

ENHANCE Your Health

ENHANCE Chiropractic and Massage Sports Injury Centre



ENHANCE News

Special Interest Articles:

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Welcome to the 3rd issue of ENHANCE Your Health for 2009. The weather is certainly starting to turn. Check out the winter exercise tips article for ways to make sure you keep active during this less than inspiring period.

Our Dragons 1st grade water polo team went down to Nordek in a tight grand final. Well done to the boys. We'll look forward to going one better next season.

Still on water polo, ENHANCE will be supporting the ACT teams as they make their assault on the Australian Country

Club Championships to be held here in Canberra between May 4 and 9. Games will be at the AIS during the week and out in Tuggeranong for the finals on Friday and Saturday. Check with the clinic for the schedule so that you can get out and watch some great water polo action.

In this edition we've got the latest on post exercise recovery, a few tips on winter training and some good news for tea drinkers.

As of May11, Massage prices will

be increased slightly. The new prices are:

- 30 minute – \$50
- 45 minute – \$60
- 60 minute – \$70
- 90 minute – \$90

Children's rates for those under 16 are discounted \$5 from the abovementioned rates.

The ENHANCE clinic will be closed on Monday 8th June open every other day.

Enjoy the reading and ENHANCE Your Health.



ENHANCE Mum's Day This Mother's Day



Its Mother's day this month, so don't spend hours wandering around the shops looking lost. She doesn't need another pair of slippers, and she can certainly do without the extra chocolate after Easter. Do yourself and your mum a favour and pop

into *ENHANCE* for a massage gift voucher. Gift vouchers can be purchased for 30, 45, 60 or 90 minute massages.

The massage can also be tailored to what mum really wants, whether it be a deep remedial

massage, foot reflexology or a de-stressing relaxation massage. Our massage therapists are able to look after your mum after you give her what she deserves this mother's day with a massage from *ENHANCE*.

Research Corner – Shaking your cares away

“...the group receiving the therapy had less muscle pain in calves and quads 4 days later”



Vibration platforms have become a much advertised answer to the performance seeking athlete in the past 5 or so years. The question is, do they really make a difference?

At this point, the experts are not sure. There have been plenty of papers that show short term responses to these machines, but nothing as yet that would translate into improved sporting performance.

Recently a group of researchers from Melbourne and New

Zealand had a look at whether vibration therapy could decrease muscle soreness after exercise (DOMS).

In order to do this, they had subjects run downhill for 40 mins. Following this and on the ensuing days, half of the group received vibration therapy, the other half didn't.

They found that the group receiving the therapy had less muscle pain in their calves and quads 4 days later. They also found that there was less inflammation in the muscles in the

vibration therapy group.

So whilst there may not be any recognised performance benefits as yet, it looks like you might be able to speed up recovery and help with muscle inflammation with these vibration platforms. Worth trying if your gym has one, or if you happened to buy one online and were wondering what to do with it other than hang clothes on it.

Broadbent S. Et.al. Vibration therapy reduces plasma IL-6 and muscle soreness after downhill running, BJSM Sep 2008

Winter Training Tips – Things that make it easier to stay out there.

So you've managed to get all inspired by your summer training, but there's not quite the same incentive to climb out of your nice warm bed to go for a ride or pound the pavement, or dip that paddle in the water.

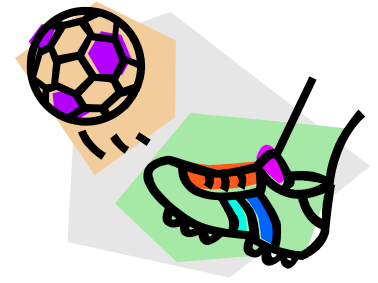
The first thing you need to do is make a commitment to yourself, and preferably a training partner that you WILL get out there. The "I'll see how I feel in the morning" attitude simply won't work. There will always be excuses... "I

could do with some more sleep", "I'm a bit stiff this morning", "I thought I saw a leak on the inside of my eyelids, I'd better stay here and check for it" or simply "It's COLD out there!"

None of these cut it. Make a commitment and get out there. Next you need to make it as attractive as possible. Start with warm clothing on. Make sure you have layers so that you can take the outer layers off as you warm up. You may do a quick lap of the block first so that you can

drop off that extra jumper at home, or have a backpack to put it in. You will warm up quickly once you are out there, but getting out the door is the hardest part.

Find the appropriate gear for your sport. Paddlers will use Pogies on their hands, booties on their feet and dry pants on their bum. Runners will find some cotton gloves handy, but beware of gloves that don't breathe. Cyclists will not survive the winter without booties and something over their knees like leg



warmers. Also consider a balaclava which helps with a cold nose and breathing the cold air. Whatever your sport, remember that a large amount of heat is lost through the head, so if the cold really bothers you, go a quality beanie. Windstopper vests can also be a useful addition to any winter wardrobe to help you get out there. And for the dark, try a headlamp. They are cheap and help extend your day.

Did You Know ?

- 1 There are 1500 hundred species of Australian spiders.
- 2 The average person swallows three spiders a year.
- 3 We have over 6000 species of flies, about 4000 species of ants, and there are about 350 species of termites in Australia.
- 4 The combined mass of all termites in the world is more than ten times the mass of all people.
- 5 Australia has the world's largest population of wild camels with one hump.
- 6 The Jaw of the Tasmanian Devil is as strong as that of a crocodile.
- 7 Sharks are immune to all known diseases.
- 8 There are more than 150 million sheep in Australia, and only some 20 million people.
- 9 Australia has the world's largest cattle station. At 30,028 km² it is almost the same size as Belgium.
- 10 The Sydney Opera House roof weighs more than 161,000 tons.
- 11 Australians have 380,000 m² per person available. Yet well over 90% are cramming into our coastal cities.
- 12 Parliament House



in Canberra is one of the largest buildings in the southern hemisphere at over 300,000 cubic metres.

- 13 The average Australian will consume 165,000 eggs in his or her lifetime.



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Who said a cup of tea can't fix everything?

From a health perspective, you can't talk about tea without talking about polyphenols, compounds found in tea leaves and other plants. The less processing the tea undergoes, the higher its polyphenol content, which is why research suggests green tea has so many potential health benefits. Polyphenols are powerful antioxidants, the same compounds that give fruits and vegetables their disease-fighting capabilities.

Antioxidants reduce damage to cells, which reduces the risk of developing cancer and other diseases.

Some of the things that can benefit from tea are:

Cancer: Numerous studies suggest that green tea protects against a range of cancers including lung, breast and prostate cancer. For example, the Iowa Women's Study noted a substantial reduced risk of digestive and urinary tract cancers in postmenopausal women who consumed two or more cups of tea daily for eight years. Another study found a 42 percent reduced risk of colon cancer in tea

drinkers compared to nondrinkers.

Heart Health: In one study, people who consumed five cups of black tea daily for three weeks reduced their blood lipid levels (high levels contribute to heart disease) by up to 10 percent. In another study, people who drank green tea had better blood vessel function 30 minutes after consumption.

Metabolism: Studies including those published in the *American Journal of Clinical Nutrition* suggest green tea raises metabolism and improves glucose tolerance and insulin sensitivity, all of which is good news in terms of obesity and diabetes prevention. Compounds in green tea also may increase the body's ability to burn calories, thus increasing overall energy expenditure. Tea was more effective than caffeinated water, suggesting polyphenols (rather than caffeine, a known stimulant) were the key compounds involved.

Oral Health: Two specific polyphenols (catechins and theaflavins) inhibit growth of oral bacteria, according to researchers at the University of Illinois at Chicago School of Dentistry. The compounds are found in green and particularly black tea. Another study supports this health benefit, suggesting green tea extracts discourage the growth of bacteria and may help infections such as strep throat.

Bear in mind that tea contains caffeine, which can have negative health effects, and decaffeination tends to reduce polyphenol content. Certain medications can also interact with tea, so it's important to communicate with your doctor. That said, next time you take a break from your day and sit down to enjoy a nice cup of tea, recognise that you may be accomplishing a whole lot more in terms of improving your overall health.

Source: "To Your Health" Vol 3:9
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