

## ENHANCE Chiropractic and Massage Sports Injury Centre

### ENHANCE News



#### Special Interest Articles:

- ENHANCE news
- Alzheimer's help
- Fashion tips?
- Sun Smart 4 Summer

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Yet again, here comes Christmas. I'm sure it was only last week that we were packing away the Christmas tree and starting to try and work off some of that Christmas pudding.

The Gungahlin United Football Club finished the year on a high with the women's masters team and the men's div 3 team both taking out the premierships. An outstanding effort for the club's first year in senior soccer.

Another success in the clinic of late has been Tara Dunn who managed to win the national title in Irish dancing held in Canberra in early October. Tara's next big event will be the world championships

in Scotland in March. We wish Tara all the best and congratulations on such an awesome effort at the Australian Nationals.

December will see school holidays start and many people away. Make sure you book in early for your pre trip check up and massage and also remember to take your pillow with you. January tends to be full of us fixing your neck from sleeping on dodgy pillows and beds! Speaking of the holiday period, ENHANCE will be closed Christmas day and boxing day, as well as New Year's day.

January will also see us welcoming our newest member of

staff in Jennifer Clark. Jenn will be joining the chiropractic side of ENHANCE. We are looking forward to having a female chiropractor on board and the extra availability of treatment times when you need them.

Remember with Christmas coming up that ENHANCE has massage gift vouchers available for any amount that you like, you can pay for a time, or simply give somebody a discount off their massage. What better gift than that of enhanced health!

Enjoy the reading and *ENHANCE Your Health.*

## 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 the Alzheimer’s Risk

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“...individuals who drank juice three or more times a week were 76 percent less likely to develop the symptoms of Alzheimer’s.. “



Alzheimer's disease, a common form of dementia that currently affects 13 million people across the globe, may start losing the battle because of a new enemy - fruit and vegetable juice. The results of a new study published in the September 2006 edition of *The Journal of American Medicine* suggest that the antioxidant polyphenols found naturally in fruits and vegetables can reduce the risk of the onset of Alzheimer's.

A group of 1,836 dementia-free Japanese-Americans in the Seattle area

were chosen for the study. Information was collected on their consumption of fruit and vegetable juice with the use of a questionnaire and was assessed every two years for up to 10 years. The results showed that individuals who drank juice three or more times a week were 76 percent less likely to develop the symptoms of Alzheimer's compared to those who drank less than one serving a week.

The only limitation of the study was that specific juices were not found to be more effective than others.

This may lead to a more precise study of individual vegetable and fruit juices. To find out more about the benefits of antioxidants and other compounds found in fruits and vegetables, visit [www.chiroweb.com/find/tellmeabout/nutrients.html](http://www.chiroweb.com/find/tellmeabout/nutrients.html).

Dai Q, Borenstein A, Wu Y, et al. Fruit and vegetable juices and Alzheimer's disease: the Kame project. *The American Journal of Medicine*, September 2006;119(9):751-759



## Compression clothing – fashion or function?

Over the past few years the use of compression clothing such as elastic tights, vests and shorts has become more and more popular. It's important to establish whether this increase in popularity is simply a fashion trend, which quite frankly on that basis is one to be avoided, or whether some of the benefits being proposed for these garments of leisure are actually viable and present. It

has been claimed that they can make you go faster, stronger and longer and recover more quickly from it. If you're not into the sporting scene, then they are also marketing to the traveling crowd claiming a decrease in jetlag and decreased chance of the dreaded deep vein thrombosis. But do they actually work? Recent research would tend to indicate that they do. There have been several studies into some of these claimed effects

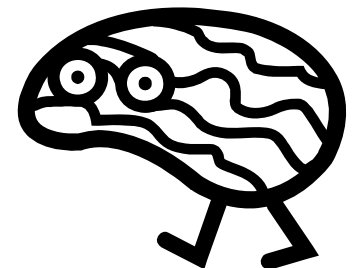
and it would appear that the various compression garments are coming up with glowing reports. They appear to increase the body's awareness and balance, decrease damaging muscle over movement and increase the removal of waste products during exercise to benefit performance. In recovery they also seem to have a roll as far as optimizing blood flow, reducing blood pooling and reducing swelling post exercise.

It may be that certain garments are better for different sports, but certainly worth a look to see how your body copes with them for your particular sport. For those worried about overheating in them, it has been suggested that they may even have you feeling cooler due to a more efficient way of dealing with sweat.

Harrison, H., Thompson, K., *Compression clothing- can it help you squeeze out a PB?* Peak Performance 235, 2006

## Did You Know ?

- 1 A ball of glass will bounce higher than a ball of rubber. A ball of solid steel will bounce higher than one made entirely of glass.
- 2 The opposite of a "vacuum" is a "plenum."
- 3 Lazy Susans are named after Thomas Edison's daughter. He invented it to impress a gathering of industrialists and inventors.
- 4 Leonardo Da Vinci invented the scissors
- 5 The same man who led the attack on the Alamo, Mexican Military General, Antonio Lopez de Santa Anna, is also credited with the invention of chewing gum.
- 6 The toothbrush was invented in 1498.
- 7 The Chinese invented eyeglasses. Marco Polo reported seeing many pairs worn by the Chinese as early as 1275, 500 years before lens grinding became an art in the West.
- 8 Ferdinand Porsche, who later went on to build sports cars bearing his own name, designed the original 1936 Volkswagen.
- 9 The first VCR, made in 1956, was the size of a piano.
- 10 The shoestring was invented in England in 1790, Prior to this time all shoes were fastened with buckles.
- 11 Your thumb is the same length as your nose.
- 12 The storage capacity of human brain exceeds 4 Terrabytes.
- 13 A passionate kiss uses up 6.4 calories per minute.
- 14 Blonde beards grow faster than darker beards.





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**ENHANCE**  
*Your  
Health*

## Be Sun Smart This Summer

Summer is here and with it daylight savings and enjoying the great outdoors. Summer also means plenty of sunshine which, in turn, means exposure to UV radiation and potentially sunburn. According to The Cancer Council website ([www.cancercouncil.com.au](http://www.cancercouncil.com.au)) 1 in 2 people who have grown up in Australia will get some form of skin cancer.

So now is good time to revise "Sunsmart" principles. Good sun protection practices must become a habit.

**SUNSCREEN:** - for maximum skin protection, should have an SPF of at least 30+.

- should be applied 20 minutes before exposure to sunlight.
- reapplied every two hours and after swimming.

- don't forget tips of ears, back of neck and lips.

- If you are spending long hours driving apply sunscreen to the arms and hands. Although tinted windows do provide some protection, you are still exposed to the sun.

**HATS and SUNGLASSES:-** big wide brim or legionnaire- style hats to protect the neck.

- check to make sure the sunnies are Australian Standards approved and block out all UV light.

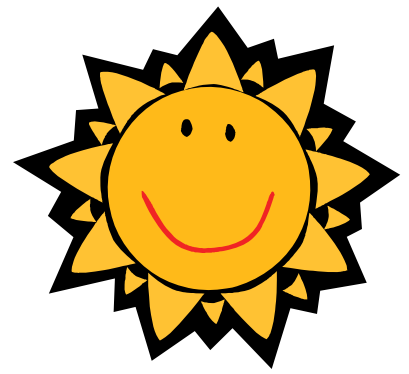
Cheap 'play sunnies' may only reduce visible light, causing the pupil to widen and thus increasing damage to the eye.

- The Cancer Council even carries sunglasses for babies with a neoprene strap.

- If you start good habits very early with children then (hopefully) the less fuss and resistance they will give you.

**CLOTHING:** - fabrics that are closely woven and cast a good shadow are the best. Long sleeves are important if you are working long hours in the sun.

- The range of sun protective swimwear in Australia in summer is fantastic and huge, especially for children. Adults should consider a rash vest if they are



spending many hours in the water too.

**STAY OUT OF THE SUN:** - This is the best protection against UV radiation exposure.

- During daylight savings time stay under cover between 10am and 3pm when the sun is at its hottest and most damaging. Watch for cloudy days – they are very deceptive. It is still possible to burn and more so if you're not prepared.

- Be wary of the shade. UV light may be polarised or reflected off shiny surfaces such as walls, water and sand. So take care under trees, beach umbrellas, and with babies in prams.

Being Sunsmart is all about good sun protection habits and commonsense. So take care and have a wonderful and safe summer.

