light, and fresh air can affect mood and energy levels. Small changes such as getting outside or improving indoor lighting can offset these negative effects.

While you can't control the weather, you can manage how it affects you. Staying active, spending time outdoors, limiting stressful news, and tracking your symptoms can all help. Understanding these connections is an important step toward feeling better and staying healthy year-round.

## Systemic Inflammation and Low Back Pain

Source: [European Journal of Pain. 2026 Jan; 30\(1\): e70179.](#)



Low back pain is a very common problem that can affect people of all ages. It is not caused by just one thing. Instead, it can come from many different sources such as muscle strain, ligament injury, or changes in the spine over time. Researchers are now looking at how inflammation in the body may play a role in causing this pain.

One way to measure inflammation is through something called the *Systemic Immune-Inflammation Index* (SII). This is a blood test that uses three types of cells: platelets, neutrophils, and lymphocytes. Higher SII levels indicate high levels of inflammation in the body. This index has already been linked to conditions like heart disease, diabetes, and some cancers.

In a recent study, researchers wanted to see if higher SII levels were linked to low back pain. They looked at data from more than 17,000 adults aged 20 and older. The results showed a clear pattern: as SII levels increased, the risk of low back pain also increased. People with the highest SII levels had up to a 66% higher risk of back pain compared to those with the lowest levels. This shows a “dose-response” relationship, meaning more inflammation is linked to more pain.

The connection was seen in both men and women, but it was stronger in women. Younger adults, especially those between 20 and 40 years old, showed the strongest link between high SII and back pain. In adults over 60, the link was not as strong. This may be because back pain in older adults is likely due to wear and tear rather than inflammation.

Overall, this research suggests that inflammation in the body may play an important role in low back pain. The SII could be a simple and useful tool to help identify people at higher risk.

If you have recent blood test results and would like your *Systemic Immune-Inflammation Index* calculated, please bring a copy to your next appointment. Systemic inflammation could be contributing to chronic pain experiences.

## Is Cannabis Effective for Psychiatric Illness?

Source: [Medscape: Deborah Brauser: March 18, 2026](#)

A recent large scientific review about cannabinoids (chemicals found in cannabis) use to treat mental health problems and substance use disorders looked at 54 high-quality studies involving 2,500 people. These studies tested whether cannabis-based treatments help with conditions such as anxiety, depression, Post Traumatic Stress Disorder (PTSD), Attention Deficit Hyperactivity Disorder (ADHD), and addiction.

Overall, the researchers found that there is poor evidence that cannabinoids help most mental health conditions. There was no clear benefit for anorexia, anxiety, PTSD, or opioid addiction identified. For conditions such as depression, ADHD, Obsessive Compulsive Disorder (OCD) and bipolar disorder, there was not enough evidence to draw conclusions.

There were a few areas where cannabinoids showed some positive effects. They seemed to help minimize cannabis withdrawal symptoms, improve sleep time for people with insomnia, reduce tics in Tourette syndrome, and slightly improve some traits in people with autism. However, the researchers stressed that the quality of this evidence was low, meaning the results are not very reliable.

The study also found some concerning results. For people with cocaine addiction, using cannabinoids actually increased cravings. In general, people using cannabis products were also more likely to experience side effects, although serious side effects were not much higher than in people taking a placebo.

Currently there is a gap between how widely cannabinoids are used, and the scientific evidence supporting it. About half of those who use medical cannabis say they use it for mental health reasons, but there is a lack of evidence that it is effective.

The researchers concluded that cannabinoids should not be routinely used for mental health or addiction treatment. They warned that relying on these treatments could delay people from seeking more effective, proven therapies. Researchers also emphasized the need for higher-quality research in the future.

While cannabis-based treatments may help in a few specific cases, there is not enough strong evidence to support widespread use for mental health or substance use disorders.

## Breathe Easier This Spring with Natural Seasonal Allergy Remedies

Source: [Alliance Chiropractic Resources Blog](#)



Springtime in Ancaster and the Greater Hamilton Area brings warmer weather, blooming flowers, and for many, an increase in allergy symptoms. If you have noticed more sneezing, watery eyes, or congestion lately, you are not alone. As trees bud and grasses grow, the amount of pollen in the air rises, triggering symptoms for those with seasonal allergies, asthma, or other respiratory conditions.

Seasonal allergies, often called hayfever, happen when the immune system reacts to environmental allergens like pollen from trees, grasses, and weeds. Symptoms can include sneezing, a runny or itchy nose, watery eyes, coughing, and fatigue. These symptoms can make it harder to focus at work, sleep well, or enjoy daily activities.

The good news is that there are simple ways to manage allergy symptoms. Keeping windows closed during high pollen days, especially in the morning, can reduce exposure. Showering and changing clothes after spending time outdoors helps remove pollen from your skin and clothing. Using a HEPA filter indoors and checking daily pollen forecasts to minimize exposure during peak periods, can also make a difference.

Natural remedies may provide additional relief. Saline nasal rinses can help clear allergens from your nasal passages. Some people find that local honey, herbal teas like peppermint or chamomile, and nutrients such as vitamin C and quercetin may help support the body's response to allergens. However, it is important to speak with a healthcare provider before trying new remedies.

At **Alliance Chiropractic**, patients often explore **naturopathic medicine** as part of a broader approach to managing chronic allergy symptoms. By combining simple lifestyle changes with supportive natural therapies, you can take steps toward breathing easier and enjoying the spring season more fully.

### 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

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	

#### Clinic Hours

Please note:

1. Massage therapy is available outside core office hours.

### Announcements

- 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 regular [blog](#)? We source trends and tips to help our patients make informed decisions about their health. Find it on our website!