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## ENHANCE Chiropractic and Massage Sports Injury Centre

### ENHANCE News

Well it looks as though we've made it through to Spring without too many broken bones and knee reconstructions. Bring on the warmer weather, the new exercise routines and dietary resolutions.

There's excitement a plenty around the **ENHANCE** office at the moment, Pete is back from Beijing where he was working with the World Olympians Association for the final week of the Olympics and we have another new massage therapist in Anita who joins Terry as our latest recruits, welcome to both (I know, Terry is not quite new, but I forgot to welcome him last time). October will see not only everyone having a holiday for the long weekend where we will be closed on Monday 6<sup>th</sup> of October, but Ben

will be away honeymooning after he weds his lovely bride Suzanne in early October. A huge congratulations to both Ben and Suzanne. If that's not enough to get your pulses racing, we have the Gungahlin Jets yet again heading into finals in the local AFL comp and our other sponsored team, Woden Valley division 5 soccer team also finals bound after a solid 2<sup>nd</sup> place finish on the ladder for the season. Good luck to both these teams as the serious end of the season rolls around.



This edition of **ENHANCE** Your Health will have you scared not to run and inspired to eat well, as well as looking at the world in a slightly different light after reading the "Did You Knows". So make yourself a healthy snack of carrots, apple, strawberries and pineapple (all negative calories), set the newsletter up on the treadmill, enjoy the reading and **ENHANCE** Your Health.



## HICAPS For Massage at ENHANCE



Many of you would be familiar with the HICAPS system which allows you to claim your health fund benefit on the spot when you have your chiropractic treatment. This means that you just have to pay the gap, so less to pay upfront, and also

saves you a trip and lines at the health fund office (if you can still find one). This system has worked well for the past 6 years and is now working even better. Massage is now covered by HICAPS although only with

selected health funds. Feel free to ask at reception if your fund is participating, and if you are joining a new health fund, make sure you check with them as to whether they participate in the HICAPS system.

## Research Corner – Run for your life!

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“...Rates of death were higher ... for cardiovascular disease, cancer, neurological disease, infections, and other causes.. “

In the newsletter back in May we looked at why it is important to continue exercise once you start. This edition we have a look at the impact of one type of exercise... running. Last month Eliza Chakravarty, M.D., of Stanford and colleagues reported in the *Archives of Internal Medicine* that according to their study, runners live longer and have less health problems and disability than non-runners. This was no wander into the shopping centre for an afternoon survey either. This was a 21 year follow up study! And we're not talking about young people either. This study took a population between 50 and 72 and followed up on them at regular intervals, obviously with some of them now in

the nineties.

As you would expect, disability scores increased for both the running and non-running group over time, but the non-running group increased their disability scores at over twice the rate of the runners.

Over the course of the study, runners were 39% less likely to die.

Rates of death were higher in non-runners than in runners for cardiovascular disease, cancer, neurological disease, infections, and other causes.

Several possible reasons were suggested for the disability and survival advantages found in runners, including

increased cardiovascular fitness and improved aerobic capacity and organ reserve, increases in skeletal mass and metabolic adaptations of muscle with decreased frailty, lower levels of circulating inflammatory markers, improved response to vaccinations, and improved higher-order cognitive functions. Whatever the exact reason, it's plenty reason enough to get out and go for a run. Remember that before starting any new exercise regime you should check first with your healthcare practitioner and start slowly.

Chakravarty E, et al "Reduced disability and mortality among aging runners: a 21-year longitudinal study" *Arch Intern Med* 2008;



## Spring Cleaning Tips

OK, so I'm not going to give you tips on how to get that red wine stain out of your white socks (that comes below), or what the best way to dust your Ming vase, however here are a few ways in which to keep your body safe during this cleaning frenzy season:

1. Rotate your jobs - If you have a big job to do like cleaning windows or dusting skirting boards, break them up. Trying to do an extended period of one task will be more likely to see you sore afterwards and set you up for injury. Do 45 minutes of windows, then move to another job, then come back to the windows. Even better is to break one type of job over a couple of days.
2. Vacuuming – don't put your back into it! If you are using a trail along vacuum with a hose, wrap the hose around your lower back, your left hand closest to the machine, your right hand holding the wand part. This enables you to pull the vacuum along with your arm, and not your back, leaving you more upright to vacuum more safely.
3. Recognize your limits – If something is too heavy or bulky for you, wait until you have some help. Despite any time restrictions you might have, you will take more time if you need to visit us before you finish the job!
4. Remember to hydrate – It's often easy when you get stuck into something to just keep doing it. Make sure you have your water bottle nearby. Dehydration will not only make you more susceptible to injuries, but have you less organized through not thinking as clearly and decrease your strength and work rate.
5. Use the kids – if the kids are sitting watching television while you're cleaning, get them off their backsides. The physical activity will do them good! As well as having a sense of ownership in the result. Any activity is good activity for kids.

## Did You Know? – Spring cleaning edition

- Simply squirt some white vinegar into a bucket of hot water for a chemical-free floor cleaner.
- Brighten dull leather furniture by rubbing with half a lemon or stale beer. Polish with a dry cloth.
- Dusting artificial flowers - put into a large paper bag containing salt and give them a good shake.
- For bathroom tiles, A combination of two sponges, one soaked in vinegar, the other dusted with bicarb, is a more gentle alternative. Use your sponges like the Karate Kid, and with a sponge in each hand simply wipe on then wipe off.
- Carpet Stains: Shaving cream is a good all-purpose spot remover for carpets.
- Dogs urine smell in carpet - to remove the smell of dog urine from carpet, sprinkle a 500g packet of bicarb soda over the spot. Leave for 24 hrs before vacuuming up.
- Clean windows & mirrors easily with a piece of crumpled newspaper. The newspaper does not leave lint and minimises streaks.
- Red wine stains: pour salt on immediately, let it stand for a while then soak in cold water and rub out.
- Mildew: this fungus can be killed by hanging fabric in the hot sun or outside on a frosty night.
- Chrome: polish with apple cider vinegar.





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**ENHANCE**  
*Your  
Health*

## Eating Yourself Well

Often we are faced with trying to reduce inflammation in our bodies. It may be the sprained ankle, the whiplash injury or back pain.

Chemically, we are trying to make a difference to our body's reaction. This state of inflammation that we are trying to alter might not just be incidence based.

What we might be seeing is the poor response from a body that is inflammation enhanced. Our body can only respond on the fuel that it is given. If we are eating foods that encourage inflammation, then we are in a constant pro-inflammatory state. This state is thought to have an effect on other conditions such as arthritis, osteoporosis, cancer and Alzheimer's to name just a few.

So what are we eating that is so bad? And what should we eat? Well most of it is not super complex. The pro-inflammatory foods in our diet include refined

carbohydrates in the form of sugar, sweeteners and flour, as well as refined oils and fatty meat. Even whole grains and legumes can increase inflammation. The average Australian diet would contain approximately 70-80% of these sorts of foods, maybe even higher.

So what's the good news? Let's look at some of the foods that act as anti-inflammatories in our diet.

A reasonable recommendation from David Seaman, chiropractor and nutritional expert, is for 80-100% of our calories to come from vegetables, fruit, raw nuts, potatoes, and either lean or omega-3 protein sources including fish, lean meat, skinless chicken, wild game, grass-fed animals and omega-3 eggs. Spices such as garlic, ginger, turmeric, oregano and the other popular spices are all anti-inflammatory. The



best oils/fats to use in moderation are extra-virgin olive oil, coconut oil and butter.

Be aware though, that overeating will also generally lead to an inflammatory response in the body.

Now whilst going 100% great food might seem a little extreme, a diet which is say 85% anti-inflammatory leaves you with 15% of your caloric intake to go to town with.

Think about your food and what responses it is setting your body up for.

D. Seaman, Foods That Fight Inflammation, *To Your Health* August, 2008 (Vol. 02, Issue 08)

