

# ENHANCE Your Health

*ENHANCE* Chiropractic and Massage Sports Injury Centre

## ENHANCE News



Welcome to the mid-year newsletter. Scary that it has gotten here so fast!

We have the pleasure of again welcoming a new staff member. Nick Skalidas has started work to help out Ben and Pete on the chiropractic side of things. Nick is available on Tuesdays, Wednesdays and Fridays. Nick being here means more availability of chiropractic appointments when

you need them. Chiropractic and massage are both available 7 days.

July sees Pete in Sydney for a week as the Sports Chiropractor for the ACT U/14 boys soccer team.

Canberra Heat Indoor volleyball teams start their preseason training, with *ENHANCE* back on board for their attempt on the 2005 Australian Volleyball

League season. In this issue we have a look at why yoghurt might be a good diet option, the relevance of calcium from dairy or supplements in children, and ofcourse take our usual dive into facts of absolutely no relevance. So read on, enjoy, and *ENHANCE* your knowledge and your health.

### Special Interest Articles:

- *ENHANCE* news
- Go Yoghurt
- Cracking
- Calcium

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## 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 – Yoghurt for weight loss

“...both weight and fat loss were significantly increased by the yogurt diet ...”



Recent studies have shown that calcium intake plays a role in weight loss, especially when the source of calcium comes from dairy products. To further assess this, researchers studied 38 otherwise healthy obese adults to determine if yogurt would induce calorie restriction, thereby accelerating weight and fat loss.

Study subjects were randomized into two outpatient regimented dietary groups for a period of 12 weeks. The yogurt-diet group's food intake consisted of 500 fewer calories per day than assessed at baseline; three 170g servings of fat-free yogurt; and a calcium

intake of 1,100 mg per day. The control group's diet consisted of 500 fewer calories per day than assessed at baseline; 0-1 servings of dairy products per day; 400-500 mg of calcium per day; and three servings of a sugar- and calcium-free, prepackaged flavored gelatin, as placebo. In both groups, calcium came from food sources. Body weight, body fat, fat distribution, blood pressure and circulating lipids were measured at baseline and at the conclusion of the 12-week study.

The researchers found that "all participants lost body weight and body fat due to the daily energy deficit of 500

kcal/day. However, both weight and fat loss were significantly increased by the yogurt diet compared to the control diet." The researchers note that lean tissue loss was reduced by 31 percent on the yogurt diet, while trunk fat loss was augmented by 81 percent on the yogurt diet vs. the control diet, resulting in "a markedly greater reduction in waist circumference," and the amount of fat lost from the trunk was higher in those on the yogurt diet.

*Reference: Zemel MB, Richards J, Milstead A, et al. Dairy augmentation of total and central fat loss in obese subjects. International Journal of Obesity 2005;29:391-397*

## What's in a crack

Arguably, the most common question asked by patients undergoing chiropractic care concerns the sound that is heard during an adjustment.

Evidence suggests that the cracking sound that occurs in response to manipulation is due to the "coaptation" of gas into the synovial joints of the spine. In a study conducted a few years ago, British research team took x-ray movies of a person "cracking" their knuckles and found that gas (80% carbon dioxide) rushes in to fill

a partial vacuum created when the joint surfaces are slightly separated. This is believed to be the cause of the "cracking noise" heard during an adjustment.

Once this gas release has occurred there is a specific time period during which the joint of the spine experiences increased freedom of movement.

It takes approximately twenty minutes for the gas to redissolve through the joint therefore manipulation of the same joint during

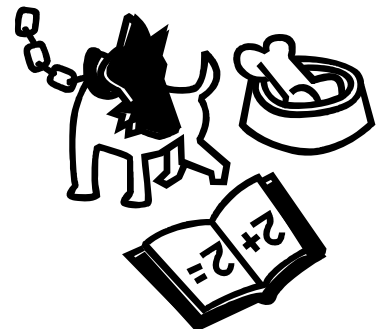
this time will not produce an "audible crack".

Furthermore repeating a thrust into the segment after this separation and gas release has occurred may result in damaging the ligaments and capsule of that joint.



## Did You Know ?

- ❖ The country of Bolivia is named after a fighter Simon Bolivar.
- ❖ States that has a royal palace.
- ❖ Airports that are at higher altitudes require a longer airstrip due to lower air density.
- ❖ If someone was to fly once around the surface of the moon, it would be equal to a round trip from New York to London.
- ❖ Amish people do not believe in the use of aerosol air fresheners.
- ❖ In 1971, the postal code was introduced in Ottawa, Ontario.
- ❖ As an iceberg melts, it makes a fizzing sound because of the compressed air bubbles popping in the ice.
- ❖ In 1982, a cactus in Phoenix, Arizona killed a man. David Grundman fired two shotgun blasts at a giant saguaro cactus that ended up falling on top of him.
- ❖ Fires on land generally move faster uphill than downhill.
- ❖ In China, September 20 is "Love Your Teeth Day."
- ❖ In Italy, Santa Claus is known by the name Babbo Natale.
- ❖ In Japan, by the time man reaches the age of 60, he is commemorated with a special ceremony. This ceremony features the man wearing a red kimono, which denotes that he no longer has the responsibilities of being a mature adult.
- ❖ Honolulu is the only place in the United States that has a royal palace.
- ❖ In Russia, when flowers are given for a romantic occasions, flowers are given in odds numbers as even number of flowers is given at funerals only.





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## Research – Is it worth kids drinking milk for its calcium?

Calcium intake via dairy products may not be the great bone builder that it is made out to be according to recent research. A review of the current literature on dairy products and bone density was carried out to see what evidence there was for the emphasis that we have in our diets, and those of our children on dairy products for good bone strength. Due to the fact that osteoporosis later in life is much more common in women than in men, the vast majority of the research has been on white pre-adolescent and adolescent girls. Despite this, there were still trends to be seen from the research. It was noted that dairy products are reliable sources of calcium, however many factors affect the availability and retention of this calcium. Often this means that the non-dairy calcium sources that have less absolute calcium have comparable amounts of absorbable calcium in modest amounts eg. 2/3 cup of tofu or 1 2/3 cups of broccoli provide the same amount of absorbable calcium as 1 cup of cow's milk. Even calcium supplementation which has been shown to be effective in adults with

bone density problems shows only transient effects in children in these studies. The one thing that appeared to have the largest impact on bone growth and development in adolescents was physical activity. With vitamin D being essential for calcium uptake when it is in the diet, it would make sense to maximize the effect of this exercise, it would be advisable to make it outdoors in the sunshine as well. Dairy products are obviously useful, but maybe not all that they have been cracked up to be in the past as the primary contributor to bone strength.

*References: Lanou A, Berkow S, Barnard N. Calcium, dairy products, and bone health in and young adults: a reevaluation of the evidence. Pediatrics 2005;115(3):736 -743.*  
*Greer F. Bone health: it's more than calcium intake. Pediatrics 2005;115(3):792 -794.*  
*Boylan M and Khoury R: Dairy products and calcium supplements do not improve bone health in children. 2005*

