

ENHANCE Your Health

ENHANCE Chiropractic and Massage Sports Injury Centre ENHANCE News



Special Interest Articles:

- ENHANCE news
- Get active
- Stay young
- althaiophobia?

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Here we go rushing into mid-year, most of the public holidays behind us and a winter full of sports ahead. On a sad note, May sees **ENHANCE** losing the services of Jenn. The call of the west has become too great for her, and after a great year here in Canberra, Jenn will be heading back to Perth. We'd like to wish Jenn all the best as she heads back home and finds somewhere to practice over there. She'll certainly be missed here at **ENHANCE**. On the bright side however, Pete and Ben will still be flying the chiropractic flag high whilst we look for someone to come and cover Jenn's share of the load.

May will see Mother's Day come up on the 11th, remember our

massage services when you are looking for that special present. We have gift vouchers available at the front desk, or even over the phone that are sure to put a smile on mum's face on Sunday morning.

Congratulations to the ANU Dragons Water Polo Club. The Currency Card first grade men won the gold medal in the summer comp finals at the end of March. May will see the bulk of this team heading to the Gold Coast to compete in the Australian Country Club Championships, whilst the whole club goes into training for winter competition which starts in late May.

Two days to keep in mind for this coming period will be Saturday May 10th when there will be no

chiropractic services available as Pete and Ben will be in Sydney for Nick's wedding with Helen. Big congratulations to Nick and Helen on their happy day. Also Monday June 9th the clinic will be closed for the Queen's Birthday public holiday.

In this issue of **ENHANCE** Your Health, you'll get some not so surprising tips on staying young and a measure of how you are going with. There's our usual "Did You Knows" and fun find-a-word on the back page to keep you entertained. Enjoy the read and **ENHANCE** Your Health.

Chiropractic Price Rise in July



Well we've fought the financial pressures to keep prices down here with no increase in chiropractic rates for the past 3 years as everything else has gone through the roof. Finally in a bid to bring things into line with similar services in the region and to combat the increasing costs of running the

practice, chiropractic rates will go up on July 1. The new "pay on the day" rate for a standard consultation will be \$60 with the concession rate at \$50. Massage prices will remain the same with a 1 hour massage \$65, 45 mins \$55 and a half hour massage only \$45.

You can expect to receive the same high standard of care with appointments available 7 days a week, early starts and late finishes with no outside business hours surcharges. Chiropractic is now available from 5am Mondays and Fridays.

Research Corner: Staying Young

"..Some of the "secrets" to anti-aging aren't really secrets at all, and they don't require drugs or surgery."

Anti-aging medicine is advanced preventive health care based on the early detection, prevention, treatment and reversal of age-related dysfunction, disorders and diseases. The goal of anti-aging medicine is not merely to prolong the total years of an individual's life, but to ensure that those years are enjoyed in a productive and vital fashion.

(such as 30-60 minutes of brisk walking, five or more days a week). Additional health benefits can be gained through greater amounts of physical activity, but even small amounts of activity are healthier than a sedentary lifestyle. A number of recent studies reinforce this basic concept.

older adults. The researchers studied more than 2,600 adults for a 12-year period, during which there were 450 deaths. The team found that those who died were older, had lower fitness levels, and had more cardiovascular risk factors than survivors. However, there were no significant differences in body fat measures.



Some of the "secrets" to anti-aging aren't really secrets at all, and they don't require drugs or surgery. Research evidence suggests consistent physical activity plays a key role in maintaining health and vitality as we age. Substantial health benefits occur with regular physical activity that is aerobic in nature

Men and women age 60-plus with higher levels of cardiorespiratory fitness live longer than unfit adults, and this correlation is independent of levels of body fat. Researchers at the University of South Carolina examined the associations between cardiovascular fitness, clinical measures of body fat, and death in

Across a wide variance of body-fat levels (excluding the most obese), fit study subjects were found to have lower death rates than unfit subjects. Higher levels of fitness also corresponded to lower incidence of death from all causes.



Show us your guns!

The size of a man's waistline and the muscle mass of his biceps provides a snapshot of mortality risk in aging men. S. Goya Wannamethee and colleagues from the Royal Free and University College Medical School (London) studied more than 4,100 men ages 60 to 79, and found that those with a waist circumference

of less than 40 inches and above-average muscle mass in their upper arms were up to 36 percent less likely to die over a six-year period compared to those with bigger waists and smaller arm muscles. The researchers also found that the combination of waist size and arm muscle mass provided a far more accurate gauge

of death risk compared to body mass index (BMI) measurements, which the team found was linked to mortality only among very thin men.

The take home story from this research is that even into your 60's and 70's you need to keep your exercise levels up and maintain a healthy diet.

Resistance exercise remains a healthy

option for those wanting to stay in shape and live longer.

S Goya Wannamethee, A Gerald Shaper, Lucy Lennon and Peter H Whincup, *Decreased muscle mass and increased central adiposity are independently related to mortality in older men* American Journal of Clinical Nutrition, Vol. 86, No. 5, 1339-1346, November 2007

Did You Know ?

- 🕒 During a 24 hour period, the average human will breathe 23,040 times, exercise 7 million brain cells and speak 4,800 words.
- 🕒 Each year insects eat one third of the world's food crop.
- 🕒 Only female ducks can quack.
- 🕒 During a kiss as many as 278 bacteria colonies are exchanged.
- 🕒 The average human body contains enough phosphorous to make 2,200 match heads.
- 🕒 It is estimated that at any one time, 0.7% of the world's population is drunk.
- 🕒 The ant can lift 50 times its own weight and can pull 30 times its own weight.
- 🕒 Chocolate stimulates the release of endorphins in the body. Endorphins enhance one's mood and block pain.
- 🕒 Cats have over one hundred vocal sounds, dogs have only about ten.
- 🕒 Until 1990,
- 🕒 sausages were still legal tender in East Germany.
- 🕒 Babies are born with 300 bones, but by adulthood we have only 206 bones in our bodies.
- 🕒 The reason honey is so easy to digest is that it's already been digested by bees.
- 🕒 The human eye sees everything upside down, but the brain turns everything right side up.
- 🕒 One quarter of the bones in your body is in your feet.
- 🕒 23% of all photocopier faults are caused by people sitting on them and photocopying their buttocks.
- 🕒 Althaiophobia is a fear of marshmallows.
- 🕒 No piece of paper can be folded in half more than seven times (including this newsletter).
- 🕒 Our eyes are always the same from birth, but our nose and ears never stop growing.
- 🕒 Donald Duck comics were banned in Finland because he doesn't wear pants.



ENHANCE Find a Word

D R E S S S S Y A D G S N M T V B
J P D L E E A M O F S Y C S U C
S E E E C L E F R C I D H T B T
N A O T N C L L A A D I N E H H
O C S A E T J E O E Y R U T M C
W Q G G C A W I N T E R L P A E
B K O M M A M L J Y U A A W S O
O S C Y G M E G N F E P G E S I
A I B O H P O I A H T L A T A P
R B D E S I T I V R E G N I G L
D P Y O P U O T I E U F A D E S
B F Q N A N R E C N A H N E S A
W P I M T D R E U A P Y E R A L
J T M A U P A E L I T Y T G N G
A C E Z L L C G A F V P E I O J
E F E I A E I W R L B P E N S T

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Health*

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winter
dress

spatula
navicular
gingivitis
carrot
massage

health
althaiophobia
dog
cat
pen