



Spinalguy Chiropractic

Relief & Wellness Newsletter

OCTOBER 4, 2017

DR. TOM KELLY

Regular Hours

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu Closed

Fri 8am-12pm, 3pm-6pm

Sat 9am-12pm

Summer Hours

June July August

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu 3pm-7pm

Fri 8am-12pm

Sat Closed

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We're on the Web!

www.spinalguy.com

The Five Most Common Triggers for Back Pain

Author: CCA Staff Team

Back pain and other musculoskeletal (MSK) conditions affect a staggering number of people in Canada and around the world, so many that it can be considered an epidemic.

In Canada alone, these statistics from a 2009 report published by the Work Foundation are attention getting:

1 in 8 Canadians report having chronic back problems

12% of Canadians report pain or discomfort that prevents activity

31% of Canadians report activity limitations because of pain and discomfort

12% of Canadians missed work because of an episode of back pain

MSK pain is the second most common reason for Canadians to visit a GP

25% of Canadians visited an MD because of an MSK condition

5 out of 10 Canadians experienced back pain in the past 6 months

11 million Canadians suffer from an MSK condition

By 2031, an expected 15 million Canadians will suffer from MSK conditions

If you have never experienced an episode of low back pain, odds are that, at some point, either you or someone you know will suffer from an MSK condition. Further, if you have experienced back pain in the past, it is likely that you will suffer from another episode within a couple of years. While this doesn't necessarily mean there is a serious underlying pathology, you may want to seek prompt assessment and treatment. Recurring episodes of back pain may be attributable to mechanical dysfunctions that can be managed with conservative care and even exercise.

Did you know...

- ***We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?***
- ***Hydromassage is massage therapy without the therapist. All you have to do is take off your shoes!***

"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds."
~ Albert Schweitzer

Who is most likely to suffer back pain?

Various studies from around the world show that, while back pain can affect anyone, there are five triggers that are commonly associated with back pain and other musculoskeletal conditions. These include:

1. Heavy Lifting
2. Sedentary Lifestyle
3. Aging
4. Poor Diet
5. Smoking

We can't always control environmental factors or work demands, but we can make lifestyle changes that can have a huge impact on healing and prevention, such as quitting smoking, integrating regular exercise and movement into our daily routines, and eating healthy foods to help prevent inflammation.

Food and Pain: The 'Essentials'

Source: http://www.medscape.com/viewarticle/869430#vp_1 Robert Bonakdar, MD, director of pain management, Scripps Center for Integrative Medicine, La Jolla, California, and assistant clinical professor, University of California, San Diego, outlines below the essentials of food and pain management.

Nutrition can affect pain through many mechanisms. Diet can influence inflammation, shift the microbiome (body's bacterial system), modulate the immune system, improve joint function, eliminate pain triggers, and reduce nutrient deficiencies.

In the typical western diet, over 60% of foods consumed are highly processed, and the diet lacks fresh fruits, vegetables, and fiber. This type of poor diet produces signs of inflammation, such as high C-reactive protein (CRP) levels. Elevated CRP levels can increase the risk for problems such as low back pain. There is a direct dose response between CRP and back pain: the higher the CRP, the more intense the back pain, and the more it can interfere with activities of daily living.

The Western diet also shifts the body's microbiome structure, affecting digestion. Over time, this can have a significant effect on the diversity of flora by reducing the good bacteria in the body. This lack of diversity is directly linked to many pain states, including chronic pelvic pain and irritable bowel syndrome. Consuming highly processed foods can also affect mast cells (part of the immune system), by making them hyper-excitabile and causing pain. Several disorders are connected to mast cell-mediated mechanisms of pain including migraines, fibromyalgia, and neuropathic (nerve) pain.

If we are not feeding our cells appropriately, or we are feeding our cells toxic products or inflammatory products, the end result will be inflammation and pain. Excess grains can also be inflammatory, especially if there are issues with celiac or sensitivity. Many patients consume grains in a highly processed form, lacking nutrients and fiber, and causing a spike in blood sugar.

"We are what we think

All that we are

arises with

our thoughts

With our thoughts

we make the

world"

-Buddha



Magnesium is an important example of the pain-related impact of nutrients. About 70% of the American population has a magnesium deficiency, and about 20% of the population is not even getting half of the daily requirement. Deficiency is defined as a serum level of less than 0.75 mmol/L. There is a very strong association between lack of magnesium and migraine headaches. The odds of migraines increase 35-fold if you have a magnesium deficiency. Improved magnesium levels also produce positive changes in muscles and mood. Foods high in magnesium include spinach, chard, pumpkin seeds, almonds, black beans, avocado, figs, and bananas.

Vitamin D deficiency is important in the field of pain management. At least 70% to 80% of pain patients have a vitamin D deficiency, which can make nerves hypersensitive. People with ultra-low vitamin D levels (serum 25-hydroxyvitamin D < 20 nmol/L), will require high-dose vitamin D supplementation to quickly bring their body's vitamin D stores to normal levels.

There is a strong relationship between obesity and pain. One study — an analysis of more than a million Americans answering health survey questions — showed a direct dose-response curve between obesity and pain, especially as people age. Even reducing weight by about 5% can have a significant impact on pain and function.

Just as diet can increase pain, it can also decrease pain. Evidence indicates that a low-glycemic-index diet (based on how foods affect blood glucose), high in polyphenols, fiber, fruits, vegetables, healthy fats, and "good" sources of protein, has a positive impact on pain. This type of diet benefits the microbiome and increases bacterial diversity.

There are some herbs and spices, for example, curcumin, a constituent of turmeric, that reduce pain and inflammation. Studies support this benefit of curcumin in patients with osteoarthritis and rheumatoid arthritis.

Omega-3 fatty acid is another important nutrient when it comes to pain prevention, and may also help in cognitive functioning. A healthy diet is an essential component to preventing and treating pain. If you are eating a typical western diet, it will be sooner rather than later, when your body starts to break down.

Hidden Sugars May Have Serious Effects on Children's Heart Health

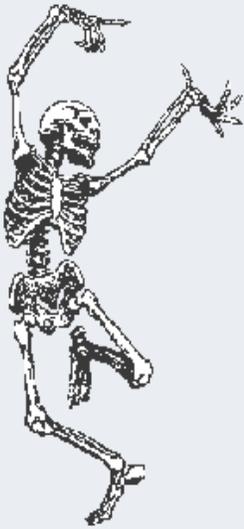
Source: <http://www.sugarscience.org/Mary C. Wiley, PsyD>

For the first time ever, the American Heart Association (AHA) is taking a stand on sugar intake. The AHA reviewed and graded the most recent scientific evidence for studies examining the cardiovascular health effects of added sugars on children.

Here is what they concluded: Children ages 2-18 should have no more than six teaspoons (or under 25 grams) or 100 calories of added sugar a day to avoid the risk of adverse effects on cardiovascular health. They should also be limited to only one sugar-sweetened beverage a week. This includes drinks such as soda, fruit-flavored and sports drinks, sweetened teas, and energy drinks. Children ages 0-2 should have zero added sugars including sugar-sweetened drinks.

*If you wear
out your
body...*

*Where will
you live?*



In the U.S, the average child is consuming a staggering 90.5 grams of sugar per day. That is over three to often four times the recommended amount by the AHA. Examples of added sugars include: table sugar, glucose, fructose, high fructose corn syrup, honey, and maple syrup.

For example, sugary cereals like Fruit Loops have about 12 grams of added sugar in each single serving. Consider that most people will consume two to three times the listed serving size at a meal, and now the total sugar intake in that serving is closer to 28 to 36 grams of sugar, exceeding the total recommended daily intake of sugar.

Other examples of common foods with added sugars include ketchup, tomato sauce, orange juice, fruit yogurt, bread, granola bars, dried fruit and the obvious sugary beverages. So make sure to start checking those nutrition labels for the amount of sugars in each product the next time you hit the grocery store. You may be alarmed by how quickly the sugars add up and surpass the recommended less than 25 grams per day.



*“A person without a
sense of humor is like a
wagon without
springs. It’s jolted by
every pebble on the
road.”*



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HAPPY THANKSGIVING!

~ Henry Ward Beecher