



HEALTH AND FITNESS SOLUTIONS

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August E~NEWSLETTER

This month's E-newsletter includes:-

- **Upcoming events**
- **Leader Business Awards**
- **Why our weight changes from day to day**
- **Mindless Eating - Strategy 2**
- **Quote of the month**
- **Website of the month**
- **How much water do you need?**
- **Chiropractic Solutions**

1. Upcoming Events

Looking for your next challenging event? Visit www.coolrunning.com.au for future fun runs.

Melbourne Marathon Carnival

<http://www.melbournemarathon.com.au/>

Sunday October 7th - Marathon, Half Marathon, 10km and 5.5km

2. Leader Business Awards

Congratulations to Bentleigh Jeweller and XOSIZE client Bernie Santen and his team who collected their second Leader Business Award in their category. Congratulations Bernie!

More details <http://www.myjeweller.com.au/> or visit them at 454 Centre Rd, Bentleigh.

3. Why our weight changes from day to day

Ever wondered why our weight can change from day to day?

There is one main reason why our weight can change so rapidly, it's all to do with changes in water balance. Remember the human body of an adult is about 60% water yet water is always lost from the body in some form; breathing, sweating or passing it. Usually a small percentage of water is lost every day but if the ambient temperature is high it's possible to lose a little more.

All water losses are replaced by drinking and eating however, how well we balance the water coming out with water in often differs between individuals and from day to day. For example, someone may not drink or eat as much as the day before or they may participate in a long, strenuous game where they sweated a great deal. It's possible that these daily choices could affect weight by a few pounds. In extreme cases it may be as much as ten pounds, although it should be stressed that trying to lose water to drop weight is NOT recommended!

More complex ways in which the body can gain weight quickly is through consumption of high amounts of certain nutrients. Sodium is a classic for water and weight changes. Sodium is present in salt and because salt is present in 99% of processed foods we can easily consume too much sodium. The caustic effects of excess sodium need to be buffered so the body retains water to compensate for this. The result is we may gain up to an extra 5 pounds because of excess sodium. *

When additional protein is deposited inside muscle cells (as in muscle building) the cells absorb four times the amount of water to hold it. On eating lots of complex carbs the muscles store it as glycogen and this retains three times its weight in water. There are also a few supplements that can cause gains in water weight, the energy boosting Creatine is just one.

In fact many diet plans are based on the fact that lowering intake of any of the nutrients mentioned above will affect water balance and thus weight will be lost rapidly. That's why some diet plans can guarantee rapid weight loss because it's just water loss. The problem is water is easily gained after a diet plan has ceased as water balance is simply re-established!

Everything we do will affect our water balance to a certain degree and therefore our weight.

Source: www.weightlossforall.com

4. Mindless Eating – Strategy # 2

Our eyes are not typically bigger than our stomach. In fact, they're often better than our stomach at telling us when we're full.

See it before you eat it. You find when people preplate their food, they eat about 14 percent less than when they take smaller amounts and go back for second and thirds. Put everything you want to eat on plate before you start eating – snacks, dinners, ice cream and even chips. Your stomach won't have to count and you want have to remember how much you took. Instead of eating directly out of a package or box, put your snack in a separate dish and leave the box in the kitchen. You'll be less likely to eat more, and more, and more.

See it while you eat it. When you're eating chicken wings or ribs, you'll eat less if you see what you've already eaten. The same is true with beverages - it's easy to forget how much soda you've had if there's nothing to remind you. One way is to count beverage empties. For instance, if you want to keep friends from over imbibing at your next dinner party, keep the empty wine bottles on the table and pour refills into fresh glasses, without clearing the others. This should help stretch your supply of wine.

5. Quote of the Month

To succeed you need to find something to hold on to, something to motivate you, something to inspire you -
Tony Dorsett

6. Website of the month

<http://www.bodybuilding-4-you.com/>

This site is dedicated to excellence in accurate body building, fitness, and nutrition and lifestyle information. They strive towards providing visitors with the latest and quality information. Providing information on weight gain and fat loss, nutrition - including dieting plans, healthier eating, vitamins and minerals and the benefits of eating specific foods. Motivation - hints, tips and methods to help support you achieve your goals and beyond.

7. How much water do you need?

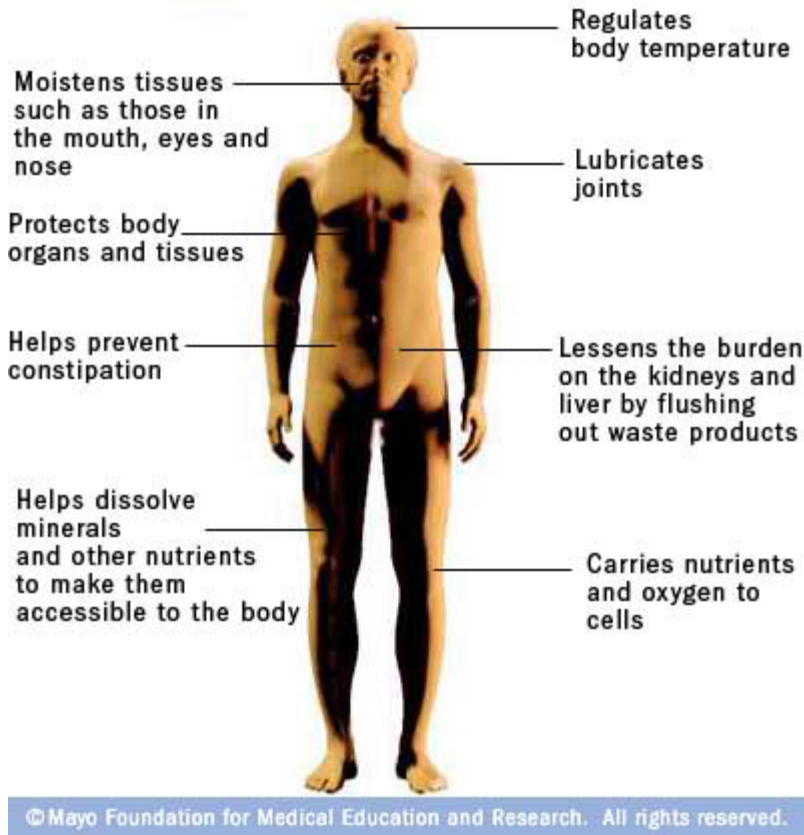
Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

A couple of approaches attempt to approximate water needs for the average, healthy adult living in a temperate climate.

- **Replacement approach.** The average urine output for adults is 1.5 liters a day. You lose close to an additional liter of water a day through breathing, sweating and bowel movements. Food usually accounts for 20 percent of your total fluid intake, so if you consume 2 liters of water or other beverages a day (a little more than 8 cups) along with your normal diet, you will typically replace the lost fluids.
- **Dietary recommendations.** The Institute of Medicine advises that men consume roughly 3.0 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day.

Even apart from the above approaches, it is generally the case that if you drink enough fluid so that you rarely feel thirsty and produce between one and two liters of colorless or slightly yellow urine a day, your fluid intake is probably adequate.

Functions of water in the body



To read more visit <http://www.mayoclinic.com/health/water/NU00283>

8. Chiropractic Solutions



Got a health problem you can't solve?
Seek Chiropractic Solutions for an honest opinion

Chiropractic Solutions are pleased to announce the opening of their new clinic in Bentleigh East, bringing the highly successful Gonstead system of Chiropractic to the Bayside area!

What do Chiropractors do?

The nervous system controls every function in our body. Irritation to these nerves can commonly occur and cause a disruption to the messages being delivered throughout the body. This can result in such symptoms as pain, joint and muscle problems and organ dysfunction. The role of the chiropractor is to locate and correct this nervous interference. This interference is most commonly seen in the spine, but can occur in any joint in the body.

What is Gonstead Chiropractic?

Gonstead Chiropractic is a form of Chiropractic that is aimed at specifically locating and correcting your problem, ensuring results as soon as possible. It is a safe and gentle technique for all ages from newborns to the elderly. Gonstead Chiropractic is often successful where other forms of therapy are not.

How can it help you?

Chiropractic is useful for a wide variety of symptoms, ranging from simple back pain and headaches to organ disorders. Some of the common disorders we treat include:

Low back pain	Shoulder pain/tendonosis	Wrist pain (Carpal tunnel)	Recurrent muscle strains/tears (eg. hamstring, calf)	Bunions
Neck pain	Tennis elbow	Hip/Groin pain	Ankle/foot pain	Digestive problems
Headaches	Migraines	Knee pain	Plantar fasciitis	Recurrent infections
Mid back pain	Chest pain	Patella tracking problems	Heel pain	Recurrent muscle tightness



Gonstead Chiropractic can help with sports and exercise injuries, and keep you active. Pain is there for a reason, it is the body's way of telling us there is something wrong. Don't just mask the pain, fix it!

Services we offer:

- Chiropractic
- Massage
- Radiology

5 Reasons to see us

1. Extended hours: Appointments are available Mon-Fri 8am-8pm, Sat 9am-3pm. Emergency care available after hours.
2. HICAPS facilities available for electronic private health claims
3. Specialised Chiropractic X-rays taken onsite (if required) and claimable on Medicare
4. Safe, gentle, effective care for all ages utilizing the Gonstead System
5. Our Chiropractors also treat problems outside the spine!



Special Offer!

For the readers of XOSIZE, Chiropractic Solutions are pleased to offer a FREE one hour consultation with massage therapist Linsie, with every Chiropractic Initial consultation! (Value \$70)

Simply print this article out and present on your Chiropractic Consultation.

To take advantage of this special offer, or for any other enquires, please call on 9557 0251.

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