



Beach Chiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

Health Research

A pet dog may protect your child from childhood anxiety, according to research published by the Centres for Disease Control and Prevention. Interacting with a friendly dog reduces cortisol levels, most likely through oxytocin release, which lessens physiologic responses to stress. These hormonal effects may underlie the observed emotional and behavioural benefits of animal-assisted therapy and pet dogs.

Study finds Alzheimer's may be linked to a brain fungus. A study published by molecular biologists suggests that certain cases of Alzheimer's may be caused by a simple brain fungus. The team studied 25 cadavers, 14 of which belonged to people with Alzheimer's. They discovered all 14 of the Alzheimer's sufferers had a fungal infection.

Poor diet may prolong recovery following injury

Certain food items in your diet may cause your inflammatory response to increase after injuries or in chronic inflammation. For example a diet high in saturated fats (coming from animal fat such as cheese, butter, beef) or high in omega-6-fatty acids (sunflower oils, nuts, seeds) may upregulate the body's inflammatory response causing an increase in swelling, more pain or a longer recovery time after injuries. On the other hand, foods high in Omega-3 fatty acids (cold water fish, fish oils, flax seed oil) and certain spices and herbs such as ginger, ginseng and turmeric have known anti-inflammatory effects. Other causes for slow recovery or increased inflammation can be eating the wrong carbohydrates (such as a diet high in starchy foods or too much sugar), eating at the wrong time or over-eating carbohydrates. Be aware that foods from the night shade family (tomatoes, peppers, potatoes, eggplant) or from the citrus family (oranges, grapefruits, lemons, clementines, tangerines) can cause more inflammation in some individuals. In addition, extra body fat (adipose tissue) stored on the waistline, will secrete the hormone leptin and upregulate inflammation resulting in slower recovery and healing. This information suggests that both diet and fat tissue can have negative effects on health and prolong the recovery time following injury.

Research has shown that nutritional changes in conjunction with hands on treatments such as chiropractic and massage therapy can provide faster pain relief and recovery from injury and/or chronic inflammation.

Please note before you add any supplements, herbs or spices or Omega 3 fats into your diet, always verify with your health care practitioner that this is safe for you. Certain medications or health conditions may prevent you from supplementation or ingestion of certain foods.



Lifestyle

Study links low vitamin D levels in older adults to cognitive decline

A new study finds that older adults with low levels of vitamin D experience faster cognitive decline. Over a 5 year period, 382 older adults age 60 - 90, half the group was cognitively normal, one third had mild cognitive impairment and about 18% had dementia. Low vitamin D levels we're common in the study group: 61% had either deficient (less than 12 ng/ml) or insufficient (between 12 and 20 ng/ml) vitamin D levels. Those with dementia had lower average vitamin D levels compared to those with mild cognitive impairment or normal cognitive functioning. Over the followup period, decline in executive function and episodic memory was significantly faster in people with low vitamin D levels compared to those with adequate levels. The rate of cognitive decline was two to three times faster in people with low vitamin D, regardless of whether they had cognitive impairments or dementia at the start of the study. These results highlight the importance of identifying low vitamin D levels in older adults. To ensure you are not Vitamin D deficient it is best to get your levels tested with the 25-hydroxy Vitamin D test. Depending on the results, your MD can advise you on proper levels of supplementation.

Book an appointment with our nutritional consultant to get information on providing your body with proper levels of vitamin D, especially during the winter months when sunlight is less exposed to the skin.

Interrupted sleep impacts mood more than lack of sleep

A study published in the journal *Sleep* found that people whose sleep was frequently interrupted for 3 consecutive nights reported significantly worse mood than those who had less sleep due to later bedtimes. They found that the study group with interrupted sleep had a reduction in positive mood, and that it impacted certain aspects of positive mood, including friendliness and feeling of sympathy. This shows that quality of sleep is just as important as quantity of sleep. You need to be able to progress through the 5 sleep stages to get enough slow-wave sleep, or deep sleep - the sleep stage that is deemed important for body repair and maintenance and that is key to the feeling of restoration. Their findings help explain why many people with chronic insomnia - a sleep disorder that affects around 10% of the US population - experience depression; it may be down to insufficient amounts of slow-wave sleep.

How to Increase Vitamin D

Medical recommendation optimal levels are 40 - 50 ng/ml (100/150nmol/L) although Naturopathic Dr. may recommend slightly higher values. A few ways to increase you intake or absorption of vitamin D include:

Natural Sunlight: 5-25 minutes of direct exposure depending on skin type (between 10am-2pm)

Wild Salmon: 3.5oz

Canned Tuna: 3oz

Fortified Milk or Fortified Orange Juice: 8oz

Vitamin D3 supplements

Emulsified Vitamin D3 drops

Pain Management

Central Hypersensitivity in Chronic Shoulder Pain

Shoulder impingement is a common cause of shoulder pain that has multiple causes (subacromial bursitis to rotator cuff tendinopathy and full thickness rotator cuff tears). For almost half of the people afflicted with this syndrome, medical treatment is not successful and they will continue to have shoulder pain 2 years later. Some of these patients in spite of apparently normal anatomy, continue to suffer from shoulder pain. It is not known why some people have shoulder pain long past the normal healing time. Research into this may have an explanation for this continued shoulder pain - called hypersensitivity.

Hypersensitivity, a revving up of the bodies pain detection system, is a useful tool that the body uses to alert you to an injury. For example, when you cut your finger, your finger becomes immediately painful because your body is warning you about the potential or actual tissue damage. This is hypersensitivity in action; your finger is now hypersensitive to painful and non-painful stimulation like touching your throbbing finger. After the cut heals, this hypersensitivity eventually goes away. However, it is now believed that people with chronic pain, such as having shoulder pain for longer than 6 months, are experiencing unresolved hypersensitivity.

What is interesting about hypersensitivity in patients with chronic shoulder pain is that the hypersensitivity is not just present at the injured shoulder but is found all over the body. This is called central hypersensitivity. One way to measure this is through pressure-pain thresholds, which involves applying slight pressure until the subject starts to feel the tiniest amount of pain. In this study, they found that patients with chronic shoulder pain had lower pressure pain thresholds all over their body compared to people with no pain. Other studies have found central hypersensitivity in many other chronic conditions such as whiplash, fibromyalgia, low back pain, osteoarthritis and hemiplegic shoulder pain. The next step is to find a treatment that targets central hypersensitivity and once accomplished, this may help to treat chronic pain

Rehabilitation

Shoulder pain can be caused by various mechanisms such as overuse, repetition or acute injury. It is best to seek treatment early on in the healing phase to help mitigate the occurrence of central hypersensitivity.

Massage Therapy, Chiropractic and Acupuncture are all manual therapies that can help decrease pain, improve mobility and decrease tension within the shoulder complex and help decreased the healing phase after injury

Shoulder Stretches

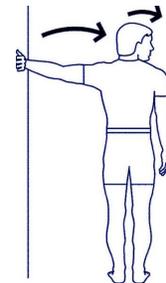
Posterior/Middle Deltoid

Keeping your scapula stabilized, pull your arm in a horizontal direction across your body.



Anterior Deltoid

Place your hand, thumb up, on a doorway frame, step forward and rotate your body to the opposite side.



Infraspinatus

Place the back of the hand on the hip bone. Grab the elbow with the other hand or place a strap around the elbow to reach with opposite hand and pull forward. **only a small range of motion should occur to



Clinic News

Winter Boot Drive



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South Georgian Bay
Community Health Centre

have recognized a need in our community for warm winter items. We are looking primarily for gently used or new **winter boots** for Adults and Children. We are also collecting winter accessories- **hats, scarves and mitts** and shoes for adults and children. Please bring your donations to Beach Chiropractic.



We are excited to announce that Dr. Mardi and Shaun will be participating in the 4th Annual Polar Bear Plunge. This event is presented by the Rotary Club of Wasaga Beach and is part of Snowmanmania, February 13th. Money raised will go to the Rotary Club and the YMCA Strong Kids Campaign.



Reflexology Special

Buy 3 Reflexology Sessions and get the 4th one free!

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|-----------------|-----------------|
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References

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