



## ENHANCE Chiropractic and Massage Sports Injury Centre ENHANCE News

### Special Interest Articles:

- ENHANCE news
- Choosing a pillow
- Shape up safely
- Keep emotionally balanced with sleep.

### Individual Highlights:

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Welcome to the final edition of **ENHANCE Your Health** for 2007. The end of the year has rolled around even quicker this year, and I'm told that Christmas is only weeks away!

With winter sport out of the way things are hotting up for a great sporting summer at **ENHANCE**. We look like being invited back to look after the National Beach Volleyball Tour as well as an international event in Adelaide at the end of the summer as part of the FIVB Beach Volleyball World Tour. This is a great win for Australian Volleyball and **ENHANCE**.

On the indoor volleyball scene, the Canberra Heat Men's side will be heading to Melbourne on the second weekend in December to compete in the AVL National titles. Good luck to the boys down there. Water Polo summer season starts up in November with the fast

5's comp running up until Christmas. If you are interested in trying water polo out, talk to Pete.

Simon Thompson our local triathlon legend has been fighting injuries overseas again and looks to be coming good with a strong 4<sup>th</sup> place finish in the recent Escape from Bermuda triathlon. Congratulations Thomo, we'll look forward to some strong results over the Australian summer. Congratulations also to the Gungahlin Jets AFL team, taking out the Division 1 Men's

premiership for the second year in a row. We also celebrate the Gungahlin United Women's Masters Soccer team who for the second year in a row went undefeated throughout the season and went on to win the premiership comfortably.

In this issue of **ENHANCE Your Health**, look out for our Christmas opening times below, tips on kids with pillows and how to get into shape safely.

### Christmas Opening Times

**ENHANCE** will be closed the following days:

Christmas Day – December 25<sup>th</sup>  
Boxing Day – December 26<sup>th</sup>  
New Year's Day – January 1<sup>st</sup>

Open every other day over December and January



## Gift vouchers for Christmas



With Christmas upon us, remember your loved ones with a massage gift voucher from

**ENHANCE.** Gift vouchers can be purchased for any length of massage you like and can be redeemed for up to 6 months after purchase, giving that

special person plenty of time to get in and take advantage of our hands and your thoughtfulness.

Massages are available 7 days a week and outside working hours as well. All our massage therapists are registered with the major health funds so

you can claim a rebate if your cover allows it. They are all qualified in relaxation, remedial and sports massage as well to cover all your needs. Pop into the clinic anytime between now and Christmas Eve and buy your gift of wellbeing.

## Research Corner: Healthy Sleeping

Ever felt tired and cranky? Ever been accused of overreacting to something when you were simply exhausted?

Previous research has linked sleep deprivation to problems such as immune responses, thought processing, learning and memory. Research just out from Berkley, California has shown a link between emotional states and sleep deprivation similar to that seen in psychiatric disorders. Whilst most people will think that they are slower to react and perhaps have their senses dulled when sleep deprived, the group from Berkley found that subjects that missed a night's sleep

had the emotional centre of their brain acting at a level 60% higher than normal. This is the area known as the amygdala. According to the researchers, the reason that this is a problem is that in the setting of sleep deprivation, the amygdala goes into overdrive in response to emotional images — for example, shutting down the prefrontal cortex, the area of the brain that governs logical reasoning. Instead, it activates the locus coeruleus, which releases noradrenaline to ward off imminent threats to survival, a potentially volatile mix, they note.

Whilst this study was performed on people

that were deprived of a full night's sleep, they believe that it may also occur on an accumulative basis where smaller amounts of sleep are lost continuously.

Keep this in mind next time you are planning an all nighter, or wondering why you don't have the same level of patience after a sleepless night.

Sleep well, stay happy.

Yoo, S. et.al. *The human emotional brain without sleep — a prefrontal amygdala disconnect*, Current Biology, Vol 17, R877-R878, 23 October 2007

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*“Sleep deprivation...shutting down the prefrontal cortex, the area of the brain that governs logical reasoning”*





## Pillow Talk

On the last page we heard that a good sleep is important. A part of that good sleep is a good pillow. Pillows can be a confusing topic with so many to choose from. There are different shapes, sizes and materials that they are made from. They will claim to do everything from stop you snoring to cure your insomnia. The main things that you need in a pillow are support and comfort. It needs to support your neck when you are laying down and your neck is being suspended between your head and

your shoulders. This is necessary whether on your back or your side. Because people have different sized heads and shoulders, different sized pillows are necessary to accommodate this. This means that it is important to have your pillow custom fitted, to make sure that your neck is adopting the right shape when you are on your pillow. Usually a contoured pillow best provides this type of support. Boomerang and feather pillows do not provide this. Once you have the right size, you need a pillow that is

comfortable. There's little point in a pillow that is the right size, but doesn't let you get to sleep. For this there are various types of foam, latex, water, wheat and other filling combinations. Remember though, that if your pillow is made of foam, it will compress over time and has a life span of about 18 months to 2 years. Pillows also provide a good indicator for your neck health. If you have a good pillow that fits you well, it will feel good when your neck is good, and feel bad if your neck is in poor shape. Conversely, a poorly fitting pillow will

actually feel better when your neck is bad, and feel bad when your neck is good. In children, due to the size of their heads, they generally don't need a pillow until they reach the age of about 4. Essentially this is the time when their shoulders become wider than their heads.

At **ENHANCE** we carry a variety of pillows for children to adults. Feel free to ask for a fitting time to find the right pillow for a good night's sleep.

## Did You Know ?

- ③ Scatologists are experts who study feces.
- ③ Fish travel in schools, whales travel in pods or gangs.
- ③ Before settling on the name of Tiny Tim for his character in "A Christmas Carol", three other alliterative names were considered by Charles Dickens. They were: Little Larry, Puny Pete and Small Sam.
- ③ Roman statues were made with detachable heads, so that one head could be removed and replaced by another.
- ③ The sex of a baby crocodile is determined by the temperature in the nest and how deeply the eggs are buried.
- ③ Cows are the only mammals that pee backwards.
- ③ The monkey wrench is named after its inventor, a London blacksmith named Charles Moncke.
- ③ Ancient Egyptian women used to wear perfume cones made of wax that would melt in the heat letting out a nice fragrance.
- ③ The Ramses brand condom is named after the great pharaoh Ramses II who fathered over 160 children.
- ③ The word constipation (con sta PAY shun) comes from a Latin word that means "to crowd together."
- ③ Caliginophobia is a fear of beautiful women.
- ③ In a study done, mums that were very active had no effect on how active their daughter's would be. However, dads that encouraged exercise, had more active daughters.
- ③ Bill Gates' first business was Traff-O-Data, a company that created machines which recorded the number of cars passing a given point on a road.
- ③ In the Greek alphabet "X" is the first letter for the word Christ, "Xristos." Xmas means "Christ's mass."
- ③ Adolf Hitler was Time's Man of the Year for 1938.
- ③ The original name for butterfly was flutterby.
- ③ The glue on Israeli postage stamps is certified kosher.
- ③ The five Olympic rings represent the continents.
- ③ The word "umbrella" is derived from the Latin root word "umbra", which means shade or shadow.
- ③ The first item sold on ebay was a broken laser pointer.
- ③ The first Microwave Oven was almost 6 feet tall and weighed 340 kg.
- ③ The inspiration for the novel Frankenstein came during the snowy summer of 1816, the "Year Without A Summer," when the world was locked in a long cold volcanic winter caused by the eruption of Mount Tambora in 1815.
- ③ The world's fastest growing tree is the Australian Eucalyptus. It can grow up to 10 metres in one year.



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**ENHANCE**

*Your  
Health*

## Get In Shape For Summer

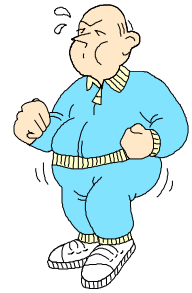
Shaping up for summer is an annual event that leads people to do more exercise in a two week period, than they have done all winter. Every year as the weather begins to warm up we think that we might be enticed to lose a layer or two of clothing on the beach. We then remember how little we have done over the last few months since the weather has been a little colder. Not uncommonly, all the enthusiasm only lasts until the first sleep-in, rainy day or premature injury. This article will deal with some hints to keep your resolve strong and your routine lasting until summer does get here.

### **Start slowly:**

Many exercise regimes come to an early finish because they are started with too much enthusiasm. If you start slowly and build up, you won't get discouraged by the excessive muscle soreness, and you will decrease the risks of injury. One of the most common causes of overuse injuries is starting too quickly. Start with an achievable and graduated routine and you will enjoy it more and sustain it longer.

### **Enjoy exercise:**

In life, we have a tendency to do the things we like to do first, and avoid or put off the things that we don't like to do. No revelations there. However, what many people don't do is apply this simple principle to achieving their goals. Exercise can be hard work, there is no avoiding that. You can make it fun though. Find things that you like to do, and do plenty of them. Mix in a few of your least favourite exercises. For example, if you like to swim, but not walk or run, leave your car at home and walk or run to the pool. The motivation of doing something that you enjoy when you get there will help to make the disliked exercise easier. If you like to run, but don't like to do sit-ups, find a place somewhere in your run to do a couple of sit-ups. Turn your run into a circuit where you might do some sit-ups, pushups and sprints in the middle. This enables you to get some perhaps less enjoyable exercises completed during an activity that you enjoy. You may even find that group exercise classes such as Step into Life help your enjoyment and motivation more than doing it on your own.



### **Get fit inside and out:**

By combining a sensible diet with a good exercise routine you will achieve your bodily aims much quicker. Starving is not dieting. Eating the correct food is. Nothing much has changed in the diet world. Eat plenty of fresh fruit and vegetables and avoid foods high in fat and sugar.

### **Abs of steel:**

No, you don't have to buy any fancy apparatus. Your combination of diet and exercise is important here, as it will help to uncover your abdominal muscles. Sit-ups are fine to develop your abdominal muscles, just remember to do them regularly. Persistence pays off. They should be done slowly, holding for 2 seconds at the top of each one, combining straight and rotational sit-ups will help to shape your abdomen and support your lower back.

Enjoy your exercise, and enjoy the coming warmer weather.