The Alliance Update

www.alliancechiroandwellness.com

Fall 2026 Edition

Alliance Chiropractic & Wellness Clinic
Chiropractic-Massage-Naturopathic Medicine

Health Newsletter

.

How Chiropractic Care Can Help People Living with Arthritis

Sources: CCA; Arthritis Society of Canada; Government of Canada



Arthritis affects millions of Canadians and can make everyday activities more difficult. It causes pain, stiffness, and swelling in the joints, which can make walking, climbing stairs, getting dressed, or enjoying hobbies harder. Although arthritis is more common as people get older, it can affect people of all ages, including children and young adults.

According to the *Arthritis Society Canada*, about one in five Canadians lives with arthritis. This number is expected to grow as Canada's population ages. Arthritis has no known cure, but there are ways to manage its symptoms, stay active, and improve quality of life.

Chiropractic care may be one helpful option as part of a larger arthritis care plan. Chiropractors are trained to assess the body, check joint movement, and look for signs that may suggest arthritis. They can review a person's health history, perform a physical examination, and recommend further testing or imaging when needed. If arthritis is suspected, they can help connect patients with the right health professional for diagnosis and care.

Inside This Issue:	***Pg***
How Chiropractic Care Can Help People Living with Arthritis	1
The Risk of Turning Every Problem Into a Mental Health Problem	2
Laser Therapy: A Drug-Free Option for Pain Relief	3
The Truth About Human Lifespan	4
Clinic Services and Announcements	4

For people living with arthritis, chiropractic care may help improve movement, reduce discomfort, and make daily activities easier. Depending on the type of arthritis, the affected joints, and the person's overall health, care may include gentle joint movement, soft-tissue techniques, stretching, and exercises to improve strength and flexibility. Chiropractors can also provide advice about posture, movement, and ways to manage daily tasks while putting less strain on painful joints.

Chiropractic treatment is tailored to the individual. Some joints affected by arthritis may be sensitive or fragile, so chiropractors choose techniques carefully and avoid treatments that are not suitable for the patient's condition. Patients should discuss their symptoms and health concerns before beginning care.

Chiropractic care does not cure arthritis or reverse joint damage. Instead, it is a non-drug, complementary option that may help manage symptoms and support movement. It works best as part of a broader care plan that may include a family doctor, rheumatologist, physiotherapist, medications, and regular physical activity.

Strange Human Records

Source: Guiness World Records

Longest Female Tongue: Record held by Chanel Tapper. The longest tongue (female) measures 9.75 cm (3.8 in) from the tip of the tongue to the middle of lip.

Tallest Living Person: Sultan Kösen from Turkey is the tallest living person in the world at 251 cm (8 ft 2.8 in)

Longest Mustache: A titanic 'stache' belonging to Ram Singh Chauhan (India) was measured at 4.29 m (14 ft)

The Risk of Turning Every Problem Into a Mental Health Problem

Source: [Medscape; Temitope Ogundare, MD, MPH; October 08, 2026]



Labels are important because they can shape how people see themselves and how others treat them. Mental health diagnoses can have the same effect. A diagnosis may help someone understand their struggles and receive treatment or support. However, a diagnosis can also affect a person's identity and how others view their behaviour. In his article, Dr. Temitope Ogundare explains why mental health professionals must be careful when deciding whether someone has a mental disorder.

A mental health disorder involves problems with thinking, emotions, or behaviour that are caused by a problem in how the mind functions. These problems often cause serious distress or make daily life difficult. However, feeling sad, afraid, or distracted does not always mean someone has a mental disorder. These feelings are a normal part of life. For example, someone who loses a loved one may experience deep sadness, while someone going through a difficult divorce may have trouble sleeping or concentrating. These individuals may need support, counseling, or time to heal, but they do not always need a psychiatric diagnosis.

The author also explains that being different does not mean a person is mentally ill. In the past, some behaviours and differences were wrongly labeled as mental disorders because they did not fit society's expectations. For example, homosexuality was once considered a mental illness. History shows us that society's beliefs can influence how mental health is understood. Doctors must consider a person's culture, age, personal history, and daily life instead of judging them only by what is considered normal.

Another important point is that bad behaviour does not automatically mean someone has a mental disorder. People may act cruelly, make poor choices, or break the law without having a mental illness. Although mental illness can sometimes affect a person's behaviour, doctors must understand the reasons behind the actions before making a diagnosis. A person's criminal record, anger, or difficult behaviour during a crisis is not enough to prove that they have a psychiatric disorder.

The author also discusses how a person's environment can affect their behaviour. For example, a child with attention-deficit/hyperactivity disorder (ADHD) may struggle in a classroom where they must sit quietly for long periods. The same child might have fewer difficulties in an environment that allows more movement. This does not mean ADHD is not real. Instead, it shows that doctors must consider how a person's needs interact with the demands of their surroundings. Trauma and difficult life experiences must also be considered, but they do not automatically mean a person has a mental disorder.

Diagnosing mental illness can be challenging because doctors usually cannot rely on a single blood test or brain scan to confirm most psychiatric disorders. Instead, they must learn about the person's development, past experiences, symptoms, and ability to manage daily activities. They may also gather information from family members or other people who know the person well.

Finally, the author warns that a diagnosis can sometimes become a major part of a person's identity. While a diagnosis may help people understand themselves and connect with others, it is important to make sure the diagnosis is correct. People deserve care and understanding even when their struggles do not meet the requirements for a mental disorder.

Laughter Is The Best Medicine

1. What is the difference between a bad golfer and a bad skydiver?
   A bad golfer goes, "whack — damn!" A bad skydiver goes, "damn — WHACK!"
2. How many telemarketers does it take to change a lightbulb?
   Only one, but he has to do it while you are eating dinner.
3. What do rich people say when they tickle babies?
   "Gucci, Gucci, goo."
4. Why couldn't the lifeguard rescue the hippie?
   Because he was too far out, man

Laser Therapy: A Drug-Free Option for Pain Relief

Sources: Multi-radiance medical; Canadian Chiropractic Guideline;



Have you ever wondered what the laser device in a chiropractic treatment room actually does? Laser therapy may sound complicated, but it is a non-invasive treatment that uses light to help manage pain and support the body's natural healing process. It is different from surgical lasers that cut tissue or cosmetic lasers used for skin treatments.

Low-level laser therapy, also called light therapy or photobiomodulation, uses specific wavelengths of light directed at an area of the body. The light interacts with cells and can help support normal cell activity and tissue repair. Unlike surgical lasers, this type of treatment is not designed to cut or burn tissue. Patients generally do not feel heat from the treatment, and there is usually no recovery time needed afterward.

How can laser therapy help?
Laser therapy can increase energy production in cells, helping them perform important repair functions. Laser therapy can also help reduce inflammation and pain, support collagen production, and encourage the growth of small blood vessels that carry oxygen and nutrients to injured tissues. These effects help the body recover from certain injuries. Laser therapy is often used for problems involving muscles, joints, tendons, and other soft tissues. These may include muscle strains, sprains, sports injuries, osteoarthritis, shoulder pain, and some types of back and neck pain. The benefits can vary depending on the condition, the severity of the injury, and the individual patient.

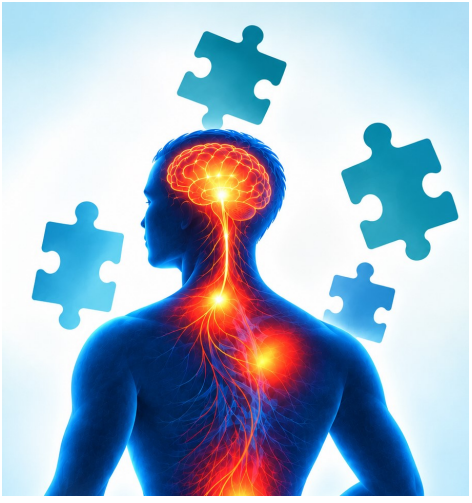
What should you expect during treatment?
Laser therapy is generally quick and comfortable. Chiropractors will position the device over the area being treated and apply the light for a short period. The treatment is non-invasive, meaning it does not involve needles, cuts, or medication. Many patients feel little or nothing during a laser session.

Laser therapy is often combined with other treatments to support recovery. Depending on patient needs, these may include soft-tissue techniques, joint mobilization, chiropractic adjustments when appropriate, and rehabilitation exercises. Your chiropractor can explain which options may be suitable for your condition and how they fit into your care plan.

Is laser therapy right for you?
Laser therapy is one option that may help manage pain and improve comfort while you recover from an injury. Chiropractors can assess your symptoms, discuss your goals, and help decide whether it is appropriate for you.

Although laser therapy is not a guaranteed solution, it offers a drug-free, non-surgical option that can support pain relief and healing. When combined with a personalized treatment plan, it can help get you back performing the activities you enjoy.

Upcoming Event!
The Pain Puzzle—Where's Your Pain?



Join us for a free 1 hour session to learn:

- The mind body connection
- How it can impact pain
- Why self talk matters

When: Saturday November 21st, 2026 at 10 am.
Where: Alliance Chiropractic & Wellness Clinic 911 Golf Links Rd. Suite 101. Ancaster
Speaker: Candace Levie-Burgess BCINP
Register via e-mail at candaceburgessrmt@gmail.com or text 905-630-1697

The Truth About Human Lifespan

Source: Dagens.com; Christine Drews Siege



For many years, people have believed that humans are living much longer than they did in the past. However, the article "We Are No Longer Living Longer: The Truth Behind the 'Radical' Increases in Lifespan" explains that this idea may not tell the whole story. Although modern medicine has helped more people live to an old age, the human body may still have a natural limit on how long a person can live.

One reason people appear to live much longer today is that fewer babies and young children die. In the past, diseases, poor sanitation, and a lack of medical care caused many children to die at an early age. These deaths lowered the average life expectancy. Today, vaccines, better health care, clean water, and improved living conditions help more children survive. As a result, the average lifespan has increased. However, adults in the past could also live into their seventies and eighties. For example, in Sweden around 1900, the average life expectancy at birth was about 57 years, but many adults lived close to 80. The article also explains that there may be a natural limit to the human lifespan. Jeanne Calment, a French woman, lived to the age of 122 and died in 1997. Since then, no one has lived longer than she did. Research suggests that living beyond 125 years is extremely unlikely. Even though medical science continues to improve, there is little evidence that the human aging process itself is slowing down.

While we may not be able to live forever, we can make choices that help us stay healthier as we age. A study of more than 57,000 adults found that people with healthy habits could delay serious illnesses, such as cancer, heart disease, and dementia, by more than seven years. This means that healthy living may help people enjoy more years without serious health problems. In conclusion, the increase in average life expectancy does not necessarily mean that humans can live much longer than people in the past. Much of the change comes from saving more lives at a young age. Although there may be a natural limit to how long we can live, eating well, staying active, and making healthy choices can help us enjoy a better quality of life for as long as possible. The goal should not only be to live longer, but also to live healthier.

Clinic Services

1. Chiropractic Care
2. Laser Therapy
3. Electrical Therapy
4. Sports Injury Care
5. Custom Foot Orthotics
6. Massage Therapy[1]
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

- **Toy Drive**: Our Annual Christmas Toy Drive in support of the Good Shepherd will begin on Nov 12th. Pick up for the toys will be on the morning of Dec 18th. Thank-you for your support!



- 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*
- 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!