

Winning

CORRECTIVE CHIROPRACTOR DR ANTHONY GOLLE



After four attempts to qualify, in 2009 I finished the Kona Ironman World

Champs. Ten years earlier, I lay in hospital not knowing if I was going to live or die.

I had meningococcal meningitis – a condition that saw two people die that week. Between having a massive needle inserted in my lower back vertebrae and spending a week flat on my back, my back was cactus. I decided to visit a chiropractor.

It was a crucial turning point in my life. On X-ray, my spine looked like a 40-year-old's – I was only 21. My usual neck curve had reversed and my pelvis was out of balance by 11 millimetres, placing choking pressure on my spinal cord and nerves.

The chiropractor explained any misalignment to the spine places dangerous pressure on the central nervous system and reduces the body's inborn healing ability.

It explained the headaches, mood swings, fatigue and poor concentration I had been

suffering for six years. Corrective Chiropractic had an incredible impact on my life. As the curve in my neck was restored through specific chiropractic adjustments and mirror image exercises, it felt like the power was being turned back on in my body. My clarity of mind, focus, energy and aliveness was unprecedented.

My experience with chiropractic is certainly not unique. The greatest sports people on the planet have a chiropractor on their team. Lance Armstrong writes in his book, *It's not about the bike*: "The team wasn't just riders. It was mechanics, masseurs, chefs, soigneurs and doctors. But the most important man on the team may have been the chiropractor." After the 2000 Tour de France he writes he could not have won without his chiropractor's help.

Research today is now proving what thousands of happy chiropractic athletes have been enjoying for decades. In a study of 50 athletes, chiropractic athletes improved 16.7 per cent, including a more than 30 per cent improvement in reaction time, after 12 weeks. The study concluded, "the [chiropractic] athlete reacts faster, coordinates better, executes fine movements with improved accuracy, and

Ways

Triathlon is a numbers game. You've spent the big bucks on a bike, got your swim stroke count below 40 and logged the fast run kilometres. But, your training buddies have the same tactics and are right on your wheel. How can you get that extra one per cent to have the edge on race day? We go in search of the edge and find some experts to share their tactics.

precision, amounting to an overall better athlete.”¹

After eight years study and three university degrees, I finally qualified as a corrective chiropractor. I helped thousands of people reach their optimum health and I wanted to see what was possible for myself. What could I achieve with this new lease on life? Then I discovered Ironman triathlon. Throughout my preparation I had zero injuries, which is largely a result of having great chiropractic care and a well-aligned spine setting the foundation of health for the whole body.

In a sport like triathlon where efficient coordination of movement is paramount, a chiropractic checkup is vital to see if you are getting the most out of your efforts in both training and racing. Specific, gentle, safe chiropractic adjustments to the spine can unleash vital nerve energy to your muscles, glands and organs, helping your body to naturally function at its optimum. I recommend a chiropractor who uses X-rays to accurately assess pelvic alignment and leg-length difference, which are both extremely important when it comes to riding and running at your peak potential and avoiding unnecessary injury.

REIKI PRACTITIONER/TEACHER

PAUL DUNN



Remember the scene in *Karate Kid* when Mr Miyagi claps his hands together rubbing them

furiously before placing them gently on Daniel-san's injured leg? Daniel-san returns to the fight with a crazy crane style action to win the competition. It would be easy to laugh off this scene as some mystic fish-slapping mumbo jumbo, but most Eastern cultures wouldn't bat an eyelid, as it's a common form of healing in the East. Reiki is one of the many common forms.

Reiki literally translates to 'universal energy' and works directly at an energetic or quantum level with all things. At the atomic level, all things are made of energy of different vibrations. Reiki is simple, gentle, and not bound to any set spiritual beliefs.

Ok, I can hear you asking, "what does this have to do with me and getting the best out of my training or physical performance?". Because the make up of our physical, mental, and emotional bodies are all interconnected within

Contact Dr Anthony Golle at Suite 3-166 Gooding Dr, Carrara QLD
• www.bodybrilliantchiropractic.com
• (07) 5522 7422



¹Lauro BM. Chiropractic effects on athletic ability. *Chiropractic: The Journal of Chiropractic Research and Clinical Investigations*. 1991;6(4):84-87.

a subtle, yet very complicated architecture of quantum stuff, by providing balance at this level our systems can have outstanding results with the way we think, feel, and perform. And the way we think, feel, and perform in any given moment can mean the difference between winning and losing an event.

Our fast paced and often time-constrained lives can have enduring and long term effects on our holistic systems.

A simple yet powerful metaphor for the way we function at an energetic level is to imagine your life force energy as a strong flowing river. The river feeds the needs of all your mental, emotional and physical functions including the major organs, lymphatic, endocrine, nervous, and cardiovascular systems. Over time this river can begin to become obstructed and the flow can be compromised, leading to imbalance and we no longer function at our peak.

If this imbalance of our subtle energy systems becomes too acute, it can lead to physical or emotional imbalance or disease.

So the system of Reiki permeates and can have positive effects on our holistic well-being. We want to perform at our best. Why wouldn't we consider natural, alternate and complementary approaches?

A recent study showed Reiki increased the levels of haemoglobin in the blood even for test subjects taking haemoglobin-suppressing drugs (see www.reikiresearchfoundation.org). This is a major win for the serious athlete because the result is a greater capacity to carry oxygen to the working muscles.

Reiki can also assist in suppressing bleeding and

providing relief for burn victims. It can help increase energy levels, assist with recovery from training and injury and help to heal serious illness. Reiki is commonly known to increase levels of peace and relieve anxiety, which add value to the psychological aspects of competition and tough training regimes.

You only have to wonder how a Master Shaolin Kung-Fu Monk seems to defy physics in superhuman feats of agility, strength and pain tolerance to begin to understand how embracing Reiki or any other form of energy practice/healing can positively influence the performance and well-being of the modern athlete.

So the next time you consider a two-week high altitude training camp in the Himalayas to boost your oxygen-carrying capacity, why not try the complementary alternative? You could be pleasantly surprised by the results.



NATUROPATH

TIM ALTMAN

How are you fueling your triathletic machine?

Are you as well-oiled as

a rig? From a clinical perspective it is very common to see many flaws in the nutrition plans for athletes. To assist with energy levels, recovery, immune health, growth and ultimately performance, the right fuel will keep your motor running.

There are three main areas where athletes fall down in terms of providing the right fuel for energy, recovery and performance or micronutrients for the immune system.

Many athletes consume an abundance of refined carbohydrates thinking these are the best sources of fuel. Refined carbohydrates, mean the outer husk has been removed from the naturally occurring form of the grain. Removing the husk removes all of the fibre and most of the micronutrients (vitamins and minerals) from the fuel source.

Fibre slows down the entry of sugar into the blood stream, resulting in a more sustained and balanced source of sugar, rather than a spike in sugar levels, which is invariably followed by a trough (a flat spot in energy).

Micronutrients play a major role in all chemical reactions in the body and assist in body structures. Relevant to athletes is the role of assisting the production of energy from carbohydrates (in the presence of oxygen) in the cells.

In the case of energy production, calcium and magnesium are vitally important

Contact Paul

- Mobile 0423 593 267
- www.pauldunn.co.nz
- info@pauldunn.co.nz



in firing the reaction that produces energy in the cells. If these minerals are deficient in the foods we eat, then the body will leach them from its main stores (bones and muscle) where they also play vital roles.

So refined carbohydrates are empty calories. They provide a very erratic energy source that is deficient in micronutrient support.

The best source of fuel for athletes is from nutrient and fibre rich carbohydrates. These include fruits, vegetables, legumes, nuts, seeds and 100 per cent wholegrain foods.

Many athletes are deficient in protein intake. Protein is essential for muscle growth and maintenance, immune

function, hormone production, haemoglobin for carrying oxygen in the blood stream. In the long term a protein deficiency for endurance athletes results in fatigue and feeling run down.

Most athletes are quite surprised when they hear they are short of their daily requirements of protein – even endurance athletes whose requirement ratio of proteins to carbohydrates is a little less.

The best way to ensure an adequate protein intake is to eat some form of protein in every meal or snack. Protein sources include red meat, chicken, fish, eggs, cheese, nuts, soy, tofu, legumes and protein powders.

To ensure you eat enough food for your requirements, eat at least three meals and two-to-three snacks per day.

Many athletes ask about supplementation to enhance their performance. There is plenty of research evidence and clinical results to support supplement's assistance with performance. Supplements that invariably get results include multivitamins, minerals (especially magnesium and calcium) and antioxidants (e.g. selenium), essential fatty acids (Omega three and six from fish oils – immune support, anti-inflammatory, cardiovascular health), creatine, carnitine (for energy production and prevention of fatigue), taurine (improves mitochondrial energy production), Co-enzyme Q10 (increased oxygen utilisation and energy production).

Recently, I trialed an extract

from Siberian Fir tree needles called Siberian Red on several athletes.

The Russian researchers were fascinated with the incredible adaptability and endurance of the Siberian Fir trees to remain vibrant and green in very extreme and harsh conditions. They thrive in temperatures ranging from 50 below zero to 40 degrees celsius and for long periods of days with almost 24 hours of darkness. After many years of research and refinement they have been able to replicate the trees' properties in the human body.

My trials with several athletes of varying ability from professional international athletes (including cyclists, tennis players, footballers, swimmers and kayakers) to local grade cricket players resulted in reports of enhanced endurance and ability to back up between sessions, more energy levels during the day, and reduced cramping and tightness in training and competition. The product will become available to the commercial market in early in 2010, and is definitely worth a try. See www.siberianred.com.au **TMSM**

Tim Altman is a naturopath, former international kayak paddler and current coach. His paddling advice is well known to TMSM readers.

For more information on Tim's Naturopathy services see www.timaltman.com.au or call 0425 739 918.



Win!

Tell us about your quirky tactics to get the racing edge on your buddies and win a free session with one of our experts*. Send your entries to alex@blitzmag.com.au.

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