

ENHANCE Your Health

ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



“Spring cleaning”. So *ENHANCE* your knowledge and your health.



Special Interest Articles:

- ENHANCE news
- Age & Exercise
- Kaprex
- Have a healthy liver

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Well the last couple of months have been filled with excitement. Tanya has taken leave as she will be expecting a new baby in the coming months. Ben has cut back somewhat with a forced break from treating by breaking his collar bone, and we have had the pleasure of Duncan joining the crew to help cover the gap left by Ben's accident. Apart from that, we all seem to be surviving the somewhat mild winter quite well.

Finals season is upon us and Canberra City will see 4 Teams go through to compete in the final series, with another 3 teams narrowly missing out on going through. We wish them all the best and we will keep you posted as to how they go in our next issue!

In this spring issue we look into the benefits of exercise

as we age and we find that even if we start after retirement it is worth putting the runners on! We also look at one of the products we stock that's a natural anti-inflammatory and pain killer. And lastly we give you a recipe to detoxify your liver, for some internal



Total Enhancement

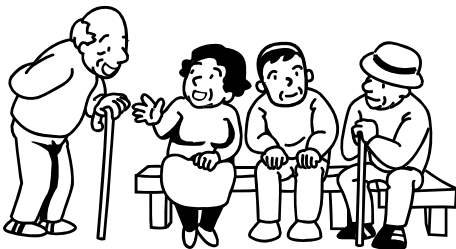


At **ENHANCE**, we have a number of ways in which we give back to you the patient. Firstly, the Total **ENHANCE**ment package is a \$10 discount when you get a massage and chiropractic treatment in the same day. We

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

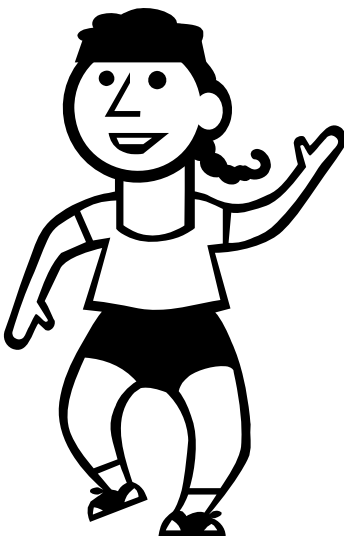
you a better service.

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 – At Any Age, It's Wise to Exercise

“...The active group also had “fewer comorbid conditions, and fewer signs and symptoms of cardiovascular disease” than their sedentary counterparts. ...”



The benefits of exercise have been well-documented over the years. Among other benefits, numerous studies have shown that exercise can help reduce the incidence of disease, promote weight loss, and improve mental health. A recent long-term study set out to examine if exercising during the senior years benefits people who were previously sedentary.

Canadian researchers investigated two groups of previously sedentary healthy adults, ages 55-75 years at baseline, for 10 years. One group remained sedentary during the study period, while the other group engaged in regular

exercise. consisting of 30- to 45-minute aerobic sessions, three times a week, for a minimum of 46 weeks a year.

At the conclusion of the study, researchers examined data for 161 participants in the active group and 136 participants in the sedentary group. Among their findings: “The active group showed a significantly lower prevalence (11%) of metabolic syndrome than the sedentary group (28%) at 10 years.” (Metabolic syndrome is a group of risk factors that can lead to type-2 diabetes and coronary heart disease, among other health problems.) The sedentary group also

had a 13% decrease in fitness over the 10-year study period, while the exercise group showed a small increase in fitness levels. In the exercise group, HDL, or “good” cholesterol, increased by 9%, whereas the sedentary group showed an 18% decrease in HDL. The active group also had “fewer comorbid conditions, and fewer signs and symptoms of cardiovascular disease” than their sedentary counterparts.

Reference: Petrella RJ, Lattanzio CN, Demeray A, et al. Can adoption of regular exercise later in life prevent metabolic risk for cardiovascular disease? *Diabetes Care* 2005;28:694-701.

Kaprex: A Safe Alternative to Anti-Inflammatory and Pain Killing Medication

Don't like taking drugs when you have aches and pains? Worried about the risks involved with anti-inflammatory drugs such as Celebrex and Mobic? (1) Well now at **ENHANCE** along with our hands on therapy, we have a "Gut Friendly" Anti-inflammatory called Kaprex.

Produced and researched by Metagenics (2), Kaprex effectiveness has been shown to produce a 50% reduction in joint discomfort (2). This figure is considered a

gold standard for analgesic formulations. This makes Kaprex ideally recommended for pain and inflammation associated with osteoarthritis, rheumatism and injury.

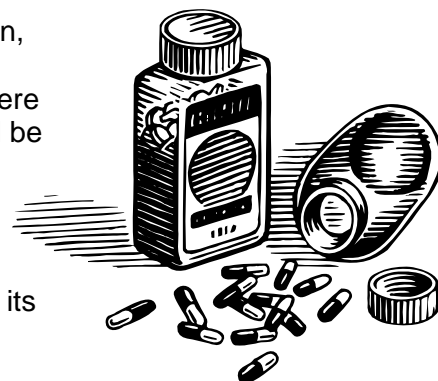
Kaprex's mode of action is different to COX 2 inhibitors and other NSAIDs, thus making it safer. It has been tested in human clinical trials for complications in gastrointestinal, cardiovascular, hepatic and renal health, and no problems were demonstrated. Also no

drug interactions were observed. However it has not been tested in pregnant or breastfeeding women, though going by its active ingredients there is no indication it will be a problem.

Kaprex contains rosemary, hops and olive leaf to produce its pain relieving.

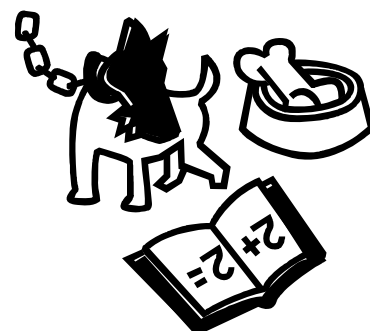
(1)http://www.tga.gov.au/media/2005/050214_cox2.htm

(2)<http://www.metagenics.com.au>



Did You Know ?

- ❖ A cockroach can live up to nine days without it's head before it starves to death.
- ❖ Banging your head against a wall uses 150 calories an hour.
- ❖ A cat's urine glows under a black light.
- ❖ If you attempted to count to stars in a galaxy at a rate of one every second it would take around 3,000 years to count them all.
- ❖ Ernest Vincent Wright wrote a novel with over 50,000 words, none of which containing the letter "e."
- ❖ Singapore has only one train station.
- ❖ It takes about 20 seconds for a red blood cell to circle the whole body.
- ❖ On average, a 4-year-old child asks 437 questions a day.
- ❖ There is about 200 times more gold in the worlds oceans, than has been mined in our entire history.
- ❖ Termites eat wood twice as fast when listening to heavy metal music.
- ❖ Alfred Hitchcock didn't have a bellybutton.
- ❖ When you sneeze, all bodily functions stop ... even your heart!
- ❖ The only 2 animals that can see behind itself without turning it's head are the rabbit and the parrot.
- ❖ The first Harley Davidson motorcycle built in 1903 used a tomato can for a carburetor.
- ❖ Almonds are a member of the peach family.
- ❖ Winston Churchill was born in a ladies' room during a dance.
- ❖ A cat has 32 muscles in each ear.





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ENHANCE
*Your
Health*

Spring Cleaning: *ENHANCE* Your Liver

Spring has sprung and it is a common time to do some "Spring" cleaning. What better place to start than your liver, the hardest working organ in the body!

Liver problems can be caused by:

- Poor diet, high in unhealthy fats, refined carbohydrates and deficient in raw fruits and vegetables.
- Virus infections (eg hepatitis)
- Excess iron or copper
- Drug side effects
- Alcohol and drug abuse
- Immune dysfunction
- Biliary tract disease spreading to liver
- Fatty liver

Signs of a liver problem:

- Abdominal obesity
- Trouble losing weight
- High blood cholesterol and triglyceride levels
- Fatty liver
- Gall bladder problems
- Haemorrhoids
- Abdominal bloating
- Over heating body
- Skin rashes and brown "liver spots"
- Bad breath
- Coated tongue
- Dark circles under eyes
- Red itchy eyes
- Allergies
- Jaundice (yellow tinge to eyes and skin)

Liver Cleansing Juice
Wash and chop the following ingredients, then juice. It is high in

vitamin C and sulphur, which help to cleanse the liver. It is a strong concoction, so you may dilute 1 part juice to 1 part water. Drink 500ml to 1 litre daily. Also you may sweeten by adding 1 or 2 strawberries, grapes, carrot or beetroot.

- 2 dandelion, spinach or cabbage leaves.
- ½ cup of broccoli florets
- 1 cup of cauliflower flowerets or 2 large Brussel sprouts
- 1 clove of garlic or 1 small radish (optional)
- ½ cup of chopped parsley
- 1 whole red apple

Try it out and enjoy the difference with a well functioning liver.



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