

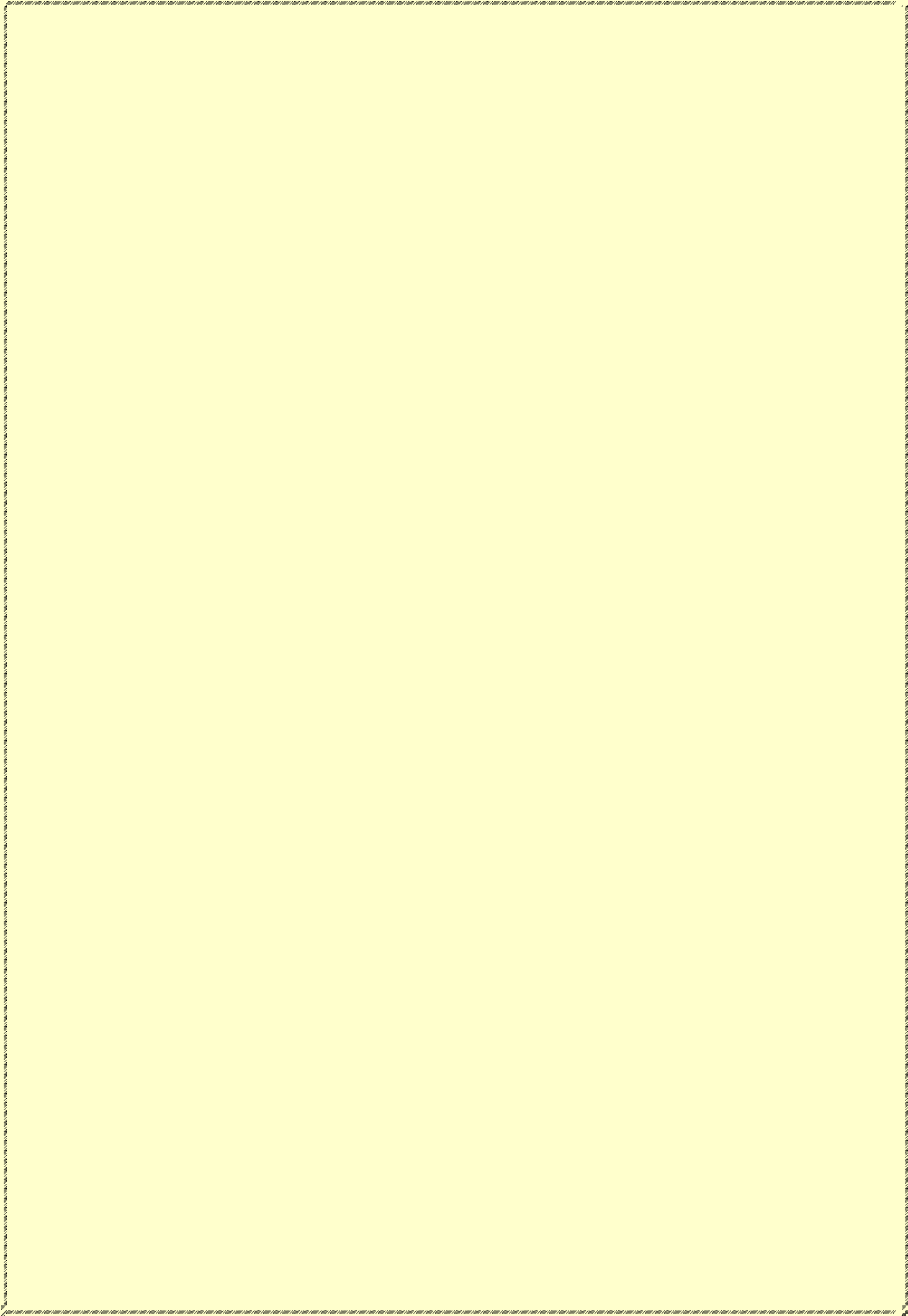


MARQUEE HEALTH MAGAZINE



EVER EVOLVING

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JAPANESE ACUPUNCTURE

TOYOHARI

History

Acupuncture originated in China over 200 years ago, before being introduced into Japan, around the 7th century AD. Shortly after, Japan closed its borders to the outside world, and undertook a period of cultural isolation which lasted several centuries. Consequently, Japanese Oriental Medicine gradually developed different styles and techniques than its Chinese neighbour



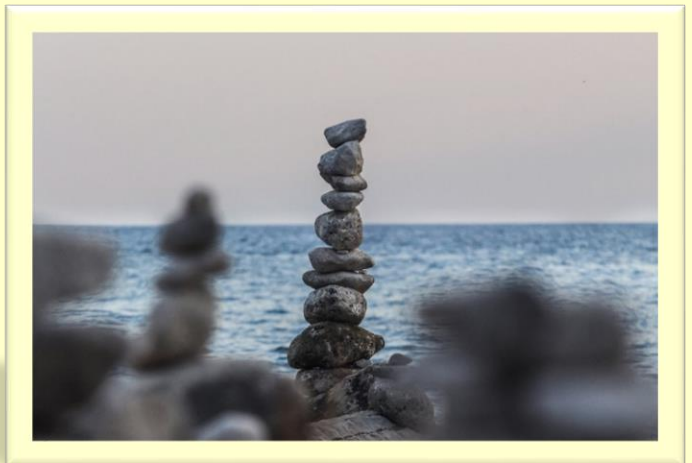
Evolution

This is partly since in Japan, acupuncture was quickly adopted by blind practitioners. Due to their visual impairment, these practitioners had developed their sense of touch to a remarkably high level. As a result, in contrast to Chinese acupuncture, the delicate palpation of the abdomen and the meridians on the legs and arms became a major tool to assess subtle changes in temperature, moisture and resilience in the skin. These reactions were shown to reflect pathological changes occurring when specific areas or organs of the body are under stress.

Several centuries later, while only 50 per cent of Japanese acupuncturists are still blind, these diagnostic methods have become the foundations of the dozen different schools of acupuncture currently being practiced in that country. As a result, the Japanese practitioners have developed specific techniques which allow a skilled practitioner to achieve very powerful changes in the body in a very gentle way.

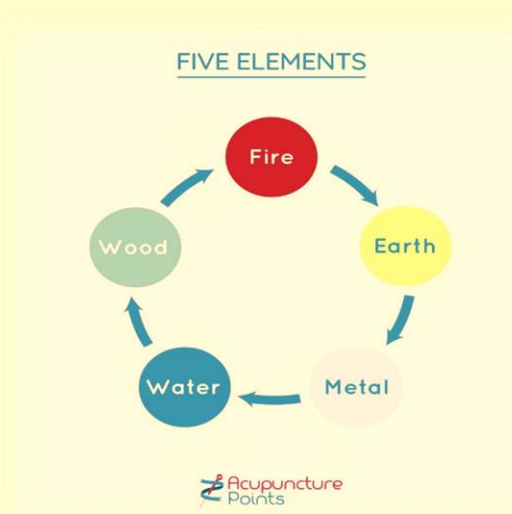


Therefore, in comparison with the Chinese methods, in a Japanese style treatment usually fewer needles are used, these needles are of a finer gauge, and, while the depth of insertion varies between the different schools, they are inserted into a more superficial level of the skin. In some of the systems, abdominal diagnosis involves deep palpation, identifying areas of pressure, pain, and tension, while in other schools the pressure is almost negligible, stoking lightly to identify areas of flaccidity. Puffiness, depression, or increased moisture.



Identity of Approach

In the first approach, identifying areas of flows and has been the early principles of Medicine, Qi is the life the meridians or are distributed all over depth so that every body is covered. If the pathways is deficient



the emphasis is more on stagnation where the Qi, disrupted. According to Traditional Chinese energy which flows along pathways .Those channels the body at different square centimetre of the energy along these or stagnant, the body will

be under stress and illness or pain will occur. In the second school, these findings are interpreted as signs of weakness and deficiency within the organs or the channel system.



Diversity

It has long been observed that, due to cultural differences, the Chinese patients have traditionally enjoyed strong needle who are in that sense any sensation, or pain of Nevertheless, as used by the different extent. For example, in famous practitioner the mid-20th century using objects with specific acupuncture pellets, north and south fine cord of copper wire another invention, his



reactions, whereas, the Japanese, similar to us, generally have disliked any kind during treatment. previously mentioned, the methods Japanese schools vary to a great the Manaka school, his founder a named Yoshio Manaka developed in modern acupuncture techniques different polarities to stimulate points These include zinc and copper magnets, and iron pumping cords (a with a diode at each end).. In discovered that each channel had an

optimum frequency, and tapping points along the channel at a specific tempo could quickly release pressure pain in the body. Therefore, a wooden hammer and a blunt wooden needle are now used by his students to gently tap acupuncture points at a specific frequency. This is a method still commonly practiced in Japan, for the treatment of peripheral Neuropathy

Contemporary

In contrast, in the Toyohari school of Japanese acupuncture, the practitioners are trained to feel the subtle electromagnetic changes which occur above the skin when a needle touches its surface, and the Qi is stimulated This is accomplished using needles made from different metals, and polarities, ranging from gold, to silver or stainless steel.

Conclusion

In most cases, **in a Toyohari treatment, the needles used are instantly withdrawn without even penetrating the skin.** For the nervous patient, these styles of acupuncture treatment quickly become a very enjoyable experience with little

in common with what was previously expected.



OLIVIER LEJUS

AYURVEDIC BEAUTY THERAPY

Sherry Gupta

Ayurveda is one of the most renowned traditional systems of medicine that has survived and flourished from ages till date. Ayurveda has an age-old history since the 2nd Century BC.

Ayurveda has its foundations laid by the ancient schools of Hindu Philosophical teachings named Vaisheshika and the school of logic named as Nyaya. It is also related to the manifestation framework, well-known as Samkhya, and it was established in the same period when schools of Nyaya and Vaisheshika flourished.

Ayurveda or Ayurvedic medicine is a system of traditional medicine native to India, which uses a range of treatments, including panchakarma ('five actions'), yoga, massage, acupuncture, and herbal medicine, to encourage health and wellbeing. Ayurveda treatment starts with an internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation. The concepts of universal interconnectedness, the body's constitution

(prakriti), and life forces (doshas) are the primary basis of ayurvedic medicine.

In Ayurveda, the perception of beauty is not limited to the outer skin and appearance, but the overall well-being of body in the physical, mental, and spiritual dimensions. Ayurveda defines beauty as “subhanga karanam” – which means transforming all aspects of your body, mind, and soul to the highest level of auspiciousness. Hence beauty is not limited to the mechanical tasks of cosmetic surgeries, facelifts and workouts, but takes a holistic approach to understanding one's body, its constitution, effects of daily routine and its impact on the physical, mental and spiritual health.

Ayurveda utilizes a wide variety of therapies to treat diseases on the micro and macro level internally, externally, emotionally, and spiritually. Ayurveda is a system of medicine that applies knowledge about health and disease, treats the individual physical, emotional and mental spiritual.



Ayurveda knowledge for a calm mind

Ayurveda states that when we allow stress, worries, anger, hatred, criticism, selfishness to contaminate our mind, the mind becomes over heated and fevered, which creates toxic matters that are detrimental for our mind and body. A fevered mind is over reactive, unbalanced, and confused. In this state we usually make wrong choices. We choose wrong foods, eat in wrong amount and in wrong times... This has a negative impact on our digestive system and on our overall health and well- being. We need to calm down and



focus all our energies to keep us healthy, calm, and safe.

Ayurveda Beauty Tips

Ayurveda has best moisturizers, shampoo, and conditioner extract from nature in an inexpensive and effective way. Ayurveda giving a few tips suggested by ancients.

Here we go:



Honey



Coconut oil



Rice Flour



Turmeric powder



Castor oil



Orange Juice

Castor Oil

- Castor oil is highly effective to grow eyebrows, eyelashes, and hair in the scalp. Also, it gives natural red color to your darkened lips

Honey

- Honey has the anti-aging property and it is used for natural facials.

sesame oil, turmeric powder, and wheat flour are best to remove facial hair.

Orange Juice

Orange Juice and tomato juice are best to use as some packs for the face.

Coconut oil

Coconut oil is best to remove makeup and it has the anti-aging property

Rice Flour

Rice flour is the best scrubber and cold rice water is a good hair conditioner.



Ayurvedic Facial treatment

Ayurveda facial massage is not only profoundly relaxing, but it also deeply restores and instill sense of peace and joy that pervades the whole body. This effect occurs by the gentle pressure of the Ayurveda facialist's fingers on the Marma points on the face. Activating the Marma Points help with everything from stress management to the release of toxins that enhance overall well-being.



Ayurveda Facial Massage supports the healing and reduction of pimples and acne scars, it also works wonderfully on blemishes that leave dark patches on the skin. Relaxing massage with herb infused oils and face packs specially tailored to the individual skin types helps to minimize acne, scars, and blemishes. Ayurveda offers gentle and natural ingredients that harmonizes with the skin, thus creates desired healing effect.

Ayurvedic Glow Boosting Bundle

The Ayurvedic Glow Boosting Bundle contains four of the most effective products, hand-picked from our much raved about 6-Step Regime known for bringing about startling results to the dulllest, ageing and/or pigmented skin.

Contains:

1 pc Silk-splash Neem-Orange Rehydrate Ayurvedic Face Wash - 100 ml

1 pc Instaglow Almond Complexion Pack – 150 gms

1 pc Fair'e Mulethi-Khus Skin Brightening Gel – 50 gms

1 pc Kimsukadi tail–glow boosting facial oil – 15 ml

How to use:



Cleanse your face twice a day with Silk splash Neem-Orange Rehydrate Ayurvedic Face Wash.

Apply Insta-glow Almond Complexion Pack twice a week.

On cleansed skin, use Fair'e Mulethi-Khus Skin Brightening Gel at night before going to bed. After applying Fair'e, gently Massage with 2-3 drops of Kimsukadi tail – glow boosting facial oil to boost its effect.

NOTE: Use Fair'e Mulethi-Khus Skin Lightening Gel at night as skin should not be exposed to the Sun after using this product.

MANICURE AND PEDICURE

Manicure is an herbal treatment for hands and fingernails. Treatment is done to increase the glow and texture of the skin of the hands and to increase the smoothness & shine of the nails.

Hands are one of the main body parts which show signs of ageing very quickly. Hence it is important to pamper and nourish them. In an Ayurvedic hand massage hands are soaked in herbal infusion with turmeric, aloe vera, sandalwood oil etc. to relax, lighten and soften them. A herbal exfoliator is used to remove rough skin and improve circulation. A hand massage with essential oils like sandalwood oil helps ease away stress and fatigue. The massage also moisturizes the hands making them fresh and revitalized.



Benefits of Manicure

Improves the texture of your hands and fingernails

Prevents any wear and tear damages of your fingernails

Increases the skin flexibility of your hand and keeps your hand smooth, soft and glowing.

Prevents dryness from your hands.

Our feet are a major part of our body as they carry the whole of our body weight. So, a certain amount of pressure is always maintained on our feet. Many people tend to suffer from dryness, cracks on the heel etc and often it becomes a neglected part until the condition gets deteriorated, hence foot care is an important feature to maintain the health and beauty of the feet for a longer period of time.

Even though there is a tendency to believe that cracked heels are common in adults, it's a perception and description because cracked heels as a condition has a lot to do with ignorant lifestyle and behavioural

patterns. However, there is an exception in terms of plantar psoriasis that causes cracked heels. It is a condition that needs extensive medical care and attention. If the possibility of plantar psoriasis is eliminated, it is usually left to the lifestyle preferences that may lead to an undesirable condition of heels in men and women.

Winter and cold weather are usually unfriendly to skin in general and heels. Exposure to unhygienic conditions during such climatic condition will probably cause undue damage.

An ayurvedic foot bath and foot massage relaxes the

whole physiology and provides a feeling of revitalization, increased energy, and improved circulation. For tired feet and hard skin, a foot soak can do wonders. Warm water stimulates your feet and your whole body and softens your skin. The aromas of herbs and bath salts provide relaxation through the sense of smell.

Benefits of Pedicure

Pedicure helps in removing the dead skin which encourages the renewal of the skin

Pedicure gives a feeling of lightness to your feet

Prevents any fungal infection of nails or sole of your feet

Keeps your fingernails lustrous and shining



Sherry Gupta

Beauty Therapist

NATUROPATHY

Type 1 or Type 2 diabetic

Both types of Diabetes Can Significantly Reduce Your Lifespan and Quality of Life

BUT... the good news is... That both types can be helped with naturopathy...

Let me tell you how...!!

The first part of this article is specifically for type 2s, but take note, Type 1s, this applies to you (as well as the part at the bottom which is just for you). Did you know that type 1 diabetics can also develop type 2?

Not only does type 2 diabetes increase your overall risk of heart disease, but the condition can also bring on fatal and non-fatal heart attacks, strokes, and other cardiovascular events an average of 15 years earlier than in those without diabetes.

And, aside from the potentially deadly side effects of diabetes drugs, the additional health complications that diabetes fosters are numerous, and quite serious, including:

Heart disease and stroke	•— Death from heart disease and risk for stroke is two to four times higher among people with diabetes
High blood pressure	•75 percent of diabetics have high blood pressure (130
Kidney disease	•Diabetes is the leading cause of kidney failure. In 2005, more than 45,700 people began treatment for end-stage kidney disease in the U.S. and Puerto Rico, and another 178,700 were living on chronic dialysis
Blindness	•Diabetes is the leading cause of new cases of blindness among adults aged 20 to 74 years
Dental disease	•-- Almost one-third of people with diabetes have severe periodontal disease
Amputations	•In 2004, 71,000 lower limb amputations due to diabetes were performed in the U.S.
Nervous system disease	•About 60 to 70 percent of people with diabetes have mild to severe forms of nervous system damage such as: impaired sensation or pain in hands or feet, poor digestion, carpal tunnel syndrome and erectile dysfunction
Pregnancy complications	•Poorly controlled diabetes before conception and during the first trimester of pregnancy among women with type 1 diabetes can cause major birth defects in 5 to 10 percent of pregnancies, and spontaneous abortions in 15 to 20 percent of pregnancies

Fortunately, nearly 100 percent of type 2 diabetics can be successfully treated -- meaning you will no longer have the symptoms of diabetes, or the high risk of developing the above health complications -- if you are willing to implement the recommendations I provide below



Type 2 Diabetes is treatable Without Drugs!!

If one is compliant with these recommendations the likelihood of successfully going off drugs and having normal blood sugars is close to 100%. Treating type 2 diabetes is simply a matter of implementing some basic strategies to improve your insulin and leptin resistance

Exercise



Eliminate grains and sugars



Monitor your fasting and after eating glucose level



Exercise is an essential factor, without which you are highly unlikely to get this devastating disease under control. It is clearly one of the most potent ways to lower your insulin and leptin resistance. Typically, however, you will need large amounts of exercise, until you get your blood sugar levels under control. You may need up to an hour or two a day. Naturally, you will want to gradually work your way up to that amount, based on your current level of fitness.

Eliminate grains and sugars

For the last 50 years, many people have been following

the nutritional recommendations dictated by conventional health agencies, which advise a high complex carbohydrate, low saturated fat diet. The result has been a 700 percent increase in diabetes in the same time frame and many have come to view diabetes as an incurable chronic disease...

This is clearly not true, but it is the inevitable result of seriously flawed dietary recommendations. Instead, you'll want to eliminate foods that break down into sugar and your body will react to by creating insulin, which includes all types of sugars and grains -- even "healthy" grains such as

whole, organic grains. This means avoiding all breads, pasta, cereals, rice, potatoes, and corn (which is in fact a grain). You may even need to avoid fruits until your blood sugar is under control.

Monitor your fasting and after eating glucose level

You will want your fasting glucose level to be between 4.5-5.5, and you are after eating level to be between 6 and 8. The higher your level, the worse your insulin receptor sensitivity is. The recommendations mentioned above are the key steps you need to achieve this reduction.



So how can I help you?

I will analyse your diet and lifestyle and prepare a tailored eating and lifestyle plan that is easy to follow that will facilitate you achieving healthy blood glucose levels. It doesn't matter if you have type 1, type 2 or combination types, I have a plan that will bring you to your optimal health, improve your energy and immunity and give you the best life possible.

A special note for type 1 diabetics, I can help you reduce your insulin intake by up to 20% which will reduce your susceptibility to complications of excess insulin exposure. If your specialist has you on a set dose of insulin and you have to eat enough to keep your sugars up, then I have a new paradigm for you that will give you better control and a healthier outcome.



GIULIA MEZZAPICA

ORIGINS AND PROJECTIONS OF OSTEOPATHY

Osteopathy with its humble but significant inception as a medical alternative was around the late 1800's because of a Missouri Physician and Surgeon Dr Andrew Taylor Still finding deficiencies in the approach of mainstream medical application of the day.

Dr Still realised, after numerous failings and tragedies affecting his own family and those coming under his care, for the body to attain the highest standard of health and self-management all parts had to work together harmoniously coordinating a unity for full potential effect both mechanically and constitutionally.

Dr Still with his current position of knowledge and his increasing awareness of the gap thereof to succeed redirected his efforts starting with exhaustive studies of the human anatomy and physiologic attributes.

Andrew Taylor Still



An osteopath is only a human engineer, who should understand all the laws governing his engine and thereby master disease.

AZ QUOTES

Dr Still soon realised not only the importance the range of articulation through a joint and the capacity of a muscle to contract and relax to enable to perform, but the importance of vascular dynamics and the poorly understood lymphatic branch. This not only started to guide his intervention for treatment but significantly broaden his process of thought in diagnosis for the increasing spectrum of ailments and conditions that started to flock towards his practice.

Dr Still progressively moved away from drugs and surgery, many of which he found unsuccessful and harmful and blended a manual, hands on approach to remove mechanical restrictions and constitutional blockages enabling a more efficient regulation metabolically and immunologically

Such was the success of Dr Stills progressive approach and intervention in 1892 the Kirkville School of Osteopathy was formed with the first intake of students. Later importing his knowledge to Britain in the formulation of osteopathic medicine and what has become the founding principles of the British School of Osteopathy.

Dr Still placed great emphasis through research and study on the body's

ability to overcome and recover elements of illness and disease through its own innate mechanisms and capacities enabled with manual intervention, therefore acquiring a greater level of resilience and regulatory behaviour through awareness of potential affliction and the necessary means of recovery.

Dr Andrew Taylor Still holds an important part in the history of medicine and the founding of allied options to health and disease through study and observation of human presentation and development.



MARQUEE HEALTH REMEMBERS

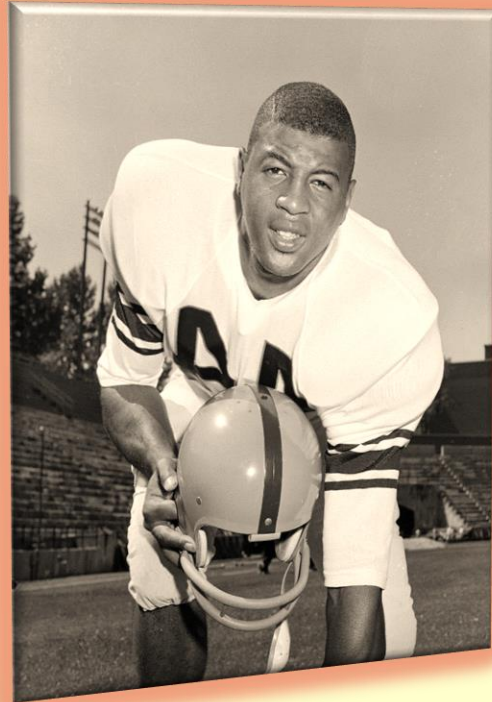
IN HONOR OF THOSE THAT MADE A DIFFERENCE

MR ERNEST DAVIS: 14/12/1939 – 18/05/1963

Ernie Davis was an elite college American football player during the 1959-1961 period when societal transformation was difficult within certain sectors of the community.

Ernie was born in New Salem, Pennsylvania where tragically his father was killed in an accident shortly after he was born leaving his mother unable to raise him. Ernie went to live with his loving maternal grandparents Willie and Elizabeth Davis from the age of 14 months to 12 years of age. Later going to live with his mother and stepfather in Elmira, New York, where he played baseball, basketball, and football at grade school with distinction.

After attending Elmira Free Academy, earning two all American honours, Ernie chose to attend Syracuse University with persuasion from his idol Jim Brown an all-American professional football player, sports analyst, and actor.



Ernie went on to play football for coach Ben Schwartzwalder Syracuse from 1959-1961, twice winning first team all American honours, in 1959 leading the team to a national championship in the 1960 cotton bowl classic where he was named most valuable player. The same year he was identified as the 'Elmira Express' a nickname coined by a reporter for the Elmira star gazette.

In 1960, Ernie's junior year he set a record for yards per carry and was among the leading rushers in the country.

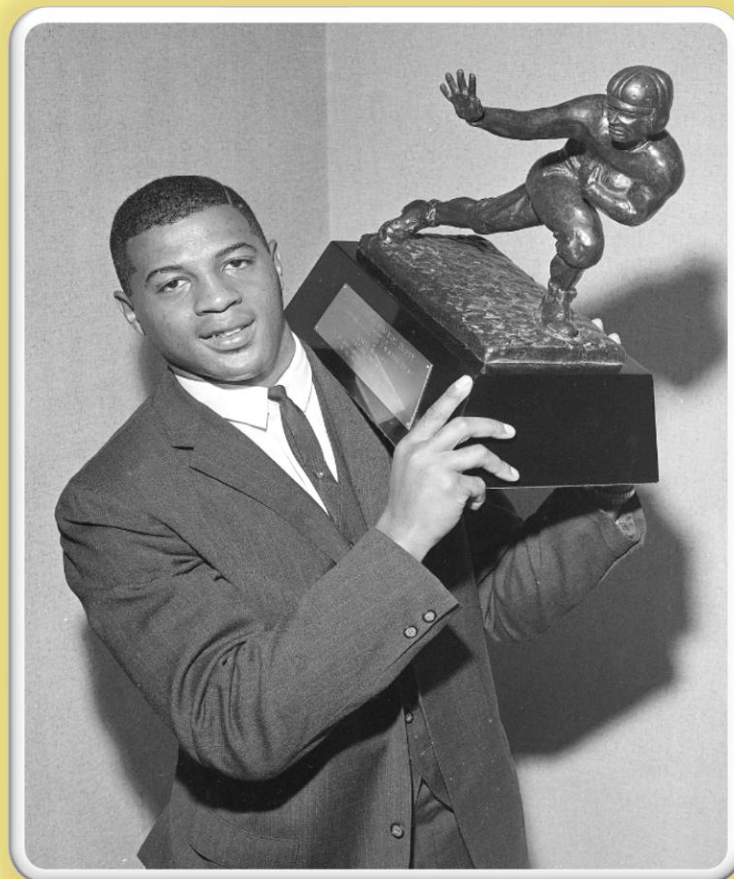
Ernie became the first black athlete to be awarded the Heisman trophy, being the highest individual honour in collegiate football.

When Elmira chose February the 3rd 1963 to celebrate Ernie Davis' achievements, President John F Kennedy sent the following telegram.

Seldom has an athlete been more deserving of such a tribute, your high standards of performance on the field and off the field, reflect the finest qualities of competition, sportsmanship, and citizenship. The nation has bestowed upon you its highest award for your athletic achievements. It is a privilege for me to address you tonight as an outstanding American, and as a worthy example of our youth. I salute you'

Ernie wore the number 44 for Syracuse, same as the legendary Jim Brown establishing a tradition which was acknowledged on November 12, 2005 when the School retired the number in an on-field ceremony. Syracuse University, as a way of remembering the athletes that wore the number 44, was granted permission by the United States Postal Service to change its Zip Code to 13244. Ernie Davis was the number one pick in the 1962 draft, on 04/12/61 selected by Washington Redskins inadvertently traded to the Cleveland Browns. Ernie Davis signed the most lucrative contract for a rookie up until that time.

However, the Browns dream pairing of Ernie Davis with Jim Brown was struck with tragedy when Ernie was diagnosed with Leukemia while preparing to play in a college all-star game against the Green Bay Packers in Chicago in the summer of 1962, Ernie awoke with a swollen neck and was hospitalised.



He was diagnosed with acute monocytic leukemia and began receiving medical treatment. The disease was incurable, and Ernie Davis died age 23 at Cleveland Lakeside Hospital May 18th, 1963.

During his five-month remission the Cleveland Browns allowed Ernie to practice on field without contact, where he also helped Jim Brown draw up game plans, however he did not play a meaningful down. His only appearance at Cleveland Stadium came at a pre-season game whereas he ran out onto the field a spotlight followed him. Following his death, the Cleveland Browns retired the number 45 jersey.



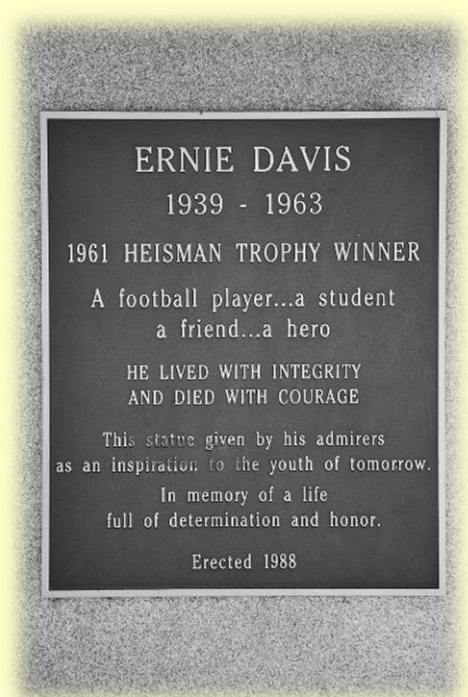
A motion picture biography, The Express: The Ernie Davis Story was released on 8th of October 2008. In one notable

part of the film, when Ernie is resigned to the insurmountable struggle within his short destiny, he sits down with his college sweetheart whom he was supposed to spend the rest of his life, and gently encourages her to move forward with her dreams and what will be the best for her, not wanting to share his burden or have it confine or hold anyone back, especially someone so special.

In 2011, the rival Schools southside high school (Elmira New York) and Elmira free academy combined their athletic teams, which together were renamed The Elmira Express, named after Mr Ernie Davis.

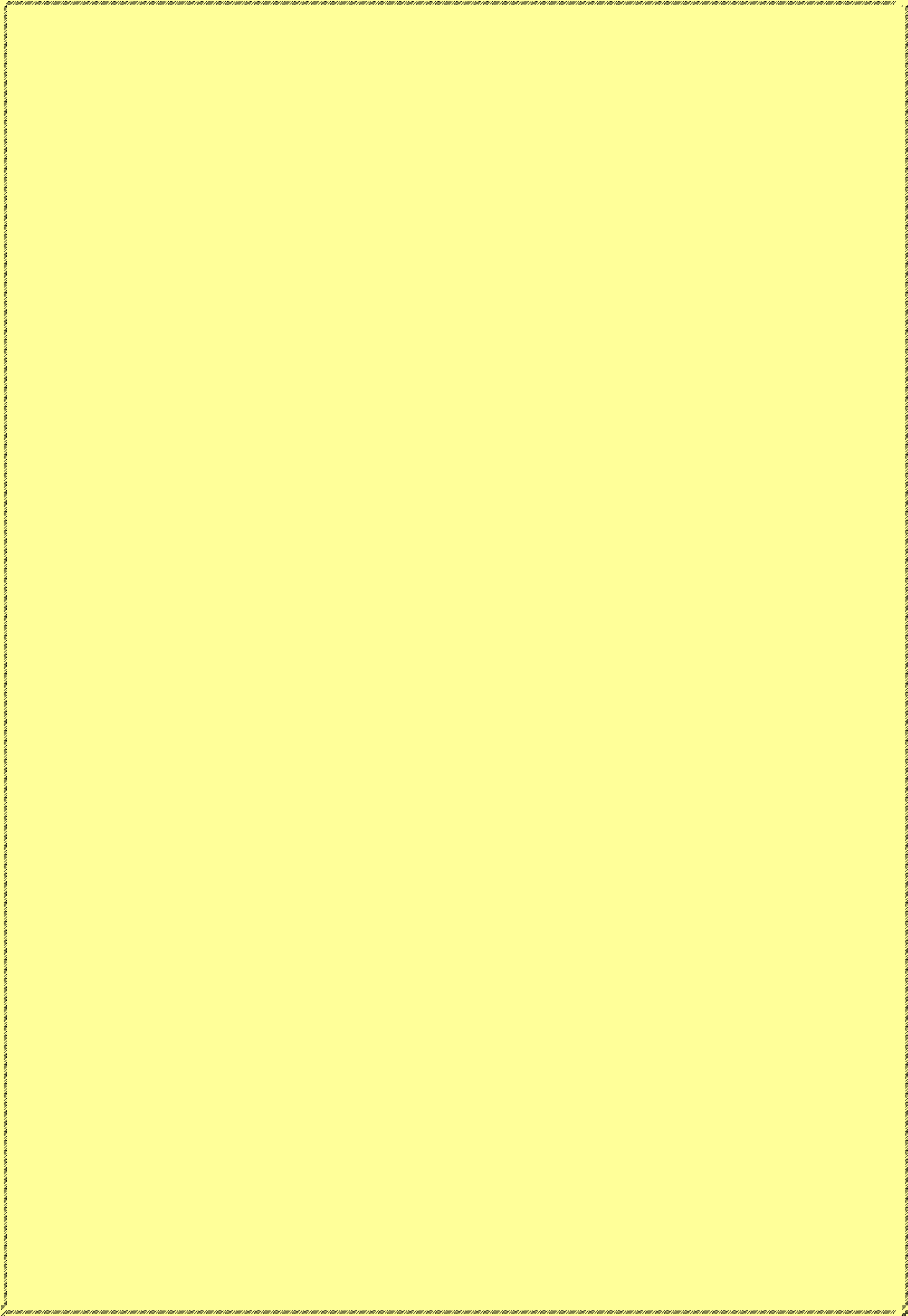
Both houses of the United States Congress Eulogised Ernie's death, a wake was held at the neighbourhood house in Elmira, New York where more than 10,000 mourners paid their respects.

During the funeral, a message was received from President John F Kennedy, read aloud to all attending the service. A commemorative statue now stands in front of the school named in his honour, the Ernie Davis academy. Another statue of Ernie stands on the campus of Syracuse University, where pre-game



prep rallies are held. He was elected to the college football hall of fame in the fall of 1979 coinciding with the premiere of The Express and the construction of a dormitory at Syracuse, The Ernie Davis hall.

Mr Ernie Davis triumphed as a human being and overcame those things that needed change. Through a common denominator on many levels sport not only played the role as mediator but regulator and creator for all. Although Ernie Davis' life was short his immediate impact on humanity was vast.



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IN THE INTEREST OF BETTER HEALTH CARE & PREVENTION

