

Life U. Studies Effects of Jet Lag on Olympic Athletes

Editorial Staff

Life University has begun work on an 18-month study to see which therapies work best in reducing the effects of jet lag. The study will involve 500 Olympic athletes from 25 nations and include a range of interventions: chiropractic; preadaptation; diet; light therapy; melatonin; and breathing and visualization exercises.

Jet lag affects an estimated 94 percent of international travelers. High speed travel across several time zones in the confinement of a jet airplane can disrupt a person's natural body rhythms, resulting in sleepiness, poor concentration, irritability and impaired vision, among other symptoms.

With the selection of Sydney, Australia as the host of the 2000 Summer Olympics, many countries have started focusing their attention on jet lag and its effects on their athletic teams. Competitors from several nations will have to cross three or more time zones to arrive in Sydney. As a result, a large number of countries have asked to take place in the study.

Athletes from Finland will be the first to participate in the study. A team of 15 Finnish elite junior men and women runners will be given chiropractic evaluations before traveling from Helsinki to Life University on July 21. While in the U.S., researchers will collect data as the group participates in the university's "Run for Life" race on July 24.

"In addition to chiropractic data, each athlete's mood and endocrine functioning will be carefully studied," added Mr. Spino. "And since sleep disturbance is one of the problems most often associated with jet lag, we'll take a close look at each athlete's sleep cycle."

Chiropractor Represents Canada at World Powerlifting Championships

Dr. Monique Levesque-Hartle, a 1993 graduate of Northwestern College of Chiropractic, represented Canada at the Women's World Powerlifting Championships in Thisted, Denmark in May.

Dr. Hartle was the only representative from Canada to compete in the event. In the 165-pound weight class, she successfully completed a squat of 303 pounds, a 176.5 pound bench press and a 308 pound dead lift for a total of 787.5 pounds, a personal record.

One reason Monique may have achieved her personal best in Denmark is the chiropractic care she received at the championships. Her husband, Dr. Michael Hartle, a fellow NWCC alumnus, was the chief chiropractic physician at the event, assisted by Dr. Camille D'Amato of Virginia.

Although she did not win a medal, Dr. Hartle was proud to represent her country at the championships. "It was a phenomenal experience to participate in a world class competition," said Dr. Hartle. "The caliber of the athletes was second to none, and the camaraderie between countries

was astounding. It was an unforgettable experience."

JULY 1999

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