

# ENHANCE Your Health

## ENHANCE Chiropractic, Massage & Acupuncture Sports Injury Centre ENHANCE News



### Special Interest Articles:

- ENHANCE news
- Beer News
- Exercise your Brain.

### Individual Highlights:

- Research Corner 2
- Did you Know? 3
- Sports Massage 4

G'day and welcome to the last edition of ENHANCE Your Health for 2011.

It's been a pretty big couple of months with Pete away in Brazil Lecturing, Nat in Taiwan playing volleyball for Australia and Tracey getting married (Congrats Tracey and Jason!)

November has seen the start of the summer water polo season. Good luck to Dragons over the summer. If you are interested in playing water polo talk to Pete. All welcome.

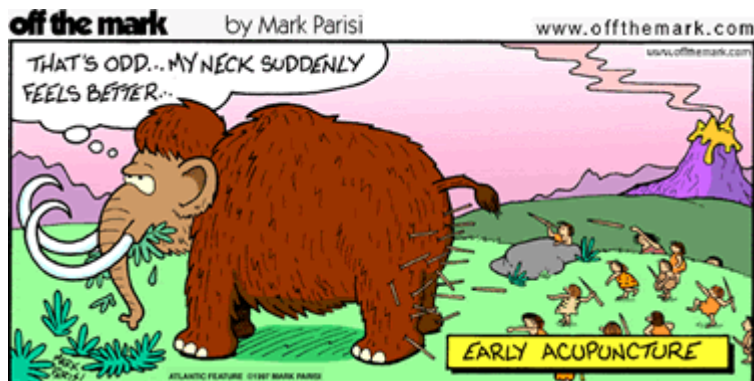
Canberra Heat men's volleyball team are having a great season in 2011 again supported by ENHANCE Healthcare. The boys took out the national V League in 5 sets over Victoria. Congratulations to Les and the team for a well

fought season and gold medal match.

In this issue of ENHANCE Your Health there are some great gift ideas for Christmas all within ENHANCE. We also have a look at some recent research on the effect of beer on marathon runners with some surprising results. There are some tips on keeping your brain in shape and on the last page

Grant has put down some good reasons why including massage as a part of your sports performance management is something to consider seriously.

Enjoy the reading and ENHANCE Your Health.





## ENHANCE Your Christmas

This year you can keep everyone happy with gifts from ENHANCE. There are Power Balls which are a favourite with all for fun and fitness for wrists and hands. Give someone you love a good night sleep with a pillow from ENHANCE. We even fit the pillow for you to make sure it is right for

you. Otherwise you can always get a voucher for an ENHANCE Running Workshop or a massage. Vouchers can be bought in person in the clinic or ordered and paid for over the phone and we can send them to you

without anyone even knowing that you stepped out the door. Massage Vouchers can be made out for any dollar amount over \$10 or for a specific length of massage. Once bought, they will have up to 6 months to get around to enjoying their present.

## Research Corner – Running on Beer

Considered a national past time, it is often thought to be somewhat contradictory when the weekend warrior reaches for a beer after exercise. According to some recent research out of Germany however, it would appear that these weekend warriors may be more attuned to their health than their elite counterparts. The team from the University of Munich took a group of marathon runners and fed them 1-1.5 litres of beer per day for 3 weeks leading up to the Munich marathon and for 2 weeks afterwards. They found that these athletes had a 3 fold decrease in the incidence of upper

respiratory tract infections, which are common amongst marathoners. Not only did they appear to have a better functioning immune system, but they also showed lower inflammatory markers in their blood stream. Pretty good news for any athlete. A couple of issues do arise though. Firstly 1.5 litres is a lot to be drinking, and secondly was it really necessary to be drinking non-alcoholic beer.

Helping this quandary is a group out of Italy who showed that non-alcoholic beers have a third to a quarter of the amount of the active component thought to be

responsible for these good effects.

This being the case, it would take only 2 regular beers a day to achieve these benefits. Bocks and Abbey Ales are the best for this, but all alcoholic beers rated better than non-alcoholic. It would be reasonable to suggest that these benefits may be reduced beyond the 2 beers, so moderation is recommended, but within that, feel free to enjoy those health promoting refreshing ales.

“...they appear to have a better functioning immune system, but they also showed lower inflammatory markers...”



*Scherr J. Et.al. Non-Alcoholic Beer Reduces Inflammation and Incidence of Respiratory Tract Illness Med Sci Sports Exerc. 2011 Jun 8*

## Brain Fitness

The aging process takes enough of a toll on the human body without having the mind share the same fate. As we age, the brain is susceptible to various degenerative processes, from simple lapses in memory and concentration to outright cognitive decline or Alzheimer's. Fortunately, there are simple ways to keep your brain healthy into your golden years. Here are three brain boosters to keep you on your mental toes:

*Feed It.* Your brain

needs sound nutrition to function optimally. The outer membrane of brain cells requires a constant supply of fatty acids. That's where omega-3s can help. Choline, a B vitamin present in high amounts in eggs, broccoli and other cruciferous vegetables, wheat germ and tofu, may also be important for brain neurotransmitter function while benefiting mood and mental performance.

*Exercise It.* Research suggests consistent physical activity can

help people maintain memory and cognitive function as they age. According to at least one study, the exercise necessary to achieve brain benefits involved simple activities such as walking, gardening, cooking and cleaning. Another recent study showed that after a year of lifting weights twice a week, elderly women performed significantly better on tests of mental processing compared to women who participated in a balancing and toning program instead.

*Challenge It.* In a sense, if you don't challenge your brain, stagnation can set in, leading to all sorts of problems over time. The solution is simple, research suggests: challenge your brain. How? Try crossword puzzles, chess, word problems or other strategies to keep your brain alert and engaged. The moral is simple: Take care of your mind and your mind will do the same for you.

<http://www.toyourhealth.com/mpa/cms/tyh/article.php?id=1481>

## Did You Know ?

- 🕒 Hippo milk is pink
- 🕒 The human brain has the capacity to store everything that you experience.
- 🕒 Cows can sleep standing up, but they can only dream lying down.
- 🕒 Cats lose almost as much fluid in the saliva while grooming themselves as they do through urination.
- 🕒 The Yo-Yo originated as a weapon in the Philippine Islands during the sixteenth century.
- 🕒 The Nobel Peace Prize medal depicts 3 naked men with their hands on each others shoulders.
- 🕒 The Mona Lisa has no eyebrows. It was the fashion in Renaissance Florence to shave them off.
- 🕒 Tug of War was an Olympic event between 1900 and 1920.
- 🕒 People in nudist colonies play volleyball more than any other sport.
- 🕒 No high jumper has ever been able to stay off the ground for more than one second.
- 🕒 From a complete stop, a human is capable of outrunning a
- 🕒 Kite flying is a professional sport in Thailand.



Formula One Racecar for about 10 metres.

At 192 Kilometres per hour, a Formula One car generates so much downforce that it can drive upside down on the roof of a tunnel.



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*Your  
Health*

## Massage for Sports Performance

Massage is often thought of as a relaxation therapy, but it has a lot more to offer than just helping you to chill out. Here Grant talks about some of the benefits of massage to Sports Performance.

-Increased blood flow to the muscular system. Which promotes the body's ability to heal itself. Increasing blood flow to a localized area via massage, can help to decrease muscle tension and spasms. Decreasing the amount of tension in the muscles and essentially "loosening" of the muscles, significantly reduces the chance of a muscle tear or injury. And for those who do partake in higher levels of physical activity, this is very beneficial. Even though participating in sport and maintaining an active lifestyle is very healthy, it does leave the muscular system more susceptible to muscle tension and tightness.

-Increased Range of Motion and Flexibility. After a tight muscle has been "released" or "loosened" the muscle fibres also lengthen. Having longer muscle fibres increases the flexibility of the muscle, and with longer more flexible

muscles, there is less pressure and less load on bone joints in the body. This, in turn gives the body an increased range of motion.

The benefit of increasing one's flexibility and range of motion is not only that it can decrease the chance of an injury but also enhance their sporting performance. In sports where being able to move and stretch your body in to different positions as quick as you can, eg ( hurdling, gymnastics) is required. The athlete is going to be far more efficient and perform at a much higher standard if they are more flexible, rather than being full of tension and tightness.

-Increased Ability to Clear of Lactic Waste. As any sportsperson would know, lactic build up can negatively affect a sporting performance, especially when it comes on sooner than expected. After a sporting event, by increasing the blood flow to the body with massage it can have the benefit of efficiently clearing lactic and metabolic waste out of the body .

and lead to a quicker recovery. This means no D.O.M.S!! (Delayed Onset Muscle Soreness) and again, a decreased chance of injury. When the body tries to clear of muscle soreness by itself, it can take up to a few days. Some athletes obviously still try to train and compete with this soreness and when not being properly recovered. This can alter the athlete's technique and when done vigorously enough can overload the muscles and joints in ways they are not necessarily used to. Leading to stress injuries.

- Decreased Nerve Tension. When a muscle does tighten too much, it can lead to other types of injuries, and the initial problem, may not necessarily seem like a problem at all. With an overly tight muscle, the body will try to adjust, and compensate for the muscle being tight by putting more pressure on other parts of the body to perform. This can cause nerve impingements. Which not only can be very painful, but also be harder injuries to resolve and lead to more and more problems ! Therefore, stopping the problems