

## Special Interest Articles:

- ENHANCE news
- Ball Classes
- Recovering well from Christmas

## Individual Highlights:

- Ball Classes 2
- Research Corner 2
- Recovery nutrition 3-4
- Did you Know? 3

## ENHANCE Chiropractic and Massage Sports Injury Centre

### ENHANCE News

Happy New Year!!! I trust everyone has managed to make it safely into the new year. 2004 promises to be a big year here at *ENHANCE*. We will be looking to further the back stability classes, looking forward to the introduction of two new classes in the pregnancy exercise and the stretching. Keep your eyes peeled for these starting.

January is generally holiday time for many Canberrans. Remember to take your pillows with you if you go away, and

consider putting the mattress from that fold out lounge onto the floor to give your back some support.

We've had some exciting achievements in the clinic recently. Brendan Watt recently competed in the Australian Schools athletics championships in Queensland. Brendan took out the 400m, well within his personal best and in winning this has qualified for the world junior games in July this year.

Michelle Treloar has

been appointed as an official FIFA assistant referee in soccer. This qualifies her for international refereeing positions, and puts her in the running for Athens 2004. Joining her in Athens will be Simon Thompson. Simon won the Coffs Harbour leg of the Accenture triathlon series earlier this month, which automatically qualifies him for the Olympic team. Congratulations to these three excelling in their fields.





## BALL CLASSES INTO 2004

We will be starting back stability classes again soon.

If you would like to enrol, give us a call or drop in and we will discuss class times and starting dates.

Wednesday and Friday evenings at 7pm are touted as possible times, but we are flexible depending on demand.

For those people that needed pillows when we ran out over Christmas, they are now back in stock, feel free to pop in and have one fitted.

## Research Corner – Low Back Pain and childhood

---

*“a new study suggests that schoolchildren who suffer from behavioral difficulties are also at an increased risk for developing lower back pain.”*

Parents of school children with behavioral problems can testify to the difficulties their children encounter: poor academic performance, low self-esteem and anger. Now, a new study suggests that school children who suffer from behavioral difficulties are also at an increased risk for developing lower back pain (LBP).

Researchers examined 1,000 schoolchildren between the ages of 11-14 and found that those who experienced behavioral problems, as well as those that repeatedly

complained of other symptoms, such as abdominal pain, headaches and sore throats, were at a substantially higher risk of developing LBP than those without those problems. In short, the study concluded that behavioral problems and other somatic complaints may eventually lead to the onset of LBP.

If you have a child who suffers from LBP, behavioral problems and/or other health concerns, talk to your Chiropractor about treatment options. In addition to helping relieve LBP, a chiropractor can recommend wellness

and lifestyle changes that promote physical, mental and emotional well-being.

*Reference:* Jones GT, Watson KD, Silman AJ, Symmons DPM, Macfarlane GJ. Predictors of low back pain in British schoolchildren: a population-based prospective cohort study. *Pediatrics*, Apr. 4, 2003;111(4), pp 822-28.



## Recovery nutrition

Treating the body with natural tonics could be the key to surviving the party season.

Natural Juices squeezed from fruit, vegetables, herbs and seeds that do everything from helping people to detoxify the body to specific juices having the power to shake off stubborn colds, banish headaches and tackle irritating skin problems.

Here are a few combinations to try.

Always wash the products thoroughly

and drink the juice immediately to get the most benefit.

### ROCKET FUEL

Blend a cup of apple juice, 2tbs tahini, ½ banana, 1 tbs lecithin granules and 1 ml ginkgo.

This drink provides energizing minerals such as potassium, which is important for the energy conversion of glucose to glycogen; chromium which helps balance blood sugar and so energy production; and magnesium,

important for the storage and release of glycogen. Tahini is a high-energy food; lecithin strengthens the nervous system.

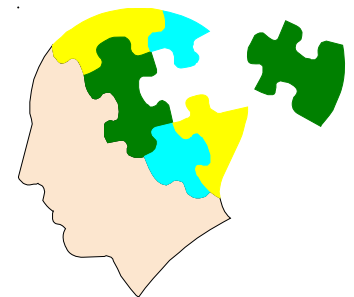
### STOMACH SETTLER

Blend a tea bag or 1 tsp ginger, a bag or 1 tsp peppermint, a bag or 1 tsp liquorice, a bag or 1 tsp cinnamon, a bag or 1 tsp camomile. Any of them can be taken as an after-meal tea. Drink it hot to get the most benefit. Heat can be beneficial to digestion, increasing circulation to the stomach. Cont. p4



## Did You Know ?

- ❖ The word "carol" is derived from the old French word caroller, which means dancing around in a circle.
- ❖ Mel Blanc, who played the voice of Bugs Bunny, was allergic to carrots.
- ❖ Is a world population of 6 billion too many? Compare that with animals. There are more than a million animal species. There are 6,000 species of reptiles, 73,000 kinds of spiders, and 3,000 types of lice. For each person there is about 200 million insects. The 4,600 kinds of mammals represent a mere 0,3% of animals and the 9000 kinds of birds only 0,7%. The most numerous bird specie is the red-billed quelea of southern Africa. There are an estimated 100 trillion of them.
- ❖ Do you know the names of the three wise monkeys? They are: Mizaru (See no evil), Mikazaru (Hear no evil), and Mazaru (Speak no evil).
- ❖ An atomic clock is accurate to within 1 second in 1,7 million years.
- ❖ The tongue of a blue whale is as long as an elephant.
- ❖ Our eyes are always the same size from birth.
- ❖ Earth is not round, it is slightly pear-shaped.
- ❖ On average, people move house every 7 years.





Platypus Centre  
4/4 Riley Cl.  
Ngunnawal 2913

PHONE:  
(02) 6241 6060

FAX:  
(02) 6241 6070

E-MAIL:  
[healthcare@enhance.com.au](mailto:healthcare@enhance.com.au)

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

---

**ENHANCE**  
*Your  
Health*

## Recovery nutrition cont.

### MENTAL TUNE-UP

Blend ½ cup apple juice, 2 tbs tahini and 1 tbs lecithin granules. After 30 seconds, add 2 tbs wheat germ, 1 tbs brewers yeast, ½ cup water and 1 ml ginkgo extract. This drink has the ingredients for alertness and concentration. Regular consumption of these nutrients will help when fast-thinking is needed.

### CALM-DOWN JUICE

Blend 90ml celery juice, 60ml spinach juice, 30ml broccoli juice, 30ml watercress juice, 30ml wheat-grass juice, and 30ml of alfalfa sprout or parsley juice. Green juices have a soothing effect on the nervous system. Drink the

juices slowly, and then rest and they will reward you with long-term energy and deep cellular nourishment.

### HEADACHE TONIC

Blend a ginger tea bag or about 6mm of ginger and capsule cayenne. Ginger gets the blood circulating, is warming and reduces inflammation. Ready-made tea bags with powdered ginger are convenient. But, if you want the best results, make it fresh. Grate fresh ginger into a cup of water and steep for 15 minutes.

### BREAKFAST REFRESHER

Blend the juice from a grapefruit and a lemon. Grapefruit has a reputation for moderating obesity. It lowers serum cholesterol owing to its richness in

pectin's. Lemon relieves constipation and improves metabolism because of its cleansing effect on the liver. This is a great drink to have in the morning.

### DECONGESTENT

Blend 180ml carrot juice, 30ml red pepper, 30ml spinach juice, 30ml kale juice, 1 tsp spirulina or other algae powder. Vitamins A and C are the basic cold and flu fighters and these foods are the richest sources of them. Their freshness and living enzymes will help rebuild your immunity. Sip slowly this is a potent botanical medicine.

