

ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News



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Welcome to 2009. A New Year, with new challenges and new opportunities.

One exciting opportunity we have is to welcome our new ENHANCE team members. Samantha Teoh joins the chiropractic team. Samantha will be available Tuesday to Thursday and the weekend. We also have a new smiling face for the front desk. Nicole has joined the team to help Candice with reception. Welcome to both Samantha and Nicole, it's great to have you on board.

Thanks to all those that donated to the Red Cross through the Murray Marathon paddle in December.

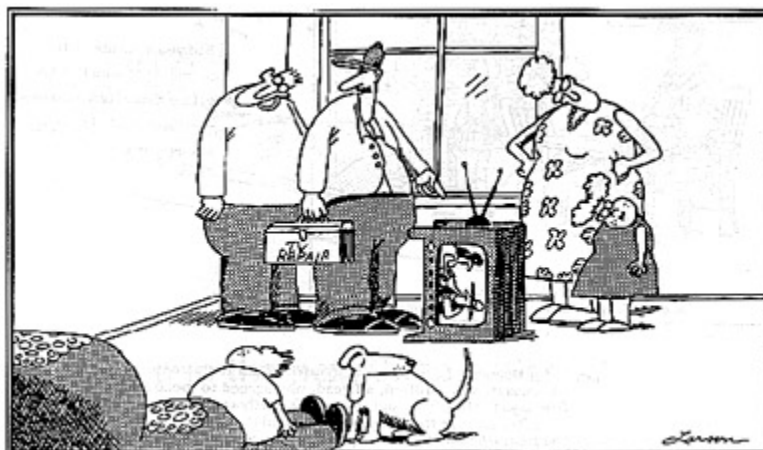
Here at ENHANCE we managed to raise \$340 which contributed to the \$440,000 raised by the event. It was a great effort, for a great cause.

In this edition we've got the latest on what you should be eating post exercise for the best recovery, as well as how to pick a good school bag, and a great alternative to gut destroying anti-inflammatory drugs. And as usual, the

"Did you Knows" to keep your supply of random and useless facts topped up.

The ENHANCE clinic will be closed on Australia Day, Monday 26th January, open every other day.

Enjoy the reading and ENHANCE Your Health.



"Well, here's your problem Mr. Schuele."

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, massage or acupuncture treatment.

Research Corner – I'll have mine with Protein

For a significant period of time now, it has been recognised that carbohydrate consumption following exercise, results in better recovery and better subsequent exercise bouts. This has led to various formulae based on athlete weight and types of food that should be ingested following exercise and when exactly this should be done. A recent study out of Canada which took cyclists and had them do a hard session for 60 mins, followed by having either carbohydrate

only, or a carbohydrate with protein mix found that there were substantial differences when they repeated their workout 6 hours later. Both groups had their drink 10, 60 and 120 mins after the first workout, and then ate identical meals at the 4 hour mark. Not only did the group with the protein mix perform better in the subsequent workout, but they recovered better and had higher fat oxidation levels. Now for those wanting to rush out and work out their protein intake, the

research was done using a mix containing 0.4g/kg body weight of protein and 0.8g/kg carbohydrate.

As with anything new, try this first in training before using it in competition.

Berardi J, et al "Recovery from a cycling time trial is enhanced with carbohydrate-protein supplementation versus isoenergetic carbohydrate supplementation" J Int Soc Sports Nutr 2008; 5: 24.

"...Not only did the group with the protein mix perform better in the subsequent workout, but they recovered better and had a higher fat oxidation level.. "



Kaprex: A Safe Alternative to Anti-Inflammatory and Pain Killing Medication

Don't like taking drugs when you have aches and pains? Worried about the risks involved with anti-inflammatory drugs such as Celebrex and Mobic? (1) Well now at *ENHANCE* along with our hands on therapy, we have a "Gut Friendly" Anti-inflammatory called Kaprex. Produced and researched by Metagenics (2),

Kaprex effectiveness has been shown to produce a 50% reduction in joint discomfort (2). This figure is considered a gold standard for analgesic formulations. This makes Kaprex ideally recommended for pain and inflammation associated with osteoarthritis, rheumatism and injury. Kaprex's mode of action is different to COX 2 inhibitors and

other NSAIDs, thus making it safer. It has been tested in human clinical trials for complications in gastrointestinal, cardiovascular, hepatic and renal health, and no problems were demonstrated. Also no drug interactions were observed. However it has not been tested in pregnant or breastfeeding women, though going by its active ingredients



there is no indication it will be a problem. Kaprex contains rosemary, hops and olive leaf to produce its pain relieving.

(1)http://www.tga.gov.au/media/2005/050214_cox2.htm

(2)<http://www.metagenics.com.au>

Did You Know ?

- 🕒 Tourists visiting Iceland should know that tipping at a restaurant is considered an insult.
- 🕒 When glass breaks, the cracks move faster than 5,000 km per hour. To photograph the event, a camera must shoot at a millionth of a second.
- 🕒 A violin contains about 70 separate pieces of wood.
- 🕒 During your lifetime, you'll eat about 130,000 kg of food, that's the weight of about 6 elephants.
- 🕒 Dolphins sleep with one eye open.
- 🕒 A sneeze travels out your mouth at over 160 km/hr
- 🕒 Fingernails grow nearly 4 times faster than toenails.
- 🕒 Duracell, the battery-maker, built parts of its new international headquarters using materials from its own waste.
- 🕒 Each year, there are more than 40,000 toilet related injuries in the United States.
- 🕒 In 1897, Bayer, who is the maker of Aspirin, marketed the drug heroin.
- 🕒 In 1998, Sony accidentally sold 700,000 camcorders that had the technology to see through people's clothes.
- 🕒 Leonardo da Vinci was dyslexic, and he often wrote backwards.
- 🕒 Leather skin does not have any smell. The leather smell that you sense is actually derived from the materials used in the tanning process.





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ENHANCE
*Your
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Picking the Right School Bag

Getting kids back to school can be a monumental task. There are the uniforms, the pencils, the shoes, the bus passes, the lunch box... The list just seems to go on and on. And on top of that, they all have to be labeled!

As if that wasn't a big enough task in itself, you also need a bag that will fit everything in it, and still allow your child to carry it. It's almost an incentive for home schooling.

This article is going to deal with the importance of the school bag.

There are all sorts of bags that go in and out of fashion, and tend to wreak various levels of havoc with your child's spine. I'm sure you've all heard of someone that ended up with a scoliosis or bent spine from carrying their heavy school bag on one shoulder, and many other tales of woe involving school bags that seemed like a good idea at the time. It has now been pretty much accepted, that a back pack is the best bag for a child's spine. The recommendations don't stop there though. There are

certain things you need to look for in a back pack, they are not all created equally.....

Many back packs are designed with fashion rather than function in mind, and when that is put onto a developing spine, you want the emphasis to be strongly on function and safety.

Here is a list of things to look for in a school bag:

1. There must at least be a waist strap, and preferable a chest strap as well. This holds the load of the bag close to the body, and decreases the stress on the spine.

2. The straps must be wide and adjustable. As you well know, every child is different, and your child will grow throughout the year, make sure that the bag can too. Also check that the straps don't slip.

3. The size of the bag should mean that the top of the bag is even with the child's shoulders when adjusted



properly.

4. The back pack should have sections so that heavy items can be placed and won't move excessively.

5. When loading the bag, heavy items should be placed as close to the child's back as possible.

If you have any questions about your child's school bag or its adjustment, pop into *ENHANCE* and get it checked out.

