

ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



Special Interest Articles:

- ENHANCE news
- Christmas Shopping
- Help for sore knees
- Acupuncture

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Well here we are again, Summer is hitting us with full force, the Christmas parties are filling the diary and many of us have had that first sunburn of the season that reminds you to pack your sunscreen.

December will see Pete once again heading off to paddle the Murray in the Murray Marathon. Donations to the fund raising for this can be made at the reception desk, with proceeds going to the Red Cross. All donations over \$2 are of course tax deductible.

It's unfortunately time to say thanks and farewell to Mel from the front desk. Mel will be travelling overseas next year and we wish her all the best with her travels. Hopefully we'll see her smiling face back in 2010. This does however

leave an opening for a junior to work in reception on Saturday mornings and a couple of afternoons through the week. If you are keen to join the team, leave a resume at the front desk and we'll contact you to have a chat.

We have two new treats in the ENHANCE armoury this summer. One is Pete's Running Workshops. Read all about it on page 3. And also we will see the introduction of acupuncture services through Terry Melbourne. Terry will be offering

acupuncture either in conjunction with a massage, totaling 1 hour for \$70, or a 30 minute acupuncture only session for \$50. Look on the back page for a little bit more info on acupuncture and what it might be able to do for you.

Lastly, read all about another way to look after those aching knees on page 2 in Research Corner.

Enjoy the reading and *ENHANCE Your Health*.

ENHANCE will be closed on the following dates:

- Thursday December 25th – Christmas Day
- Friday December 26th – Boxing Day
- Saturday December 27th – Paddling Day
- Sunday December 28th – Recovery Day
- Thursday January 1st – New Year's Day (2nd recovery day)

Outside this we are open every day, 7 days a week.

Christmas Presents at *ENHANCE*



Looking for that perfect present? Looking for a gift that will really be appreciated? Try the *ENHANCE* Christmas range. We have massage vouchers that always bring a smile to the recipient's face, available for any time period or dollar amount

that you would like to give. We also have self massagers, a great way to get yourself between treatments without wearing out your partner's hands. These are commercial quality and only \$60.

Alternatively, our flax seed heat packs make a great gift, and everyone falls in love with our personally fitted contour pillows at *ENHANCE*. If none of that gets your pulses racing, Power balls make for a great fun present that is also good for you.

Research Corner – Tai Chi for knees

“...the Tai Chi group had a significant decrease in knee pain as well as overall physical functioning and also depression rating scores.. “

As Spike Milligan once sung “You’ve got to have knees... famous for having them are bees” (see back page). There are all sorts of treatments tried for arthritic knees from pills, natural and not, to exercises or lack thereof, as well as dietary changes and climate changes. One thing that you may want to look at adding to your armoury of remedies according to a recent research paper by Dr. Chenchen Wang of Boston is Tai Chi. Dr Wang took a group of overweight people

with arthritic knees and randomly assigned them to one of two groups. Group 1 underwent standard stretching exercises for knees, whilst group 2 underwent a course of Tai Chi. Both groups participated for 1 hour twice a week for 12 weeks. Whilst neither group lost a significant amount of weight, the Tai Chi group had a significant decrease in knee pain as well as overall physical functioning and also depression rating scores. It was found that whilst these

changes remained after 24 weeks, they were less so after 48 weeks of stopping the protocol.

The take home message... give Tai Chi a go, and if it helps, make it a lifestyle change.

Wang C, et al "Tai Chi is Effective in Treating Knee Osteoarthritis: A Randomized Controlled Trial" ACR 2008;



ENHANCE your Running

Did you know that running doesn't always come naturally? Well sometimes it might and then we crush it with postural atrocities that ruin our natural running style. Did you know that there are ways to run which will put pressure on your back and your knees? And there are ways to correct that.

Throughout the summer Pete will be conducting running

workshops which will be aimed at helping to correct your running technique and make it a lot friendlier on your back, knees, calves and shins. These sessions aren't just for the serious runner. They will be suited to anyone who is a keen runner as well as people who are just starting to run. It doesn't matter how badly you think you run, there are simple techniques that can be employed to change what you are

doing to help make it easier and decrease the stress and strain on your body.

You will be shown exercises to help change what you are doing and make the new technique easier to learn and use, no matter how fast or slow you are running. Workshops will be conducted in small groups and will run for approximately 1-1.5 hours. Don't worry, you won't be running for the whole time.



Cost will be \$70 per workshop, with a discount for *ENHANCE* patients making it only \$50 each as well as family discounts.

If you are interested in one of these workshops, let the reception desk know and we will get you into a workshop.

Did You Know ?

- 1 The Mercedes-Benz motto is "Das Beste oder Nichts" meaning "the best or nothing"
- 2 The Titanic was the first ship to use the SOS signal.
- 3 The pupil of the eye expands as much as 45 percent when a person looks at something pleasing.
- 4 The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
- 5 Dalmatians are born without spots.
- 6 Bats always turn left when exiting a cave.
- 7 The 'v' in the name of a court case does not stand for 'versus', but for 'and' (in civil proceedings) or 'against' (in criminal

proceedings).

- 8 The owl is the only bird to drop its upper eyelid to wink. All other birds raise their lower eyelids.
- 9 Every time you sneeze some of your brain cells die.
- 10 Your left lung is smaller than your right lung to make room for your heart.
- 11 The verb "cleave" is the only English word with two



synonyms which are antonyms of each other: adhere and separate.

- 12 The lion that roars in the MGM logo is named Volney.
- 13 Google is actually the common name for a number with a million zeros.



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ENHANCE
*Your
Health*

What Is Acupuncture?

Acupuncture is.... "the science of energy in the body and the art of creating balance and harmony in body's energy.

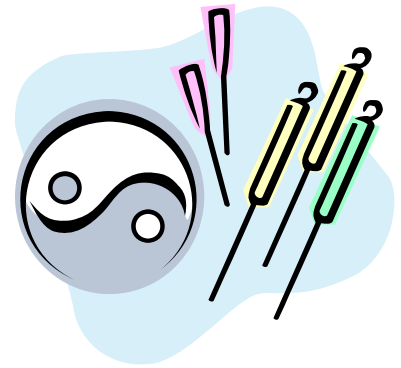
Acupuncture derives from Chinese Medicine, which sees the body as a field of energy or information. Modern science also tells us that our bodies, which appear so solid and real, are actually made up of particles of energy which form an illusion of matter.

Acupuncture works by restoring a state of dynamic balance within our body. A symptom is a sign that there is an imbalance in the body. Just as a car will stall when the engine is out of tune so too our bodies let us know when there is something wrong by creating discomfort which can be physical, mental, or emotional or any combination of these three.

Symptoms don't appear without reason. They can only arise if there is an imbalance in one of the body's organs. For example a toxic liver may give rise to the symptom of a headache.

Acupuncture works because it is able to stimulate the appropriate organ or organs to redress the imbalance. So, for example, a toxic liver can be stimulated to detoxify or a sluggish bowel to eliminate. When the liver has been detoxified then there are no more headaches, as the cause is treated the symptom no longer occurs.

At *ENHANCE* you can have a 30min acupuncture only session, or the preferred method to get the most out of your acupuncture, combine it with a 30min massage to round out the hour of balancing inside and out.



Knees (song)

You've got to have knees
You've got to have knees
They're the things that
take stock when you
sneeze
You've got to have knees
You've got to have knees
They only come in twos
but never threes
You've got to have knees
You've got to have knees
In winter fill them up with
anti-freeze
You've got to have knees
You've got to have knees
Famous for having them
are bees
You've got to have knees
You've got to have knees
If you want to see mine,
say please
You've got to have knees
You've got to have knees
They help you run away
from falling trees
Knees. Wonderful knees!

Spike Milligan 1995