



## ENHANCE Chiropractic and Massage Sports Injury Centre

### ENHANCE News

#### Special Interest Articles:

- ENHANCE news
- Christmas Shopping
- Help for backs
- Sinus Tips

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Merry Christmas one and all. Well at least it will be soon. As I sit here in October typing those words, it only serves to remind me how quickly 2009 has flown past. As mentioned in the last newsletter, Sam and Pete had the privilege of being part of the chiropractic team to work with the athletes of the World Masters Games in Sydney during October. Not only was this the largest ever masters games, but also the largest ever chiropractic contingent to work at an event, with 180 practitioners involved. Our team managed to provide just over 5000 treatments throughout the games. This was a great achievement and a great experience to be a part of.

Pete will again be conducting his

running workshops this summer. If you have an interest in learning to run with less pressure on your knees and back, or just want to learn to run more efficiently, register your interest at the front desk or via e-mail and we'll find a class for you.

Workshops will be \$50 for ENHANCE patients, \$70 for non-patients.

Pete will be away in early December as he lectures on sports chiropractic in Chile.

Congratulations to Jackie Fairweather who won the Commonwealth

100km running championships in Keswick. Jackie finished with a time which was only 26 seconds outside the Australian Record.

In this edition of ENHANCE Your Health we have some tips for managing sinus problems and a study showing the benefits of yoga for chronic low back pain.

Enjoy the reading and ENHANCE Your Health.

ENHANCE will be closed on the following dates:

- Friday December 25<sup>th</sup> – Christmas Day
- Saturday December 26<sup>th</sup> – Boxing Day
- Sunday December 27<sup>th</sup> – Paddling Day
- Monday December 28<sup>th</sup> – Recovery Day
- Friday January 1<sup>st</sup> – New Year's 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. They are a great way to get by between treatments without wearing out your partner's hands. These are commercial quality and are 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 – Yoga for Low Back Pain

Kimberly Williams of the University of West Virginia set about comparing yoga with standard medical treatment for chronic low back pain.

Patients assigned to the yoga group participated in 90-minute yoga classes twice a week for two months. The classes were led by a certified yoga instructor and two assistants with experience in yoga therapy for people with lower back pain.

The participants were given props, a DVD, and an instruction manual, and asked to practice yoga for 30 minutes on days when they had no formal class.

People in the control group continued self-directed standard

medical care, with no instructions to change the treatment previously prescribed by their physician.

People who were assigned to take yoga for two months experienced a 29% reduction in functional disability and a 42% reduction in pain. Yoga was also associated with a 45.7% decrease in symptoms of depression over conventional therapy alone.

"There was also a clinically important trend for the yoga group to reduce their pain medication usage compared to the control group."

"Despite the fact that

significant improvements at 12 weeks were found in the participants adherent to the study, we believe that a 24-week period of yoga practice for [chronic lower back pain] is superior since this time period can better prepare participants to sustain the benefits by improving posture, helping to retrain the musculoskeletal system, and building the skills needed to decrease the rate of relapse," they wrote.

*Williams K, et al. "Evaluation of the Effectiveness and Efficacy of Iyengar Yoga Therapy on Chronic Lower Back Pain" Spine 2009; 19; 2066-76.*

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"...There was also a clinically important trend for the yoga group to reduce their pain medication usage..."



## 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 and 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 out running. 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 ?

- ❶ Compared to women, men have higher death rates for all 15 leading causes of death (except alzheimer's disease) and die more than five years younger.
- ❷ Compared to women, men represent 50% of the work force, yet account for 94% of all on-the-job fatalities.
- ❸ Compared to women, men know less about health and take less responsibility for it.
- ❹ Compared to women, men are less likely to see themselves as ill or susceptible to disease or injury when they are more susceptible.
- ❺ The foggiest capital city in Australia is Canberra with an annual average of 47 fog days, Brisbane with 20 days, and Darwin with 2 days.
- ❻ The lowest point in Australia is 15 metres below sea level at Lake Eyre in South Australia.
- ❼ Australia is the Worlds Largest Exporter of Coal, Wool, Alumina, Diamonds, Sheep, Lead, Refined zinc ores and Mineral sands.
- ❽ Australia was the second country to give women the vote.
- ❾ In April 1933, 68 per cent of West Australians voted in favour of seceding from the Commonwealth of Australia. However, they needed permission from the British Parliament before they could officially become a new country. Meanwhile, Australia's Federal Parliament was arguing that Britain should not interfere in Australian politics. The end result was that Britain never made a decision.
- ❿ Australia was the 3rd country, after the US and Russia, to launch a satellite into orbit. It was for the British, using a 'Blue Streak'



rocket.

- ❶ A census taken in 1828 found that half the population of NSW were Convicts, and that former Convicts made up nearly half of the free population.
- ❷ Police force - Australia's first police force was a band of 12 of the most well behaved Convicts.



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ENHANCE  
*Your  
Health*

## Solving Sinus Problems Naturally

*Sinusitis* - inflammation of the mucous membranes in the nose, sinuses and throat, eventually leading to blocked sinuses and potential infection – can be triggered by a number of things, from viral or bacterial infection to allergies or hay fever. Regardless of the cause, sinusitis is a common problem with frustrating symptoms: congestion, cough, sore throat, fatigue, fever, pain and pressure around the eyes, cheeks, nose or forehead, and sinus drainage in the form of a thick yellow/green discharge. What can you do to prevent sinusitis? *Harvard Women's Health Watch* offers a few simple suggestions for reducing your risk or relieving early symptoms of the condition.

First, keeping your nasal membranes moist is a great way to avoid/reduce sinus symptoms. Stir 1 teaspoon salt into 2 cups of lukewarm water; use a squeeze bottle to stream the solution through your nose. Do this 1-2 times daily to keep your nasal passages from drying out and clear

excess mucus before it has a chance to cause congestion and/or infection.

Drinking lots of water every day is another great way to keep mucus from building up; water keeps mucus thin, loose and easy to dissipate with the saltwater solution or simply by blowing your nose.

If you have sinus symptoms, inhaling steam also can help to reduce congestion and other symptoms. You can do this several ways: by spending a little extra time in a hot shower or steam room; or by boiling water in a pan and then inhaling the steam. (Place a towel over your head to maximize the effect.)



Finally, sleeping with your head elevated helps prevent mucus from pooling. When mucus builds up in your nasal passages, it's a veritable breeding ground for infection. It might mean you spend a few days and nights with a runny nose, but it's better in the long run than the alternative – congestion and infection.

Remember, always consult with your health care provider to make sure your symptoms aren't indicative of something more serious.

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"So, as you drove past three young women in bikinis, you heard a loud 'pop' in your neck and haven't been able to move your head since."