

ENHANCE Your Health

ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



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Here we are in 2006 and things are looking big for this coming year. With new teams to support, seminars to go to, as well as seminars to present and travel inside and out of Australia for the *ENHANCE* team things will be busy, whilst bringing to you to high level of commitment and service that you have come to expect.

Congratulations is due to a few of the *ENHANCE* sponsored athletes from the end of 2005. Canberra Heat Men's Volleyball team finished a creditable 5th place in the Australian Volleyball League. A tough season for the boys with only three rounds where they had their full strength squad. The Women's Canberra Heat Team returned to the finals after a 4 year

absence with a hard fought weekend of games finishing in a 5 setter against Adelaide's USC Lions to finish with the silver medal. Great effort by the girls defeating the first and second placed teams on their way to the grand final. Simon Thompson finished off a year of highs and lows after some great results early in the year and then finishing the year under a big injury cloud, to win the ACT Academy of Sport

Male Sportsperson of the year award. A well deserved award for one of the hardest working athletes you'll find. Simon has been working hard through his injuries and will be back on board for the Australian Elite Triathlon series come February.

We are looking forward to another big Year for *ENHANCE* and our affiliates in 2006!

off the mark by Mark Parisi
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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 **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 – Walk into health

"...people in the hard intensity/high frequency group also showed "significant improvements" in total cholesterol levels."



Regular exercise is essential to good health. While it is unclear as to which exercises provide the most benefits, the Centers for Disease Control recommends that 30 minutes of "moderate intensity" physical activity, performed most days of the week, will lead to a wide range of health benefits. This is especially important for otherwise "sedentary" people, who may be at increased risk of cardiovascular disease and other disorders.

In this study, nearly 500 inactive adults were randomized to one of five groups. In four of the groups, patients were asked to walk 30 minutes per day, in

sessions of 10 minutes or longer, at various levels of intensity and duration. In the fifth group, patients received advice from a doctor and written materials on exercise. All of the patients were monitored for 24 months for changes in oxygen and cholesterol levels.

At six months, patients in three of the walking groups (moderate intensity/high frequency, hard intensity/low frequency and hard intensity/high frequency) showed "significant increases" in oxygen consumption compared to the group that received advice only; people in the hard intensity/high frequency group also showed "significant

improvements" in total cholesterol levels. These improvements were still apparent at the end of the study period.

Walking is one of the easiest ways for a sedentary person to become more physically active. It can be performed at any time, in a variety of environments, and is extremely cost-effective.

Duncan GE, Anton SD, Sydeman SJ, et al. Prescribing exercise at varied levels of intensity and frequency. A randomized trial. *Archives of Internal Medicine*, Nov. 14, 2005;165:2362-2369

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 ?

❖ Recent news from North Korea reports that the government has banned post-it notes due to fears they will be used by dissident groups in order to undermine the regime and further dissent.

❖ A random sample of people named Anna found that 32 percent of the Anna's were unaware or had never noticed that their name was spelled the same backwards and forwards.

❖ The average American has a 32 percent chance of having a friend named "Ben."

❖ The most common

name in the world is Mohammed.

❖ For a year of his life William the Conqueror ate nothing but hard-boiled eggs and jelly, at the advice of a fortune teller.

❖ Only one in 20 debit card users change their PIN, but of those that do, 12 percent choose 1234, and 7 percent chose one digit repeated four times.

❖ A patent application submitted in 1954 described, in detail, all the technologies needed to create a cellphone.

❖ The average pen could

draw a line 1.5 miles long before running out of ink.

❖ Army ants can kill a panther if they catch it sleeping.

❖ The colour yellow is actually a retinal processing error of colours that our rod receptors cannot distinguish.

❖ Penguins are almost completely deaf.

❖ Canada is an Indian word meaning "Big Village".

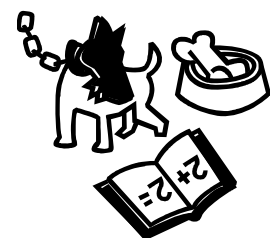
❖ The word "samba" means "to rub navels together."



❖ The glue on Israeli postage stamps is certified kosher.

❖ A 'jiffy' is an actual unit of time for 1/100th of a second.

❖ The phrase "rule of thumb" is derived from an old English law which stated that you couldn't beat your wife with anything wider than your thumb.





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ENHANCE
*Your
Health*

Drink Water! Why, when, how and how much?

Whilst we are in the midst of the heat of summer it is obvious that water is an important fluid to consume, but as you'll read below it's a drink for all seasons. It is an essential nutrient, as important as any of the other nutrients. You can only survive a few days without water, whereas other nutrients take anywhere from weeks to years to develop.

Why?

Water makes up 80% of the Earth. In our body water makes up about 60% of our body weight and it's the fluid in which all life processes occur, both within and outside the cells.

Water in the body:

- ① Helps digest food,
- ① maintains the structure of large molecules such as proteins and glycogen,
- ① participates in metabolic reactions,
- ① serves as the solvent for minerals, vitamins, amino acids, glucose, and many other small molecules,
- ① acts as a lubricate and cushion around joints and inside the eyes, the spinal cord, and , in pregnancy, the amniotic sac surrounding the fetus in the womb,
- ① in blood transports nutrients and oxygen to muscles,
- ① in blood carries away carbon dioxide, lactic acid and other waste products,
- ① helps excrete waste products from your body,
- ① water transports heat from the muscles to the skin,
- ① in sweat cools the body,
- ① helps moisten and warm cold air before it hits the lungs,
- ① help to maintain skin temperature in cold weather,
- ① improves elasticity of skin.

When?

Fluid must be taken at regular intervals throughout the day. Fluid levels can drop below optimum within an hour and so busy people who do not tend to take frequent sips, consequently have periods of vagueness, mistake making, irritability and confusion in the middle of the working day.

'But I don't get thirsty?'

Humans are creatures of habit. Busy (or lazy) people get in the habit of denying the subtle messages of thirst and thus don't feel thirsty. So like any habit it takes perseverance to break. So keep drinking!

How?

Fluid needs are best met by water itself, however milk and juices can account for some of your intake. Alcoholic beverages and those containing caffeine (coffee, tea, sodas) are not good substitutes. Alcohol and caffeine are diuretics, causing the body to lose half of the liquid you just drank. Filtered water is obviously better than tap water, though if only tap water is available then that option is better than nothing or the other options mentioned above.

Also to be absorbed quickly water should be at room temperature. If chilled, the water will sit in the gut until it reaches the right temperature.

How much?

The Recommended Daily Allowance of water is 30ml/kg of body weight or 2-3 litres per day. So about 7-11 cups. Initially when you increase your water intake you may spend a lot of time dashing to the bathroom, however this should lessen as your body becomes more accustomed to holding and processing water. This can be minimised by taking small sips throughout the day rather than big gulps, which is the optimal method anyway!

'But I suffer from water retention!'

There are many reasons why water retention occurs and reduced fluid intake is one of them. When fluid is regularly withheld from the body it starts to panic and fearing dehydration begins to release the fluid-retaining hormones. This is the body's attempt at conserving the little fluid that is available. With increased water consumption, the body's confidence is increased and thus stored excesses of fluid are released and pass out of the body as urine.

References

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- ① Cabot S, Jasinska M. *The Ultimate Detox* Camden: Griffin Press 2005
- ① Alexander P. *It Could Be Allergy and It Can Be Cured* 3rd Ed. Dee Why: Ethicare 1994

Subtle signs of dehydration:

- ① Light headedness,
- ① Flushed skin
- ① Cramps
- ① Dry lips
- ① Dark coloured urine
- ① Muscle & joint soreness
- ① Headaches
- ① Heat intolerance
- ① Crankiness
- ① Fatigue
- ① Constipation

Serious complications of dehydration:

- ① Delirium
- ① Seizures
- ① Stumbling/clumsiness
- ① Sunken eyes
- ① Dim vision
- ① Painful urination
- ① Permanent brain damage
- ① Death.