



# Beach Chiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

## Health Research

Chiropractic care could reduce worker's compensation costs, study suggests. A 2016 study analyzed data from more than 5,500 injured workers in Ontario. The study, published in the *Journal of Occupational Rehabilitation*, found that workers who saw a chiropractor first, rather than a physician or a physiotherapist, needed full compensation for a shorter time. What they found was that people who had seen a chiropractor first had seen about a 20% cost reduction in these claims over those who visited their family physician.

A majority of workplace injuries are related to joints and muscles, making chiropractors a logical choice for the first visit. Getting to the person who is best equipped to treat your injury in the first place is what really accounts for the reductions in lost time from work and compensation costs. In the study, done by the researchers at the University of Montreal, just 11 per cent of the workers saw a chiropractor first. All too often these patients are not getting to chiropractors until three months after their injury and at that point the chance of success decreases.

## Cortisol, stress and the body

Cortisol, a steroid hormone, is produced from cholesterol in the two adrenal glands located on top of each kidney. It is largely responsible for regulating blood sugar, reducing inflammation, and moderating stress. When blood sugar is low, cortisol helps you maintain physical function, so you don't get lightheaded and pass out. Cortisol is also released when acute or chronic inflammation is present in the body—whether it is a sprained ankle or an old baseball injury that flares up. Cortisol acts to keep the inflammatory process from rising too high. Another trigger for cortisol release is emotional stress, such as that which occurs with performance anxiety or during a difficult conversation with a co-worker or loved one. While exercise is wonderful for the human body and health, it is regarded as a “physical stress,” and cortisol is released. Regular exercise improves your response to stress causing a decreased release of cortisol, but over-exercising and not taking appropriate rest periods between activity will undoubtedly increase inflammation and produce dysregulation of cortisol.

If any of these symptoms continues for too long, cortisol is constantly being released. At this point, two things occur. First the body stops producing cortisol as it senses you are trying to establish a new order. For example, if you continue skipping meals, disregarding inflammation and stress, your body will stop trying to compensate. Second, the body reaches a critically low level of cortisol, because you've used too much of it. When this happens, all cortisol is retained in case a physical trauma were to occur and cortisol would be necessary to keep you alive during shock. When you are no longer releasing cortisol in response to daily needs, you are no longer compensating. This often leads to a rise in day to day complaints of dizziness, insomnia, blood sugar disorders, inflammation, anxiety and pain.

Cortisol also has an immunosuppressive effect, meaning that if your body constantly has high levels of cortisol, you are more susceptible to illness or infection. Cortisol also plays a role in gastrointestinal conditions such as irritable bowel syndrome, and malabsorption of nutrients, heart disease, high blood pressure, fertility issues, chronic fatigue, osteoporosis, skin issues and depression.

The first step in managing and reducing any condition or symptom is figuring out the cause. Today, chronic stress plays a role in many health conditions, and managing it is the first step towards a long life. Some ways to deal with stress and cortisol production include: switching to a whole foods, anti-inflammatory diet, reduce and manage stress, exercise regularly, consider using adaptogen herbs (plants to balance and restore body's function) or adrenal support.

**For help with dietary changes, tips and information to improve your health, visit our Nutritional Consultant, Regina Featherstone.**

# Lifestyle

## Toxic Sugar Alternatives vs. Healthy Sugars

It is common knowledge now that too much sugar is bad for our health. Sugar is an inseparable part of the food we consume, so artificial sweeteners or sugar alternatives continue to attract consumers. An artificial sweetener is a food additive that duplicates the effect of sugar in taste, but usually has less food energy. It is about 200 times sweeter than sugar.

Besides its perceived benefits, animal studies have convincingly proven that artificial sweeteners cause weight gain, brain tumours, bladder cancer and many other health hazards. There have been some controversial suggestions that excessive sugar may play an important role in certain degenerative diseases.

There are now a myriad of sweet alternatives that claim they are better than sugar in the way they are metabolized in our bodies and their calorie count. Given all the marketing hype behind different "natural" alternatives, it's hard to know which sweeteners really are the best. If you are in need of a sweet treat or ingredient to add to baking make sure you know the difference between the good guys and the bad—and use them in moderation.

### Avoid:

**Aspartame:** There's conflicting evidence regarding the safety of aspartame, a common chemical sweetener used in diet soda and other low-cal foods. Some people report headaches or generally feeling unwell after ingesting anything containing the chemical. Aspartame is found in thousands of foods, and it accounts for 75 percent of the adverse food reactions reported to the FDA.

**Agave Nectar:** Although it was a popular "health" option for quite some time, agave nectar is actually very high in fructose, which can put you at risk for heart disease, weight gain, and diabetes. Many agave nectars consist of 70 to 90 percent fructose--that's more than what's found in high-fructose corn syrup!

**Sucralose:** Sucralose, better known by its brand name, Splenda, but sold under other generic labels as well, may originate with sugar, but the end product is anything but natural. It has been found to have some harmful effects on the body, including reducing good gut bacteria, releasing toxic compounds during baking, and altering insulin responses and blood sugar levels. Research has shown that consumption of sucralose is linked to type 2 diabetes, obesity, and heart disease.

**Saccharin:** A white crystalline powder that is 200 times sweeter than sugar, also known as Sweet N' Low. Studies from the 1970s show that rats who consumed the sweetener showed a higher risk of developing bladder cancer, and while the effect has not yet been shown on humans, the Centre for Science in the Public Interest still believes saccharin to be unsafe and has listed it as a sweetener to avoid.

**High-Fructose Corn Syrup:** Waistlines have been growing ever since high-fructose corn syrup sneaked onto the food scene around 30 years ago. With a slightly higher fructose level than sugar, HFCS does most of its damage because it's added to an array of processed foods, including breads, yogurts, ketchup, and even salad dressing. HFCS is stored as fat in the liver and makes people resistant to leptin (a hormone), which actually increases appetite.

## Try These Instead

**Stevia** Stevia, is an ingredient in the popular sweetener, Truvia. It is a natural plant indigenous to Peru and Brazil, and it is made with little-to-no chemical additives. Stevia has no effect on your blood sugar, and it can actually improve insulin sensitivity, which helps your body effectively use glucose for energy.

### Real Maple Syrup

100 percent maple syrup contains up to 54 antioxidant compounds, and it can help fight cancer, improve your skin, and even fight bloating, among other benefits.

### Raw Local Honey

While honey does boast higher fructose levels, it also contains a bounty of cancer-defending antioxidants, antibacterial properties, and local honey has been said to help alleviate allergy symptoms. Honey also has a low glycemic index, so adding it to your tea or yogurt won't lead to energy-busting blood sugar drops later in the day.

### Coconut Sugar

With a taste similar to brown sugar, coconut sugar contains a variety of antioxidants, vitamins, and minerals that white table sugar lacks. The substitute also has a lower glycemic index than refined sugar, keeping your blood sugar and insulin levels more steady.

### Blackstrap Molasses

Blackstrap molasses is rich in iron, potassium, and calcium. In fact, one tablespoon of blackstrap molasses provides more iron--but fewer calories and fat--than a three-ounce serving of red meat.

# Pain Management &

# Rehabilitation

## Concussion Discussion

Over the past decade, there has been rapid development in concussion awareness, advocacy and research. This has led to the development of new protocols and treatment interventions, but there is still no perfect course of action that exists for concussion rehabilitation. Sports—including but not limited to skiing, snowboarding, figure skating, hockey, lacrosse, soccer, football and boxing—all carry the risk of concussions. Other common occurrences of concussion include car accidents, fights, falls, and playground injuries.

### What is a concussion?

A concussion is a mild traumatic brain injury that changes how the cells in the brain work. It can be caused either by a direct blow to the head, or an indirect blow to the body that causes the brain to move rapidly inside the skull. Even a “mild” blow to the head can be serious.

The symptoms of concussions fall into four major categories:

1. **Somatic:** Headaches, nausea, vomiting, balance and/or visual problems, dizzy spells, and issues such as sensitivity to light and noise.
2. **Emotional:** Sadness to the point of depression (even suicide), nervousness and irritability.
3. **Sleep disturbance:** Sleeping less or more than usual and having trouble falling asleep.
4. **Cognitive:** Difficulty concentrating, troubles with memory, feeling mentally slow or as if in a fog that will not lift.

Some other areas of interest include post-concussion syndrome and second impact syndrome. Post-concussion syndrome refers to the lingering symptoms following a concussion. It is typically diagnosed when a person who has recently suffered a head injury continues to feel at least three of the main symptoms listed above following a concussion. Post-concussion syndrome can begin to occur within days of the head injury, although it can sometimes take weeks for the symptoms to appear. Second impact syndrome occurs when the brain swells rapidly, and catastrophically, after a person suffers a second concussion before symptoms from an earlier one have subsided. This second blow may occur minutes, days or weeks after an initial concussion.

### How are concussions diagnosed?

The diagnosis of concussion is based on mechanism of injury, onset of symptoms, neurologic evaluation, and balance and cognitive assessments. A physician who specializes in concussions, or a regulated health professional trained in concussion evaluation such as a chiropractor or a physiotherapist, can diagnose a concussion and provide a rehabilitation protocol.

Concussion diagnosis and treatment is never easy. Despite great advancements in standardized testing, young athletes are at particular risk for misdiagnosis and potentially serious long-term effects. Standard testing such as Sport Concussion Assessment Tool (SCAT) and SCAT2 are excellent examination tools for adults as we can safely assume that a healthy, normal adult can perform the tests without significant challenge, but that is not the case for children and adolescents. Children and adolescents are still developing the neurological integrity, that tests of memory, balance and concentration seek to measure. Even within the same age group, there can be significant variation in test scores among healthy patients, which creates a diagnostic challenge for the clinician testing children and adolescents post-injury. In developing a screening protocol for local athletes, and in screening hundreds of athletes ages eight to 17, the need for pre-injury baseline testing has become apparent. Knowing the pre-incident condition is crucial for making appropriate diagnosis of concussion, ranking the severity of the injury, determining treatment protocols, measuring recovery rates and determining back-to-play status.

### How can Massage Therapy and Chiropractic Help?

Concussion management can include a few different health professionals such as physicians, chiropractors, physiotherapists and massage therapists. Patients often present with cervicogenic headaches resulting from whiplash suffered at the time of the concussion. Early therapeutic intervention will reduce the risk of cervicogenic headaches developing into chronic post-concussion headaches. Manual treatment to the soft tissues such as muscles, ligaments, and nerves as well as joint manipulation and acupuncture to the back, neck and head can greatly reduce concussion symptoms and prevent further chronic conditions.

# Clinic News

## Move Announcement

### Beach Chiropractic is moving!!

The Beach Chiropractic team will be moving to the building on the southeast corner of Mosley St. and Sunnidale Rd (across the road from Mac's convenience store).

It is very close to our current location.

We are currently 'transforming' the building and the move is anticipated for early May 2017. We are very excited to be moving into our new home.

**The new address is 1535 Mosley St., Wasaga Beach,**

The parking lot is accessed from the rear of the building on Sunnyside lane.



**Here is our progress to date!**



## Running Clinics Start Soon!



**2017 Spring 10k Running Clinic**  
12-Week Session  
Wednesday - 7:00 pm  
March 29- June 14, 2017  
Early-Bird Registration - \$75  
(By Friday March 24th)  
Regular Registration - \$85

**2017 Spring Learn to Run 5k Clinic**  
10-Week Session  
Wednesday - 7:00 pm  
April 12 -June 14, 2017  
Early-Bird Registration - \$75  
(By Friday April 7th)  
Regular Registration - \$85

**Returning  
Runner  
Discount -  
\$10 off**

**Technical  
Running  
Shirt - \$10**

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## Services

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| Chiropractic    | Acupuncture     |
| Massage Therapy | Orthotics       |
| Nutrition       | Reflexology     |
| Laser Therapy   | Running Clinics |



