

## ENHANCE Chiropractic and Massage Sports Injury Centre

### ENHANCE News



Welcome to the New Year and a big year here at *ENHANCE*.

Jenn starts on the 4<sup>th</sup> of January, so make her feel welcome. She'll be heading up our coverage for a soccer team in the local Premier league. Jenn brings with her plenty of experience with horse riders and some volleyball experience which she will be putting to use when she accompanies Pete to Perth for the 5<sup>th</sup> leg of the Australian Beach Volleyball tour in early February.

January and February are bad beds and bad pillows. A bad sofa lounge can often be remedied by putting the mattress on the floor and folding up the lounge, a bad pillow might be helped with a folded towel underneath if it is too small.

In this first issue of *ENHANCE Your Health* for the year, you will find out about the value of enjoying your food at a leisurely pace and a

simple test to see if you are ready for, pre-season training for the winter sports.

As usual we have the popular "Did you know?" facts along with some cartoons to tickle your intercostals.

Enjoy the reading and *ENHANCE Your Health*.

#### Special Interest Articles:

- *ENHANCE* news
- Enjoy food
- Kaprex
- Preseason testing

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January and February will see many of you heading away or coming back from holidays. If you have a pillow from *ENHANCE* that we have fitted for you, try to fit it in your luggage. The two things that cause the most visits to *ENHANCE* during

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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 **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 – Slow Down and Enjoy Your Food

“...faster eaters consumed more calories and - no surprise - weighed more.. “

With our eating habits getting seemingly worse by the day and rates of obesity skyrocketing, increasing research is investigating possible reasons behind these disturbing health trends.

were asked a variety of questions, a single question actually constituted the basis for the entire study: "How fast is your rate of eating?" Subjects could select from five options: very slow, relatively slow, medium, relatively fast, or very fast. Results showed that speed of eating was associated clearly with body weight, and

a correlation also was noted between speed of eating and quantity of food consumed. In a nutshell, faster eaters consumed more calories and - no surprise - weighed more, on average.

*Otsuka R, Tamakoshi K, Yatsuya H, et al. Eating fast leads to obesity: findings based on self-administered questionnaires among middle-aged Japanese men and women. J Epidemiol*

In a recent study designed to determine how eating speed influences food consumption, 3,737 men and 1,005 women (average age 48 for men, 46 for females) received a physical examination and were weighed, measured and surveyed with an extensive diet/lifestyle questionnaire.

While participants



"Don't you know how bad those things are for you?"

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

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

## Did You Know ?

- ❶ The late God father of soul James Brown had his natural eyebrows replaced with tattooed ones in 1991
- ❷ "Adcomsubordcomp hibspac" is the longest acronym. It is a Navy term standing for Administrative Command, Amphibious Forces, Pacific Fleet Subordinate Command.
- ❸ "Asthma" and "isthmi" are the only six-letter words that begin and end with a vowel and have no other vowels between.
- ❹ "Canada" is an Indian word meaning "Big Village".
- ❺ "Dreamt" is the only English word that ends in the letters "mt".
- ❻ "Duff" is the decaying organic matter found on a forest floor.
- ❼ "Fickleheaded" and "fiddledeedee" are the longest words consisting only of letters in the first half of the alphabet.
- ❽ "Flushable" toilets were in use in ancient Rome.
- ❾ "Fortnight" is a contraction of "fourteen nights." In the US "two weeks" is more commonly used.
- ❿ "Forty" is the only number which has its letters in alphabetical order. "One" is the only number with its letters in reverse alphabetical order.
- ⓫ "Hang on Sloopy" is the official rock song of Ohio.
- ⓬ "Happy Birthday"

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was the first song to be performed in outer space, sung by the Apollo IX astronauts on March 8, 1969.

- ❶ "Kemo Sabe", meaning "an all knowing one", is actually a mispronunciation by Native American of the Spanish phrase, Quien lo Sabe, meaning "one who knows."



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Health*

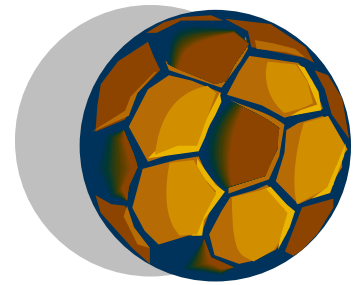
## Preseason preparations

With the winter sports starting their preseason in the next month we're going to take a look at a screening exercise that you can do at home to determine your risk of ankle sprains. This is something that teams have spent large amounts of money on due to the potential cost throughout a season with expensive athletes being out for weeks on end with such a simple injury. In order to do the test, you need a watch that counts seconds and some space on the floor. Firstly you need to balance on one foot with the other knee bent and your eyes open. Hold this for 30 seconds without the second foot touching the ground or excessive wobbling. Once that is achieved, repeat the same exercise with your eyes closed. If you cannot complete this on both feet individually then you are at risk of an ankle injury and should be doing some balance exercises at least until you can complete this. Until that time, it is worth considering taping

your ankles to prevent sprains. The exercises that might help you achieve this balance are below:

1. Put your shoes and socks on and off standing on one foot.
2. Practice the test as set out above.
3. Stand on one foot on a folded pillow, first with eyes open, then eyes closed.
4. Buy, make or borrow a wobble board and do compass taps, rolls and balance exercises on it.

All of the above can be made more challenging by either performing simple math equations whilst balancing or by getting somebody to throw you a ball to catch (except when



you have your eyes closed of course). Good balance is not only essential for preventing injuries, but can also contribute to better strength and coordination when you are carrying out other activities like kicking a ball, hitting a ball, or even just running or jumping and landing. So enhance your balance and enjoy your sports injury free.

