

# ENHANCE Your Health

*ENHANCE* Chiropractic and Massage Sports Injury Centre

## ENHANCE News



### Special Interest Articles:

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- Obesity and sleep
- Magnesium
- Cold & Flu Juice

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Well I hope everyone has had enough public holidays. It's time to get the year under way. This is seminar season for us at *ENHANCE*.

With a couple through March, Pete, Ben and Nick have just returned from a major sports chiropractic seminar in Melbourne in April and will be venturing out to more over the coming months to make sure we keep our treatment procedures at the forefront of what is available internationally to keep you getting better quicker.

March saw some great efforts by members of the Australian Commonwealth games team. A couple that you might have recognized from here at *ENHANCE* were Steve Rudic with a bronze medal

in the heavy weight boxing, and Simon Thompson with a fantastic effort making way for Australian Gold and Bronze in the men's triathlon.

The new Gungahlin Senior Soccer teams have got off to a promising start and we look forward to some more good results as the season progresses.

Remember that now that the winter sports have started, ice your injuries as soon as possible and get in to see someone at *ENHANCE* to make sure you make your

return to play as quick as possible. A delay of days in starting treatment on something like an ankle sprain can mean weeks in returning to play.

In this edition of *ENHANCE* your health, find out how to look after yourself when the winter colds bite, why magnesium is important, and why the kids really should be in bed early.



## 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 – Why send the kids to bed?

Recent studies have shown that the number of overweight children between the ages of 6 and 11 in the United States has doubled in the past 20 years. At the same time, research has shown that an increasing number of children and adolescents are suffering from sleep deprivation. Are the two events related? A study published in the *International Journal of Obesity* suggests so.

students between the ages of 5 and 10. The scientists measured each of the children's height, weight and waist size. Information on the children's sleep patterns and lifestyle was obtained through phone interviews with their parents.

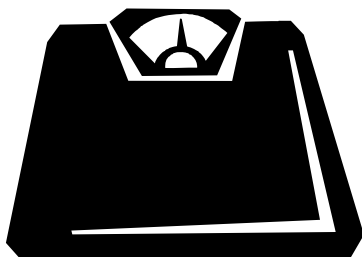
in the study had as much of an impact on obesity levels as the amount of time spent sleeping.

Based on body mass index measurements, 20 percent of the boys and 24 percent of the girls were considered overweight. Children who slept less than 10 hours a night were 3.5 times more likely to become overweight or obese than children who slept 12 or more hours. No other factor analysed

There are plenty of reasons for getting a good night's sleep. Quality sleep improves a person's mood, increases their performance at work or school, and reduces their risk of getting injured or being in an accident. Now it appears that a good night's sleep can help people of all ages control their weight, too.

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“...Children who slept less than 10 hours a night were 3.5 times more likely to become overweight or obese than children who slept 12 or more hours. “



To confirm the link between a lack of sleep and childhood obesity, researchers in Quebec collected information on 422 grade-school

Chaput JP, Brunet M, Tremblay A. Relationship between short sleeping hours and childhood overweight/obesity: results from the Quebec en Forme project. *International Journal of Obesity* advance publication March 14, 2006;



## Magnesium: A mineral for the musculoskeletal and nervous system (And a few other things)

Magnesium is an important nutrient for many biochemical processes in the body from energy production to DNA.

Deficiency of this mineral can result in many symptoms and contribute to a number of conditions.

Magnesium has a direct action on heart muscle contraction and so is important for heart muscle function.

However it is its effects on the musculoskeletal and nervous system and its effects on muscle tone and cramps that would

benefit many of the clients at this clinic who suffer from musculoskeletal pain.

Magnesium assists recovery from exercise and reduces muscular aches, pains (including fibromyalgia) and soreness associated with exercise.

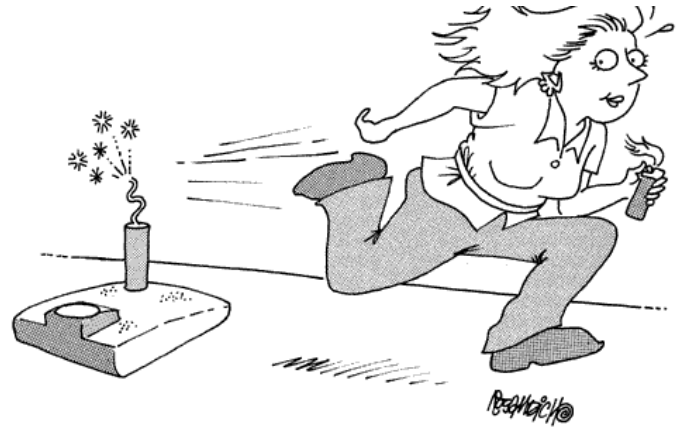
Increasing body levels of magnesium with diet can take months, due both to the ability to absorb magnesium from the gastrointestinal system and also due to how big a deficiency it is.

Supplementation with magnesium can help

speed this process, however it still may take 6-8 weeks to notice improvements. We stock magnesium supplements in powder and tablet form that are practitioner products and are of the highest quality and in the most absorbable form.

Magnesium is found in the following foods: Leafy green vegetables, almonds, cashews, cocoa, parsnips, soy beans, wholegrain cereals, kelp, eggs, and seeds.

It is also good for anxiety and anxiety-like conditions.



## Did You Know ?

- 1 Did you know that there are 206 bones in the adult human body and there are 300 in children (as they grow some of the bones fuse together).
- 2 100 years ago: The first virus was found in both plants and animals.
- 3 The refrigerator has the longest shelf life of all household appliances.
- 4 The smallest bone in the human body is the stapes or stirrup bone located in the middle ear. It is approximately 0.28 cm long.
- 5 The longest cells in the human body are the motor neurons. They can be up to 4.5 feet (1.37 meters) long and run from the lower spinal cord to the big toe.
- 6 The blue whale can produce sounds up to 188 decibels. This is the loudest sound produced by a living animal and has been detected as far away as 530 miles.
- 7 The poison arrow frogs of South and Central America are the most poisonous animals in the world.
- 8 The Skylab astronauts grew 1.5 - 2.25 inches (3.8 - 5.7 centimeters) due to spinal lengthening and straightening as a result of zero gravity.
- 9 An inch (2.5 centimeters) of rain water is equivalent to 15 inches (38.1 centimeters) of dry, powdery snow.
- 10 The longest living cells in the body are brain cells which can live an entire lifetime.
- 11 Armadillos, opossums, and sloth's spend about 80% of their lives sleeping.
- 12 The deepest part of the ocean is 35,813 feet (10,916 meters) deep and occurs in the Mariana Trench in the Pacific Ocean. At that depth the pressure is 18,000 pounds (9172 kilograms) per square inch.
- 13 October 10 is National Metric Day.
- 14 Velcro was invented by a Swiss guy who was inspired by the way burrs attached to clothing.





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**ENHANCE**  
*Your  
Health*



With winter fast approaching and the apparent threat of bird flu around the corner, we at **ENHANCE** thought it appropriate to give you a couple of juice recipes for when the first signs of colds and flues appear.

Colds and flues are caused by infection with respiratory or influenza viruses and are highly contagious. Colds are usually the body's way of detoxifying.

Concentrated foods such as refined carbohydrates, meats, dairy products and sugars all have the potential to increase the body's load of toxins. Supporting the body with these juices and minimal eating for a day or so (if you are hungry eat, but don't over indulge!) which helps the body's cleansing mechanisms whilst at the same time limiting the amount of toxins entering the body.

Increased water intake is also of great benefit to achieve this along with vitamin C supplementation.

#### Juice Number 1

- 2 lemons
- 1 clove garlic
- 1/2cm slice fresh ginger root

## Juices for Colds and Flu



- 1 apple, core out, skin on
- 1 pear, core out, skin on
- 1 cup hot water
- 1 tbsp honey or more, to your taste

(for adults a 2cm slice of horseradish can be added if so desired)

Dissolve honey in hot water, juice all other ingredients and add juice to water and honey.

Lemon is high in vitamin C and has natural antiseptic properties.

Apple contains pectin, which helps to remove harmful substances from the intestines.

Garlic contains allicin, which helps infection and is a natural antibiotic.

Ginger has natural antibiotic properties and reduces mucous congestion.

Horseradish breaks up and removes mucous plugs.

#### Juice Number 2

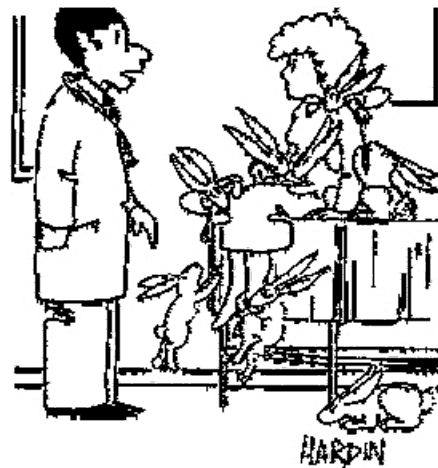
- ¼ tsp ground aniseed
- 2 lemons
- 2 slices pineapple
- 1tbsp honey
- Sprinkle cinnamon or cayenne pepper
- 1 cup hot water

Steep aniseed in hot water for 5 minutes and strain. Then juice and add other ingredients. Sip slowly. Good juice for congestion.

Pineapple is rich in bromelain, which helps to break up foreign microbes and catarrh.

Cayenne has an antiseptic and cleansing action.

Cinnamon is an astringent and reduces mucous discharges.



"First, I want you to cut back on the carrot juice."