

ENHANCE Your Health

ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



Welcome to the third edition of

ENHANCE Your Health for 2007. It will be no surprise to most of you that we've had another busy couple of months.

Congratulations to Jenn who passed her theory exams for her International Chiropractic Sports Science Diploma (ICSSD) during April up in Sydney. A lot of hard work goes into attaining this qualification which is a prerequisite for working at many international sporting events, so well done Jenn on all your hard work.

The soccer season opened for the seniors last week and the juniors this coming week. Good luck to the Gungahlin United Club. If you have any junior players that are interested in playing, there are still some

spots left in a few of the teams, so contact the club ASAP if you'd like to get involved.

Gungahlin Jets have made a flying start to the season with 2 wins from 3 outings, let's hope they keep up their form as the season progresses and they look to defend their title.

Also in sporting news, the Canberra Heat Men's indoor volleyball team have begun training for their assault on the AVL this year. Good luck boys and train hard. Unfortunately a revised and reduced women's competition has seen Canberra without a women's side in 2007.

Have you ever wished that you knew a bit more about what you were doing when you rubbed your newborn's vitamin E

cream in? Ever wanted to be able to give your baby that little bit more love and attention? Ever thought that maybe a massage might help soothe them? Well here's your chance to find out how and why.

ENHANCE will be conducting infant massage classes to help you do just that. Check out the article on page 3 of this newsletter to find out about our new infant massage classes.

Check out page 4 for a few of those keyboard short cuts that you've probably forgotten as you become slave to your mouse and enjoy

ENHANCEing your Health

Special Interest Articles:

- ENHANCE news
- Less stress
- Infant massage
- OH&S for Computers

Individual Highlights:

Destressing	2
Baby Rubs	3
Did you Know?	3
Keyboard Shortcuts	4

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.

Decreasing Workplace Stress in 8 easy steps

Feeling frazzled at work? Answer any of the following questions in the affirmative and you're in dire need of help when it comes to managing workplace stress. The good news is there are a number of ways to reduce on-the-job stress. Try them out and see if your workplace headaches subside.

Signs of Workplace Stress

- Do you feel overwhelmed by the amount of work you do each day and/or by the complexity of that work?
- At the end of a workday, does it feel as if you've accomplished little, or that what you did accomplish was done in a rushed or unsatisfactory

fashion?

- Does it feel as if projects keep "piling up" on your desk, no matter how hard you try to catch up?
- Does your workday feel unstructured, disorganized and out of control?

Eight Easy Solutions

1. **Plan your day.** Create a "To Do" list, and cross off each item as you complete it.
2. **Prioritize.** Prioritizing your tasks from most to least important will keep you focused on what really matters.
3. **Don't be afraid to say no.** If an "extra" project comes across your desk, consider your current workload and priorities first.
4. **Do it right** – if not, you'll end up spending even more time

correcting your mistakes.

5. **A little at a time.** When faced with a challenging or time-consuming task, don't try to complete it all at once.
6. **Evaluate how you're spending your time.** Keep a diary of everything you do for three days to determine how you're spending your time. Look for time that can be used more wisely.
7. **Take a break.** If you're feeling overwhelmed, take a break. It can be a short one during the workday or a longer one, like a two- or three-day vacation.
8. **Don't be afraid to ask for help.** If you're having trouble managing your workplace stress, don't be afraid to talk to your boss about it.

Plan	Prioritize
Say No	Do it Right
Little bits	Evaluate
Rest	Ask



Rubbing your baby the right way

Infant massage is sometimes a controversial topic, and here at **ENHANCE** we understand how important doing the right thing by your baby really is. We believe that looking after your health is a life long commitment. That means that you can start it right from the start. It also means though, that you need to do it properly. In the same way that you shouldn't just let anyone touch your baby's spine, you also shouldn't let

just anyone massage your baby. The right person to massage your baby is YOU. We don't offer massage to babies here at the clinic for that very reason. Infant massage helps to create a very special bond between parent and child, so you should be the one forming that bond, not us. There are many other reasons why infant massage is a good idea, including improved sleep, relief with wind or constipation and improved circulation.

Two classes have been scheduled
Thurs. May 24 @ 12pm
and
Sat. June 2nd @ 3pm

with further classes to be conducted later in the year.

The session will run for approximately 1 ½ hrs and will cover a number of areas including benefits to your child, a how to guide, do's and don't's, as well as massage for wind, colic and constipation.

All information will be provided in the one class. Parents are welcome to bring their infant otherwise a doll will be provided to practice techniques. Cost for existing **ENHANCE** clients is discounted to \$50 per person; non **ENHANCE** clients are welcome to attend (\$60)

For bookings or further enquires please contact the clinic on 62416060

Did You Know ?

- ③ A hippo can open its mouth wide enough to fit a 4 foot tall child inside.
- ③ A hippopotamus can run faster than a man can.
- ③ A honey bee must tap two million flowers to make one pound of honey.
- ③ A honey bee travels an estimated 43,000 miles to gather one pound of honey.
- ③ A horse can sleep standing up.
- ③ A Horse has 18 more bones than a Human.
- ③ A human being loses an average of 40 to 100 strands of hair a day.
- ③ A human head remains conscious for about 15 to 20 seconds after it is been decapitated.
- ③ A human's scent membrane in the nose is about the size of a postage stamp. A dog's is about the size of a handkerchief.
- ③ A humming bird flaps its wings up to 90 times in one second or over 5000 times a minute.
- ③ A hummingbird weighs less than a penny.
- ③ A jellyfish is 95 percent water, and humans around 70%
- ③ A kangaroo can't jump unless it's tail is touching the ground.
- ③ A male emperor moth can smell a female emperor moth up to 7 miles away.
- ③ A man and woman in Mexico city were engaged for 67 yrs and finally married at the age of 82 yrs.
- ③ A mark twain is actually a nautical measurement of depth, and is equal to twelve feet. This is where Mark Twain got his pen name from.
- ③ A Michigan law states that a wife's hair legally belongs to her husband.
- ③ A mongoose is not a goose but more like a meercat, which is not a cat but more like a prairie dog, which is not a dog but more like a ground squirrel.
- ③ A mule is a crossbreed between a male donkey and a female horse. A hinnie is a crossbreed between a female donkey and a male horse.
- ③ A normal cow's stomach has four compartments: the rumen, the reticulum (storage area), the omasum (where water is absorbed), and the abomasum (the only compartment with digestive juices).
- ③ A notch in a tree will remain the same distance from the ground as the tree grows.
- ③ A panagram is a sentence that contains all 26 letters of the English alphabet. For example: Pack my red box with five dozen quality jugs.
- ③ A person afflicted with hexadactylism has six fingers or six toes on one or both hands and feet.
- ③ A person uses approximately fifty-seven sheets of toilet paper each day.



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ENHANCE
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KEYBOARD SHORTCUTS

Using these keyboard shortcuts can help reduce the use of the mouse, which is a task that is uneven on the body.

Copy: CTRL+C

Cut: CTRL+X

Paste: CTRL+V

Undo: CTRL+Z

Delete: DELETE

Bold: CTRL+B

Italics: CTRL+I

Underline: CTRL+U

Find: CTRL+F

Copy selected item:
CTRL while dragging an item

Create shortcut to selected item:
CTRL+SHIFT while dragging an item

Rename selected item:
F2

Move the insertion point to the beginning of the next word:
CTRL+RIGHT ARROW

Move the insertion point to the beginning of the previous word:
CTRL+LEFT ARROW

Move the insertion point to the beginning of the next paragraph:
CTRL+DOWN ARROW

Move the insertion point to the beginning of the previous paragraph: CTRL+UP ARROW

Highlight a block of

text: CTRL+SHIFT with any of the arrow keys

Select more than one item in a window or on the desktop, or select text within a document: SHIFT with any of the arrow keys

Start a new page:
Control ENTER

Select all: CTRL+A

Search for a file or folder: F3

View properties for the selected item:
ALT+ENTER

Close the active item, or quit the active program:
ALT+F4

Displays the properties of the selected object:
ALT+Enter

Opens the shortcut menu for the active window:
ALT+SPACEBAR

Close the active document in programs that allow you to have multiple documents open simultaneously:
CTRL+F4

Switch between open items: ALT+TAB

Cycle through screen elements in a window or on the desktop: F6

Display the Address bar list in My Computer or Windows Explorer: F4

Display the shortcut menu for the selected item: SHIFT+F10

Display the System menu for the active window:
ALT+SPACEBAR

Display the Start menu:
CTRL+ESC

Refresh the active window (including internet browser): F5

Cancel the current task:
ESC

Prevent the CD from automatically playing:
SHIFT when you insert a CD into the CD-ROM drive

And for a bit of fun on some computers.

Change orientation of screen: CTRL+ALT with ←, → or ↓.
CTRL+ALT +↑ to change screen to normal

