

ENHANCE Your Health

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ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



Welcome to the July/August edition of *ENHANCE* your Health. In this edition we look at some sleeping tips, one of the good things about alcohol, and.

Remember that when you receive a

massage and chiropractic treatment in the same day, you get a \$10 discount off your total bill.

For those that aren't aware, and for your convenience, we stock ice packs, heat packs, swiss balls,

strapping tape and pillows. It is very important will pillows and balls that they are your size to make them safe and effective.

Lunch on the toilet seat?



So are you eating your lunch right now at the desk?

According to a recent US study that tested various surfaces for bacteria, including streptococcus, salmonella and Escherichia coli, the toilet seat had less bacteria per square inch than the office desk.

Researchers tested a total of 7,000 samples and found that toilet

seats harbored far less bacteria than desks, keyboards, the microwave handles and telephone handsets, with the handset being the most contaminated surface. Per square inch, the telephone handset contained on average 25127 bacteria, the desk top 20961 and the toilet seat only 69 bacteria.

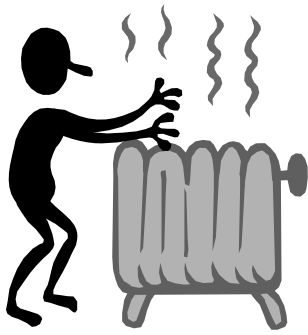
As the researchers point out "We don't think twice about

eating at our desks, even though the average desk has more than 100 times more bacteria than a kitchen table, and 400 times more bacteria than the average toilet."

So how's that appetite now?

Source: Dr. Charles Gerba, Medical observer 16th April 2004.

John Reggars, COCA News June 2004



Why an ENHANCE heat pack?

Not all heat packs are created equal. The new ENHANCE heat packs contain flax seeds. Why is this better than other grains?... Flax seed is a flower seed rather than a food product, therefore no cooked food smell is in the air

or on your clothes. Rice has a tendency to develop a bad odour with continued use. Grain products contain mostly water, which cooks out and doesn't heat as well or hold heat as long. Flax seed is 30-40% oil which

remains inside the seed to be warmed by the microwave process. The shell of the seed is absorbent allowing moisture from the air to be absorbed for constant release of moist heat.

Research Corner – Have a healthy beer

“...all alcoholic beverage types were inversely associated with the development of gallstone disease “



Gallstones, hard stones made up of deposits of cholesterol and other material, usually develop in the gall bladder and can be as small as a grain of sand or as large as 2.5 inches. Most of the time, gallstones produce few or no symptoms; however, when symptoms do occur, they include severe nausea, vomiting, shivers and abdominal pain.

In severe cases, gallbladder disease may develop, at times necessitating surgical removal of the gallbladder. However, a new study published in the *American Journal of Clinical Nutrition* shows that moderate consumption of alcoholic beverages,

including beer, wine and spirits, might help lower the risk of symptomatic gallstones and gallstone disease in women.

Women's Health Study participants with no history of gallstones or gallbladder disease were monitored for 20 years for the development of the condition; food-frequency questionnaires (every two to four years) were used to track alcohol intake. Results showed that all alcoholic beverage types were inversely associated with the development of gallstone disease, independent of consumption patterns (e.g., frequency or amount of alcohol

consumed).

But before you run out and stock your fridge, the study cautions patients to discuss the potential health effects of alcohol consumption with a qualified health care professional. After all, while alcohol may help prevent gallbladder disease, it can also contribute to liver problems and dependency issues, among other complications. Most experts agree that your best bet in preventing gallstones is to eat a well-balanced diet low in fat and rich in whole grains, lean meat and vegetables.

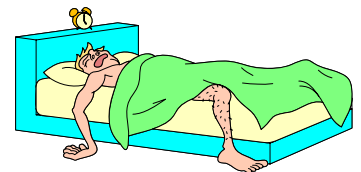
Reference: Leitzmann MF, Tsai C-J, Stampfer MJ, et al. Alcohol consumption in relation to risk of cholecystectomy in women. *American Journal of Clinical Nutrition* August 2003; Volume 78, Number 2, pp.339-347.

Sleep Right, Sleep Tight

In the next couple of issues, I am going to be dealing with some of the issues that relate to sleeping and how to sleep for health. In this issue we will be dealing with the first important part of sleep, and that is where you sleep. If we manage to get the recommended 8 hours a night, we spend a third of our lives in bed. You don't get weekends off sleeping, and as such, this should be the one place that you spend the most time in your week and your year.

People often spend more than this allotted time at work, whilst others spend considerably more of it in bed. Whichever category you fit into, your bed is a valuable piece of furniture to your health. This importance however is rarely displayed in the time and money that a lot of people spend choosing their bedding. There are several features that should be considered when choosing a bed. Obviously the firmness of the bed is an important factor.

The firmness must be sufficient to support your body, but not too firm so as to leave you high and dry as it were. If a mattress is too firm, it will elevate the shoulders and hips, causing the spine to sag in the middle. By the same token, if the bed is too soft, the spine will sag at the hips causing stress at the lumbosacral junction. Many older beds fall into this category, although a new bed of poor quality will also have the same problem. *Cont. P4*



Did You Know ?

❖ The word "queue" is the only word in the English language that is still pronounced the same way when the last four letters are removed.

❖ To prevent waste, overeating, and pollution of the water, feed the fish in an aquarium twice a day an amount that takes them five minutes to completely clean up.

❖ The average person's field of vision encompasses a 200-

degree wide angle.

❖ The average 60-minute audio cassette tape has 171.5 metres of tape in it.

❖ More movies are produced in India than in Hollywood.

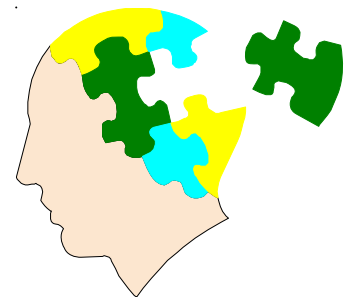
❖ Peter the Great taxed people for growing beards

❖ The Bank of America started as the Bank of Italy

❖ Plant-eating dinosaurs did not eat

grass, because there wasn't any - so it is thought. During the Mesozoic Era, when the dinosaurs lived, conifers - cone-bearing trees and shrubs - dominated the landscape. They included redwoods, yews, pines, palms, cypress and the monkey puzzle tree. Flowering plants and grass evolved only later.

❖ A plant does not look like its parents, but will always resemble its grandparents.





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Sleep cont.

Firmness of a mattress is certainly a comfort factor, however the above features should be checked for as your size will also determine what firmness is necessary. Larger people obviously not getting sufficient support from a soft bed. Some beds will come with firmness ratings and information on how they plan to overcome these problems. You need to lay on the bed. If two people are to be sharing the bed, they should lay on it together. Suitable bed will support you as mentioned above and allow two people to lie on the bed without rolling together or disturbing one

another when rolling over. As you roll to the edge of the bed another factor will become evident. This is the construction of what is called the box. This supports the edges of the mattress. This should be firm. It is also the reason why you should not spend time sitting on the edge of your bed when you get it home. Over a period of time, this will weaken the box, and therefore have an effect on the support that the bed will give from the edges. A couple of beds that have been tested and proven to have a satisfactory level of support are the chiropractic

range by Sleepmaker, and the Chiro-Osteo range by Sleeppeeze. These are not the only beds on the market that are suitable, but have undergone testing by the Chiropractors Association of Australia, and the Chiropractic and Osteopathic College of Australasia. For more information on bedding, feel free to chat to one of our chiropractors.

In the next issue of *ENHANCE* your health, we will be looking at sleeping posture and pillows.

