

## ENHANCE Chiropractic and Massage Sports Injury Centre

### Special Interest Articles:

- Normal headaches?
- Gardening tips
- Is smoking hurting your back? .

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## Should your head ache?

Headaches are the most frequent reason for people to seek advice from their health practitioner and is the primary reason for 10% of visits to Chiropractors.

Numerous causes exist, but in most instances headaches are a direct result of irritation to the nerves communicating with the head and neck.

**Research shows Chiropractic treatment to be of great benefit to many headache sufferers.**

The causes of headache can be divided into various categories. These are:

#### 1.Mechanical.

Headaches are often due to poorly functioning neck joints which affect the nerves to the neck, head and face. Other causes may include damaged muscles and ligaments of the neck, TMJ (jaw

problems, lower spinal problems. Chiropractic care can be of assistance in all of these areas.

Injury leading to headache may result from major trauma such as a car or sporting accident, or from repetitive minor trauma associated with poor posture or incorrect sleeping position.

**These types of headaches are by far the most common.**

#### 2.Emotional.

Emotional stress at home or at work can increase muscular tension throughout the neck and shoulders and therefore irritate nerves and upset blood flow leading to headache.

#### 3.Chemical.

Some foods such as chocolate, wine, tomatoes, nuts can trigger headaches. Other chemicals and environmental



pollutants can also trigger allergic type reactions resulting in headaches.

#### 4.Pathological.

A very small percentage of headaches can be due to such things as increased blood pressure, tumors, infections, etc.. **This makes it vital that anyone suffering from recurrent headaches consult a Chiropractor to evaluate the cause of the headache and devise a treatment strategy to eliminate the headaches.**



## Looking after yourself in the garden

Gardening can be a wonderful activity and very rewarding when you can sit back and enjoy the fruits of your labour. It can also be a very taxing activity on your body. It can be heavy, repetitive and enduring. So that you get the most out of your gardening, and your garden gets the most out of you, here are a

few hints to keep you there longer and in good health doing so.

1. If you have something heavy to move:
  - a) Use a moving device such as a wheelbarrow if you have one.
  - b) Use another person if at all possible.
  - c) Keep the load

close to your body if you have to move it yourself.

- d) Bend your knees when picking up and putting down.
- e) Lift, then turn, not both at once.
2. If you have something repetitive to do (such as weeding or paving):

Cont. P4

“Smokers were at least 50% more likely to report severe back pain symptoms and symptoms of depression than nonsmokers.”

## Research Corner – Smoke Signals

To determine the link between smoking and the health, duration of pain, and severity of pain in spinal patients, the authors of a recent study appearing in the journal *Spine* examined the initial visits of about 25,000 patients at 23 health care locations. Patients answered questions on work status, symptoms, medical history, mental health, and personal statistics. Practitioners provided clinical information and smoking status of

their patients.

Smokers were at least 50% more likely to report severe back pain symptoms and symptoms of depression than nonsmokers. Smokers scored significantly lower than nonsmokers on all diagnostic health categories on a health questionnaire. Also, although smokers suffered spinal symptoms for a similar duration to that of nonsmokers, the smokers' symptoms were more

severe and occurred more often each day.

Smoking can cause many health problems besides well-known, life-threatening illnesses like lung cancer. For example, smokers deal with congestion, coughing, sleeplessness, and weakened immune systems. If you smoke, try to see these more minor symptoms for what they really are: signals of more severe problems down the road.



## Fruit & Vegetables Lower Blood Pressure

People with high blood pressure should eat more fruit and vegetables, as well as low-fat and no-fat dairy products to keep the hypertension under control.

That dietary change, in addition to cutting back on salt, has been shown to lower diastolic blood pressure by two points, a change that can lower stroke risk by 15% and heart disease risk by 6%. Fruit, vegetables, and dairy products contain electrolytes, such as potassium, that are believed to

help keep blood pressure under control.

The beneficial effects of diet on blood pressure can be maximised by avoiding high intake of (salt) and ensuring adequate intake of fruits, vegetables and fat-free and low-fat dairy products. Such diets are rich in potassium, calcium, magnesium and protein, and low in total fat, saturated fat and cholesterol.

Although some people are more sensitive to salt than others, in general,

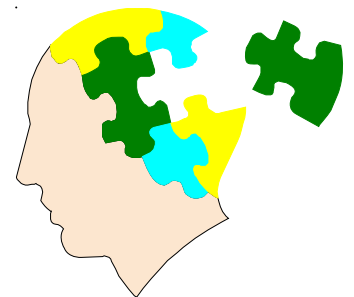
people should try to limit salt intake to no more than 6grams per day.

Nutritional strategies for the prevention and treatment of high blood pressure should address overall diet, rather than focusing exclusively on any single nutrient. Avoiding a high-salt diet, weight reduction in overweight individuals, and restricting alcohol intake are important in order to reduce the risk of high blood pressure and the other complications it may cause.



## Did You Know ?

- ❖ Kramer made his "entrance" into Jerry Seinfeld's apartment 284 times.
- ❖ The language of Taki, spoken in parts of French Guinea, consists of only 340 words.
- ❖ The average person's hand flexes its finger joints 25 million times during a lifetime.
- ❖ Oxford University requires all members upon admission to the Bodleian Library to read aloud a pledge that includes an agreement to not "kindle therein any fire or flame". Regulations also prohibit readers bringing sheep into the library..
- ❖ The caterpillar has more than 2,000 muscles.
- ❖ The ancient Greeks awarded celery to winners of sports events, and it was often carried by marathon runners.





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**ENHANCE**  
*Your  
Health*

## Welcome to Enhance

I'd like to take this opportunity to welcome our new staff members and introduce them to you. In order to provide longer hours and more massage availability, we have employed 3 new therapists. Introducing ladies before gentlemen, we have:

### **Michelle McDonald**

Michelle completed her certificate in relaxation massage through the Southern School of Natural Therapies in 1996. Michelle then went on to complete her diploma of Applied Science (Naturopathy) in 1997. She is furthering her qualifications presently by finishing off studies

in remedial and sports therapies. Michelle's main areas of interest include relaxation massage, deep tissue and sports.

### **Kay Kraeh**

Kay completed her diploma in Remedial massage through the ACT College of Natural Therapies in 2002 and is currently undertaking her Sports Therapies diploma. Kay's areas of key interest include posture, pain management, chronic fatigue syndrome and migraines.

### **Vince Cosentini**

Vince completed his advanced diploma in applied science

(remedial massage) through CIT in 2001 and is currently studying Naturopathy. Vince's areas of interest are mainly sports performance and injury management. Vince is also a sports trainer working with the Belconnen United Soccer Club and the Canberra Cannons.

All of our massage therapists have been hand picked and you can expect nothing but the highest standards in their therapy. Massage appointments are available 7 days a week, and up until 9pm at night to allow you to get treatment when you need it.



## Gardening Cont.

- a) Take regular breaks to stretch your arms and legs.
- b) Change the position that you are in to do the activity i.e on both knees, one knee, squatting, laying down.
- c) Break the job into small sections so that you still have

a sense of accomplishment when you take a short break.

3. When you need to reward yourself for the hard work or you have injured yourself:  
Get yourself down to  
**ENHANCE**  
Chiropractic and  
Massage clinic

