

# ENHANCE Your Health

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**ENHANCE Chiropractic and Massage Sports Injury Centre**

## ENHANCE News



OK, it's scary, but yes, this is our Christmas edition of the newsletter!! One of the drawbacks of bimonthly newsletters. Since our last newsletter, things have been busier than a ferret in a trouser factory here at ENHANCE. October saw Ben up to Sydney with the ACT Women's Ice Hockey team, to see them win the National Titles. The day Ben was back, Pete was off to Portugal with an Australian Futsal team to look after them as they played a series of games against the Portugal National League teams.

This time of year sees

the National Indoor Volleyball competition starting to hot up, with Canberra Heat Men's team sitting at the top of the ladder looking to bring home a medal from the finals on the 3-5 of December.

The Canberra Dolphins Water Polo teams are in preparation for the start of the national league early next year.

ENHANCE Healthcare is proud to have an involvement with these teams, and we are looking forward to a big summer.

Things are settling down a little now, although December will see Candice away in

Canada for about 3 months, so book your massages with her soon.

Clinic hours over Christmas will be as follows:

December 24<sup>th</sup> – Open

December 25-27 Closed.

December 28 – Re-open

January 1-2 Closed.

January 3 – Re-open



	SUN	MON	TUE	WED	THU	FRI	SAT
DEC	19	20	21	22	23	24	25 Closed
DEC/ JAN	26 Closed	27 Closed	28	29	30	31	1 Closed
JAN	2 Closed	3	4	5	6	7	8

\*Correct at time of print, but may be subject to change without notice.



## Total Enhancement

At Enhance, we have a number of ways in which we give back to you the patient. Firstly, the Total Enhancement package is a \$10 discount when you get a massage and chiropractic treatment in the same day. We

feel that in many cases this can be beneficial to your treatment and as such would like to encourage you to take advantage of having practitioners in the same place, communicating with one another to give

you a better service.

Secondly, if you refer a patient to our clinic, and they name you on their patient information sheet, then we will send you a \$5 voucher to be used with your next chiropractic treatment or massage.

## Research Corner – Exercising in spurts

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*“New research suggests that you can achieve the same benefits by exercising in short 10-minute bursts of activity as if you had exercised for one continuous workout.... “*



Regular exercise is crucial if you're looking to maintain health and fitness levels, and prevent conditions such as heart disease and diabetes. Typically, practitioners recommend that people exercise continuously and vigorously for 20 to 60 minutes per day. Unfortunately, you probably realized a long time ago that it's difficult to schedule a set block of time to complete a full workout. Well, here's some good news: New research suggests that you can achieve the same benefits by exercising in short 10-minute bursts of activity as if you had exercised for one continuous workout.

In the study, 18 inactive young men and women were asked to perform

three types of protocols on different days: eating a high-fat meal, without exercising; eating a high-fat meal following a 30-minute session of continuous exercise; and eating a high-fat meal following a session of intermittent exercise (three 10-minute exercise sessions separated by 20-minute rest periods). Triglyceride levels (the chemical form in which most fats exist in the body) were measured just before eating the high-fat meal and at two-hour intervals afterward. Results indicated that peak triglyceride levels were reduced by 27 percent in the people who engaged in intermittent exercise; those who participated in continuous exercise reduced their

triglyceride levels by only 15 percent.

Whether you choose to exercise continuously or intermittently, the overriding message is: get out and exercise! Along with eating a sensible, well-balanced diet, it's one of the best things you can do to get healthy and remove fats from your bloodstream. Talk with your doctor of chiropractic about designing an exercise program that fits your work schedule and lifestyle.

*Reference: Altena TS, Michaelson J, Ball SD, et al. Single sessions of intermittent and continuous exercise and postprandial lipemia. *Medicine & Science in Sports & Exercise* August 2004;36(8):1364-1371.*

## Sleep Right, Sleep Tight

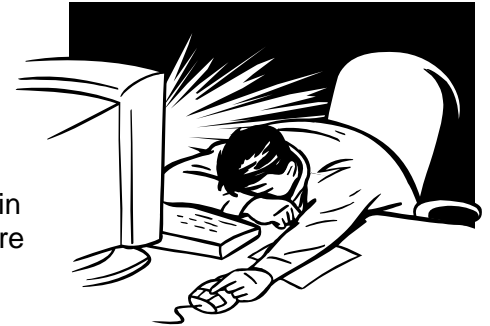
In the last couple of issues we have looked at some of the physical factors of looking after your body whilst asleep. In this issue we will deal with some of the ways in which you can get a good night's sleep. Sleep is an important part of our life and health. It is a time for our bodies and minds to rest and recuperate and a time when a lot of healing is carried out within our bodies. I have included below some tips from Sleep Disorders Australia on developing good sleep habits

1. Regular bedtimes

and wake up times are important as they help to establish a regular sleep/wake cycle and reinforce the body's internal clock. This should happen 7 days a week. Sleep-ins can actually be harmful to your cycle.

2. Exposure to sunlight upon waking has been proven to be beneficial to establishing the sleep/wake cycle.
3. Your bedroom setting should be conducive to sleep and rest. The room should be dark, quiet, safe,

comfortable and well ventilated. Any activities that may be mentally stimulating should be avoided in the bedroom. E.g. Watching TV, studying intensely in bed. Also make sure the room is well aired through the day to reduce moisture or dampness and hence dust mites that might cause respiratory disturbances at night. The mattress and bedding should be aired and cleaned regularly.  
*Cont. P4*



**ON THE AIR**



## Did You Know ?

❖ Frogs are one of the best leapers on the planet! Did you know that frogs can launch themselves over 20 times their own length using those big strong legs of theirs? That would be like if you could jump 100 feet!

❖ The average flea can jump up to 150 times its own length. A kangaroo can leap about 4 1/2 times its length. Elephants can't jump at all!

❖ 35% of people who use personal ads for dating are already married.

❖ The Main Library at Indiana University sinks over an inch every year because when it was built, engineers failed to take into account the weight of all the books that would occupy the building.

❖ A snail can sleep for three years.

❖ Average life span of a major league baseball: 7 pitches.

❖ All polar bears are left handed.

❖ In ancient Egypt, priests plucked EVERY hair from their bodies, including their eyebrows and eyelashes.

❖ A shrimp's heart is in its head.

❖ A pregnant goldfish is called a twit.

❖ Horses can't vomit.

❖ Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.

❖ Most lipstick contains fish scales.





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*Your  
Health*

## Sleep cont.

4. If you are not asleep within about 20 min of going to bed, or when you wake at night, do not lie in bed tossing and turning. Get up and do something relaxing. For most people this means reading or listening to music. Do not do housework, bills, work or anything that is too stimulating before bed or during nighttime awakening.
5. A warm bath helps us go to sleep as the body is more likely to sleep when our body temperature is falling which is what happens about 1-1.5 hours after you have a warm bath. It has also been proven that you are more likely to sleep for a longer period if sleep occurs as the body temperature is falling. A warm bath is also a good method of relaxing, where as a shower tends to stimulate.
6. Avoid caffeine (coffee, tea, cola drinks and chocolate) after noon. Even if it doesn't prevent you from falling asleep it can effect the quality of your sleep by causing shallow sleep or nighttime awakenings.
7. Avoid nicotine, it has similar effects to

caffeine.  
8. Avoid alcohol within 5 hours of going to bed. It is a poor hypnotic and causes nighttime awakenings.

9. Regular meals are important in establishing a sleep/wake cycle. Do not go to bed on either a full or empty stomach. A light snack might be beneficial about 1 hour before bedtime.

10. Daily exercise will improve sleep but don't exercise immediately before bedtime as you will increase the body's core temperature and it will need to come down to establish sleep.

11. Scheduling "worry" time is beneficial to many people. Schedule it well before bedtime and use it to consider the

day's problems and find some resolutions. Also writing "To do lists" can be beneficial because you will not need to worry about trying to remember to do something tomorrow as you have written it down. Also getting ready for tomorrow before you go to bed will help to put your mind at rest as you will know you are ready and will not need to be looking for things.

If you are still having trouble with your sleep after this, feel free to discuss it with your chiropractor, or call Sleep Disorders Australia on (02) 9990 3514



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**"I've developed a stress management program based on the Shut Up And Stop Whining Principle."**