

ENHANCE Your Health

Special Interest Articles:

- ENHANCE news
- Breakfast Cereal
- Migraine headaches

Individual Highlights:

- Breakfast news 1
- Research Corner 2
- Migraines 3-4
- Did you Know? 3

ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



Welcome to the May/June edition of ENHANCE your Health. In this edition we look at some dietary tips for the young and not so young. We also look a little into the

dreaded migraine headache.

Remember there are back stabilization classes starting all the time, so register your interest, also the new stretching

classes should be starting soon. All these classes are kept small to maintain individualized attention.

Enjoy the newsletter and stay well.

Don't be a Cereal Killer

Parents: Before you crack down too hard on your kids' daily consumption of the latest sugary breakfast cereal, you may want to consider a study culled from the December issue of the *Journal of the American Dietetic Association*.

From February 1998 through to February 1999, more than 2,000 households in the United States kept a two-week food diary.

Included in the study were 603 children ages 4 to 12 years, divided into three groups: those ingesting ready-to-eat cereal eight or more times within two weeks; those consuming cereal four to seven times; and those eating three or fewer servings. The results were evaluated in terms of the notoriously "unforgiving" body mass index (BMI), which for the first group (those eating

cereal the most frequently) showed 80 percent falling within appropriate standards.

Contrary to this, only 52.6 percent of the children who consumed relatively little cereal for breakfast maintained an appropriate BMI. Now of course, Dr. Albertson represents the Bell Institute of Health and Nutrition *Cont. P2*



Cereal Cont.

(formed by General Mills, one of the world's leading cereal companies), but the message is still clear: Cereal - or any breakfast food containing even the minimum of nutritional

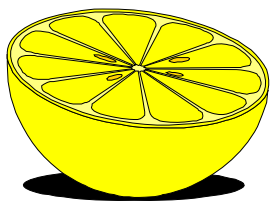
ingredients - is better than nothing at all.

For more on paediatric health, visit www.chiroweb.com/find/archives/pediatrics/index.html

References: Albertson AM, Anderson GH, Crockett SJ, Goebel MT. Ready-to-eat cereal consumption: Its relationship with BMI and nutrient intake of children aged 4 to 12 years. *Journal of the American Dietetic Association* December, 2003:103(12).

Research Corner – Go the Grapefruit

“Recently, researchers added diabetes protection to the potential list of benefits associated with regular grapefruit consumption”



Grapefruit is a good source of vitamin C, potassium, and dietary fibre, and it's a good way to get your recommended five daily servings of fruit and vegetables. Recently, researchers added diabetes protection to the potential list of benefits associated with regular grapefruit consumption.

Researchers surveyed 100 overweight volunteers who were on varying diets: One group ate half a grapefruit three times a day; another group drank a glass of grapefruit juice prior to every meal;

while the other group did not consume any grapefruit. After 12 weeks, grapefruit eaters had shed an average of 1.6 Kg - with some losing as much as 5kg. Juice drinkers lost an average of 1.5 Kg, and those without grapefruit in the diet lost only 0.25 Kg a piece.

Researchers attributed the grapefruit-mediated weight loss to the burning of sugar, facilitated by insulin and indicated by lowered glucose levels, which could be good news to the estimated 1 million

people in Australia that have diabetes. Moreover, this study paves the way for further research on a larger scale, researchers said.

Get a jump-start on the next round of results by consuming grapefruit (and a regular supply of fruits and vegetables) to maintain health, and if for nothing else - the taste.

For more on nutrition, visit www.chiroweb.com/find/archives/nutrition/index.html

References: A full copy of the article is available from the SCI press office. Email: press@soci.org.

Migraine? No thanks

Migraine headaches affect a large percentage of the Australian population, and account for many doctor and chiropractic visits each year. Migraine headaches vary from just the headache which can knock you off your feet for a day or three, to the full blown spots before the eyes, flashing lights and blacking out leading into the headache phase. During the headache, migraine sufferers are usually very sensitive to light and sound,

and as such try to find themselves a quiet, dark place to lie and suffer. Migraine headaches commonly start during the teenage years, and can lead to many days spent away from school and work.

There are a couple of theories floating around at the moment as to the possible causes of the headaches, and their characteristic pounding. Some believe that it is a function of constricting and dilating blood

vessels. More recent investigations have suggested that it may actually be a type of inflammation of the covering around the brain, or the meninges. Whichever way, it would appear to be the body's response to some other irritant.

Migraine headaches quite often have things called "Triggers". Triggers are forms of stimulation that will set off a migraine headache.

Cont. P4



Did You Know ?

❖ Lady Peseshet of Ancient Egypt (2600-2100 BC) is the world's first known female physician.

❖ Your mouth produces 1 litre of saliva a day.

❖ The human head contains 22 bones.

❖ A person remains conscious for eight seconds after being decapitated.

❖ Fingernails grow nearly 4 times faster

than toenails.

❖ You're born with 300 bones, but when you get to be an adult, you only have 206.

❖ The names of all the continents end with the letter they start with.

❖ The pin that holds a hinge together is called a pintle.

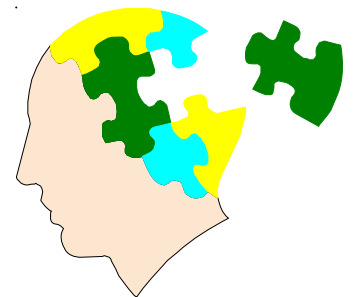
❖ The electric chair was invented by a dentist.

❖ Due to earth's gravity it is impossible

for mountains to be higher than 15,000 metres.

❖ Melba toast is named after Australian opera singer Dame Nellie Melba (1861-1931).

❖ Bob Dylan's first professional performance was as opening act for John Lee Hooker at Gerde's Folk City in New York, 1961.





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Migraine cont.

Some of the common triggers include: Chocolate, port and other fortified wines, deep sea fish, oysters, bright lights, orange juice, tomatoes, cheese or stress. These will effect people differently, and a migraine sufferer may be sensitive to one or more of these triggers.

Treatments for migraines vary greatly not only with their means by which they claim to act, but also by their rates of success. These treatments will range from heating your feet,

to copious amounts of pain killers and everything in between. Dietary modification can often help to minimise the onset of migraine headaches if triggers can be identified.

Chiropractors are amongst those that attempt to treat migraine headaches, and with quite a good success rate. Some migraine headaches may be caused through spinal dysfunction. This on its own may cause the headache, or it may just make a person susceptible

to other agents such as triggers. Chiropractic attempts to address the cause of the headaches, rather than covering the symptoms, and therefore tends to get longer lasting results than just pain killers.

If you or somebody you know suffers from migraine headaches, get them assessed today, you may be able to cut short a lot of pain and misery.



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