

## ENHANCE Chiropractic and Massage Sports Injury Centre

### Special Interest Articles:

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## ENHANCE your Christmas

Over the Christmas period, the *ENHANCE* clinic will be open with the exception of the public holidays. This will include half days on Christmas eve and New Years eve. We hope you have a wonderful and safe Christmas and New Year Period.

As we seem to race towards the end of the year, bimonthly newsletters seem to make it arrive even quicker. We would like to thank all our valued patients for their support over the last 12 months. The *ENHANCE* clinic has continued to grow during its second year, and largely thanks to the continued referrals of our

existing patients, so thank you for your support there. 2003 has seen a number of changes at *ENHANCE* with new staff and new services. We have seen Ben extend the chiropractic services to 7 days a week making *ENHANCE* the only Sunday clinic on the northside. Ann-Maree has made

things work a lot more smoothly at the front desk, with the help also of Matt Hogan and more recently Sophie Payne. Candice joined the massage team, giving more options for multiple massages and more availability. We have also seen the introduction of Ball classes, beginning with the back stabilization program which has been a great success from the start. Look for other classes being introduced in 2004.



## Price Change

Due to the rising costs of running a small business, the Chiropractic prices at *ENHANCE* have been forced to increase from January 1<sup>st</sup>. After 2 years of remaining the same, this new pricing schedule will allow us to maintain the same high level of service that you are

used to. The new pricing schedule is as follows:

Initial Chiropractic visit: \$70  
Subsequent Chiropractic visit: \$45

Student/Pensioner rates :

Initial : \$60  
Subsequent: \$35

These rates apply to accounts paid on the day of treatment. Please note that the clinic policy on appointment cancellation remains 2 hours prior to your appointment, otherwise you will be charged for that appointment as you will be for a missed appointment.

## Research Corner – Take it outside!!!

What do asthma, ear infections, respiratory tract irritation and Sudden Infant Death Syndrome (SIDS) have in common? They're all possible consequences of infant exposure to second-hand smoke.

A new study shows that the only way to truly protect infants from tobacco smoke is to ban it entirely from the home. Researchers from the University of Warwick in the United Kingdom measured infant smoke exposure by testing the urine samples of infants living in homes where they were exposed to tobacco smoke. The study revealed that infants exposed to smoke had traces of cotinine, a smoking-related chemical, in

their bloodstream; the higher the cotinine level, the greater the exposure. Various preventative measures used to protect infants from smoke exposure, including opening windows and not smoking in the same room, only resulted in a slight decrease in smoke exposure.

Now may be the time to kick your smoking habit altogether - if not for your own health, then for the health of your child. As this study indicates, the only way to prevent your baby from being exposed to the harmful effects of second-hand tobacco smoke is to enact a 100 percent ban of smoking in your home. If you still aren't convinced, or don't have a child,

remember, quitting smoking has many personal health benefits, including decreased blood pressure; improved circulation; decreased risk of heart attack and cancer; and an improved sense of taste and smell.

Before you take that next puff, think about the effects it will have on you and your child. If you can't quit on your own, your doctor can help get you on a program that will work for you.

*Reference:* Blackburn C, Spencer N, Bonas S, et al. Effect of strategies to reduce exposure of infants to environmental tobacco smoke in the home: cross-sectional survey. *British Medical Journal*, Aug. 2, 2003: Volume 327, pp.257.



“...opening windows and not smoking in the same room, only resulted in a slight decrease in smoke exposure.”



## Studying Smart

Around this time of year the students among us are beginning to stress as exams draw nigh and long study periods replace social occasions... well at least they should. We have included here a few tips to help you study more effectively, hopefully improve those exam results, and take less of a toll on your body.

Firstly, a good study area is important, and although many different places might be comfortable, a good desk with a good chair should be the main area of study. The desk should be clear of rubbish and distractions, and should only ever have

on it what is being studied in that session. The study area should also be angled up at approximately  $30^\circ$  so as to reduce the amount of neck flexion needed to read and write. At  $30^\circ$  your pens should still work, and there shouldn't be too much slide off the table. This can be set up quite easily with a board and some unused text books, or the more mechanically minded might like to construct a more stable attachment for their desk to allow this facilitated study.

It is important to have regular breaks when studying so that your mind is constantly



working fresh, and not just going through the motions of turning pages and noticing typing. A break of approximately 5 mins every hour will keep you studying longer, and with more alertness. Part of that break should involve some physical activity, even if it is just walking around the house. Eye exercises can also be done at this time. Whilst studying, your eyes focus at one distance the whole time, and will get tired doing

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## Did You Know ?

- ③ The average person falls asleep in 7 minutes.
- ③ The number of births that occur in India each year is higher than the entire population of Australia.
- ③ The cockroach is the fastest insect on 6 legs, covering a metre a second.
- ③ The microwave was invented after a researcher walked by a radar tub and a chocolate bar melted in his pocket.
- ③ The names of the continents all end with the same letter with which they start.
- ③ You burn more calories sleeping than you do watching TV.
- ③ The cigarette lighter was invented before the match.





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this. It is important that you alter this by purposely focusing on things at one distance the whole time, and will get tired doing this. It is important that you alter this by purposely focusing on things at different distances, both closer and further away. These eye exercises can help drowsiness that commonly is associated with long periods of study. Your resumption time should be definite, and you should make

sure you are back at your desk studying by that time, not just thinking about preparing for it, and by the same token, make your break time just as regimented.

It is essential that you are at your best to study for your exams if you wish to be at your best to pass them. If you are letting your body down physically, then it will suffer mentally as well. If you are studying and starting to get any back, neck

pain or headaches, don't wait for them to stop you studying, get them checked out by one of the chiropractors early, and save your self more trouble later.



## GIFT PACKS AVAILABLE FOR CHRISTMAS

Gift Packs are available from the clinic which include either ½ hour or 1 hour massages beautifully packaged so there is no more for you to do.

Solve your Christmas gift problems and delight a loved one this Christmas.