

Special Interest Articles:

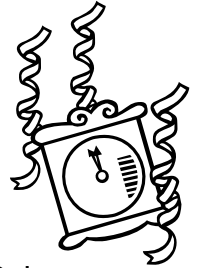
- ENHANCE news
- Hypertension Tips
- The right backpack

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ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



It's 2005 and we are hitting the ground running. We welcome Erin to the *ENHANCE* team this month, as she joins the reception team. Erin will be filling in for Candice whilst she's away.

The clinic will be closed on Australia Day – Wednesday 26th January.

January will also see Pete away for a couple of weeks in Newcastle with Beach Volleyball,

Futsal national club championships and Water polo NSW club championships.

Back to school means lots of organizing and new clothes and equipment, make sure you check out the article on back packs on page 3 of this newsletter to make sure you are sending your child off to school safely in 2005.

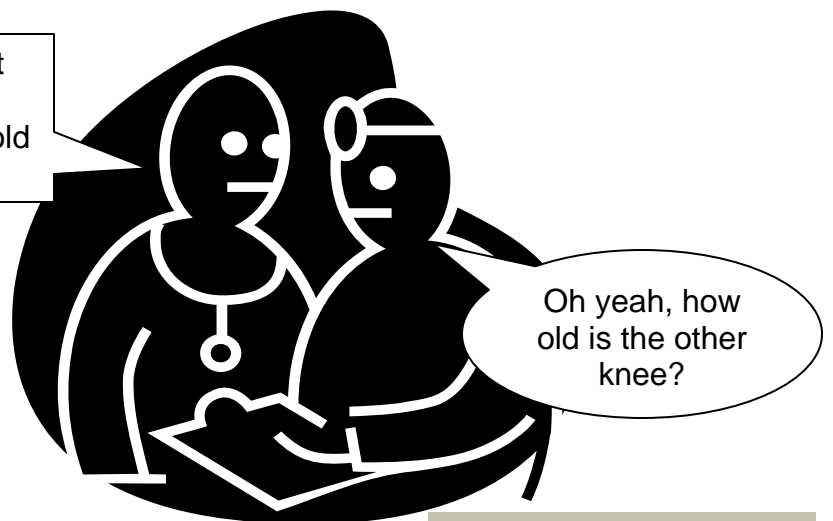
The Canberra Dolphins start their 2005 campaign on

the Water Polo National League in early February, so we wish them all the best in the men's and women's competition. It's also time for pre-season training to start with many of the winter sports.

ENHANCE will once again be on board with Canberra City Soccer Club and look forward to another successful season in the Canberra Soccer competitions.

Doc! My right knee hurts. I think it's from old age.

Oh yeah, how old is the other knee?



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 – Reducing High Blood Pressure

“high folate intake may reduce the risk of hypertension,.... “

Hypertension, or high blood pressure, is a dangerous condition associated with an increased risk of stroke, heart disease, and kidney failure. Often, high blood pressure is just another consequence of aging, but new research suggests that folate intake may reduce the risk of hypertension, especially in younger women.

preparation, physical activity, health habits (including folate intake), and blood pressure levels every two years, for an average of eight years. None of the women had high blood pressure when they enrolled in the study.

percent reduction in the risk of hypertension compared to those who did not supplement with folic acid. The researchers suggested that high folate intake "may reduce the risk of hypertension," and that folic acid supplements "may contribute to this decrease in risk."



In a study presented at a recent American Heart Association conference, scientists presented data obtained from two separate studies of women between the ages of 43 and 70, and 26 to 46, respectively. In each study, the women completed detailed questionnaires about their diet, food

The study found that older women who consumed 800 or more micrograms per day of folate were 13 percent less likely to develop high blood pressure over the eight-year follow-up period compared to women who consumed less than 200 micrograms daily, while younger women had a 29 percent reduction in the risk of developing hypertension. Younger women who consumed 800 micrograms of folate daily had a 39

So load up on those foods high in folate, including citrus fruits, asparagus, brussel sprouts, spinach, chicken, brown rice, kidney beans and lentils.

References: Forman JB, Rimm E, Stampfer M, Curhan G. Folate intake and the risk of incident hypertension in U.S. women. Presented at the American Heart Association 58th Annual Fall Conference and Scientific Sessions of the Council for High Blood Pressure Research, Chicago, Ill., Oct. 11, 2004.

Getting Backs to School



Getting kids back to school can be a monumental task. There are the uniforms, the pencils, the shoes, the bus passes, the lunch box, the list just seems to go on and on. And on top of that, they all have to be labeled. And as if that wasn't a big enough task in itself, you also need a bag that will fit everything in it, and still allow your child carry it. It's almost an incentive for home schooling.

This article is going to deal with importance

of the school bag. There are all sorts of bags that go in and out of fashion, and tend to wreak various levels of havoc with your child's spine. I'm sure you've all heard of someone that ended up with a scoliosis or bent spine from carrying their heavy school bag on one shoulder, and many other tales of woe involving school bags that seemed like a good idea at the time. It has now been pretty much accepted, that a back pack is the best bag for a child's spine. The

recommendations don't stop there though. There are certain things you need to look for in a back pack, they are not all created equally.....

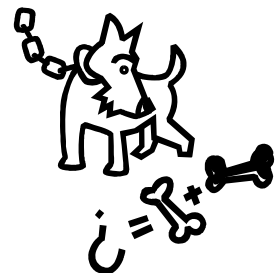
Many back packs are designed with fashion rather than function in mind, and when that is put onto a developing spine, you want the emphasis to be strongly on function and safety. Here is a list of things to look for in a school bag:

Cont. P4



Did You Know ?

- ❖ In North America, bats are the most endangered land mammal.
- ❖ It takes 3,000 cows to supply the NFL with enough leather for a years supply of footballs.
- ❖ Humans are the only primates that don't have pigment in the palms of their hands.
- ❖ The sentence "The quick brown fox jumps over the lazy dog." uses every letter in the alphabet.
- ❖ Ten percent of the Russian government's income comes from the sale of vodka.
- ❖ Stewardesses is the longest word that is typed with only the left hand.
- ❖ The airplane Buddy Holly died in was the "American Pie." (Thus the name of the Don McLean song)
- ❖ Each king in a deck of playing cards represents a great king from history. Spades - King David; Clubs - Alexander the Great; Hearts - Charlemagne; and Diamonds- Julius Caesar.
- ❖ Hershey's Kisses are called that because the machine that makes them looks like it's kissing the conveyor belt.
- ❖ The longest recorded flight of a chicken is 13 seconds.
- ❖ The name Jeep came from the abbreviation used in the army for the "General Purpose" vehicle, G.P.
- ❖ Actor Tommy Lee Jones and Al Gore were freshman roommates at Havard.
- ❖ Clans of long ago that wanted to get rid of their unwanted people without killing them used to burn their houses down- hence the expression "to get fired".





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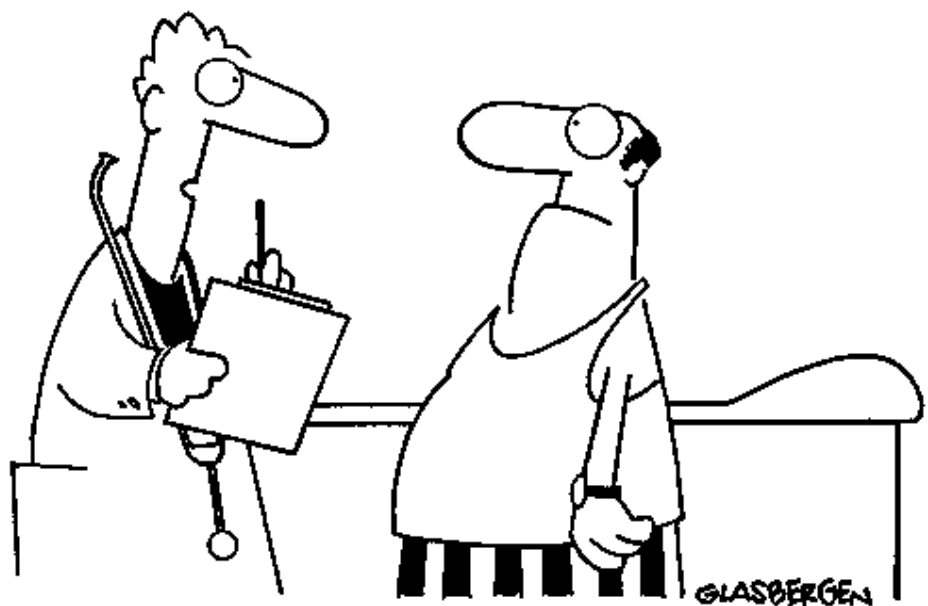
Back Packs cont.

1. There must at least be a waist strap, and preferable a chest strap as well. This holds the load of the bag close to the body, and decreases the stress on the spine.
2. The straps must be wide and adjustable. As you well know, every child is different, and your child will grow throughout the year, make sure that the bag can too. Also check that the straps don't slip.
3. The size of the bag should mean that the top of the bag is even with the child's shoulders when adjusted properly.
4. The back pack should have sections so that heavy items can be placed and won't move excessively.
5. When loading the bag, heavy items should be placed as close to the child's back as possible.

If you have any questions about your child's school bag or its adjustment, pop into *ENHANCE* and get it checked out.



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“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”