

## ENHANCE Chiropractic and Massage Sports Injury Centre

### Special Interest Articles:

- Exercise Routines
- Who's new on the web?
- Cramps .

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## Starting Out On The Right Foot

With the warmer weather of spring, thoughts move to fitness, and removing some of that winter insulation that might have built up. Whilst a spring exercise program is a great idea, it is important to do it right so that you stick with it and get the results that you are looking for. Firstly, any exercise program will be most beneficial when combined with a balanced diet. This doesn't mean eating like a sparrow, but eating enough to balance your energy requirements and eating plenty of the right foods. Your exercise program itself though needs to entice you to exercise. If you can enjoy it, then you are

more likely to continue it. Here are a few tips to maintaining your program:

1. Start easy. Many exercise programs come to an early end because the participant started out too hard. This makes you sore, causes injuries, and discourages you from further sessions. Start lightly, and build up. You will enjoy it more and your body will adapt better to the changes.
2. Keep it interesting. There is nothing worse than being bored by exercise. Vary where you train, and how you train. Different sessions such as running,



swimming, gym and walking keep your program interesting and challenging.

3. Set goals. Exercise is much easier when you know why you are doing it, and you get to see results. Have short term goals that you will achieve along the way to your bigger goals.

4. Find a partner. Exercise is much easier when you have someone else to help you stay on track and relying on you to turn up for them as well.

Exercise well and enjoy the exercise and the benefits



## ENHANCE your internet experience

Yes, we've finally gotten there. With some help from Matt Davis Web designs

*ENHANCE* is now on the web. Our web address is

[www.enhance.com.au](http://www.enhance.com.au)

Make sure you pop in for a visit. The website will be developing with time, so make sure you keep popping in.

There will be information sheets available there, newsletters to download, and hopefully other helpful information for you and anyone that you know that wants to know some more about massage, chiropractic or just the *ENHANCE* Clinic. Feel free to give us

suggestions on what you would like to see there, and ways that we can improve it for you. We hope that the website will not only be an information stop for potential patients, but a useful tool and resource for our current patients.

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"No improvements in memory or mental sharpness were observed....."



## Research Corner – Should we forget Ginkgo Biloba?

The herb *ginkgo biloba* has been used in China for hundreds of years to enhance memory, improve mood, and alleviate headaches. Many Australians currently take the supplement for the same reasons, as it is marketed to offer these benefits, but proof of its success has been limited to few tests of memory and to people suffering from an illness.

In a recent study in the *Journal of the American Medical Association*, 115 people over 60 years old took 40 milligrams of ginkgo

three times per day (the recommended dosage) for six weeks, while another 115 took a placebo at the same frequency for comparison. Neither group was aware of which type of pills they were taking.

No improvements in memory or mental sharpness were observed in either group, based on a battery of neuropsychological tests. Even when different outcome measures like verbal memory, concentration, and attention were looked at separately,

the supplement offered no significant benefits.

So should you bother taking ginkgo biloba? The verdict is still out. If the supplement does offer improvements to concentration and memory, it has yet to be scientifically proven. In the meanwhile, other ways to keep a sharp mind include an antioxidant-rich diet, low alcohol consumption, and performing regular leisure activities to give your mind a workout.

*Reference:* Solomon PR, Adams F, Silver A, et al. Ginkgo for memory enhancement: A randomized controlled trial. *Journal of the American Medical Association* 2002;288(7),

## The Who, What and Why of Cramping

Muscle cramps are painful, involuntary muscle contractions that occur suddenly and can be temporarily debilitating. The most common sites for cramps are in the calf muscles, but they may however occur in any other muscle. Theories as to the cause of cramps are many and varied and include;

### 1. Dehydration;

Water is an important part of any athlete's diet. Under normal circumstances, dehydration is not very likely to occur but the

reverse is true for people participating in sporting activities. Thirst is an indicator that most athletes use to make them aware that they need to rehydrate their body. This however is a very poor indicator and athletes especially should be taking in fluid regularly.

Below is an example of the amount of fluid an athlete should be taking in the day of an event;

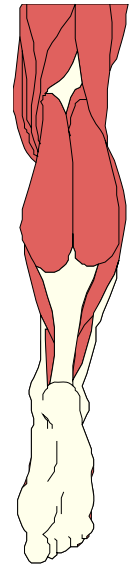
- ½ litre of water upon waking up that morning

- 1 cup of water every 20 minutes leading up to the event
- as much water as they can drink during the game without feeling bloated
- after the event, 1 glass of water every 20 minutes until their urine is clear

### 2. Low sodium or potassium levels.

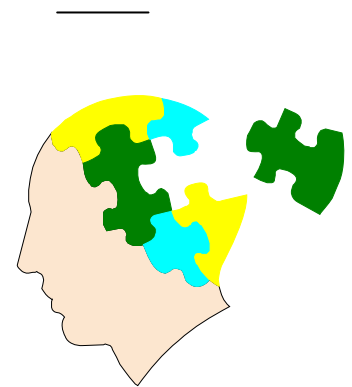
### 3. Low magnesium levels.

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## Did You Know ?

- ❖ There are many definitions in the dictionary for the word "bob," which includes its use as a noun when used for a suckling calf .
- ❖ The human sense of smell is so keen that it can detect the odors of certain substances even when they are diluted to 1 part to 30 billion.
- ❖ In ancient China, the crimes for abduction, armed robbery, treason, and adultery were punished by castration
- ❖ In fourteenth-century England, the number of males named Robert, William, Henry, John, or Richard averaged 2 out of every 3.
- ❖ Green tea has 50 percent more vitamin C than black tea.
- ❖ A bolt of lightning can strike the Earth with a force as great as 100 million volts.





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## Cramping Cont.

This is one of the more common causes. Magnesium is found in fresh vegetable such as broccoli, whole grains, seeds such as nuts, soybeans, pumpkin seeds or as a dietary supplement.

### 4. Low calcium levels.

Calcium is vital for normal muscle activity and the average person should be having 4 serves of calcium a day which is equivalent to approx. 1000mg per day.

### 5. Excessive consumption of

softdrink containing caffeine, coffee or tea leads to excessive fluid loss and dehydration.

6. Inadequate carbohydrate intake. A high carbohydrate meal should be eaten 2-3 hours before exercise

7. Excessively tight muscles can lead to cramping during physical activity. If this is the case then the affected area needs to be stretched and treated. Treatment involves evaluation as to the cause of the cramps eg. Biomechanical

dysfunction of the surrounding joints.

Please note that "true" muscle cramping must also be distinguished from cramp-like muscle pain that can be referred from the lumbar spine. The cause of cramps should always be evaluated by a Sports Chiropractor who can take the appropriate cause of action. If you have any questions, please feel free to discuss any questions you may have at your convenience.



"Sorry, Mr. Peterson, but paying someone to work out for you won't help you to get in shape any faster."