

# MARQUEE HEALTH

## MAGAZINE



### EVER EVOLVING

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EDITOR: CLINICAL CO-ORDINATOR- IFFAT ARA

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## MARQUEE HEALTH CLINIC



### WELCOME TO 2021

#### A NOTE FROM THE DIRECTOR

With what seems like an early start to the new year, here at marquee health we hope everyone turned the corner well and is approaching the new year aiming up. I am sure everyone had some challenges with what is now behind us, now looking ahead we can only be more resilient.

The team at marquee health will be bringing in some new talented practitioners in conjunction with consolidating the network of health professionals that coincide with the unique aspect that exists within the principles that drive us to achieve results to enhance those that find a path to our door.

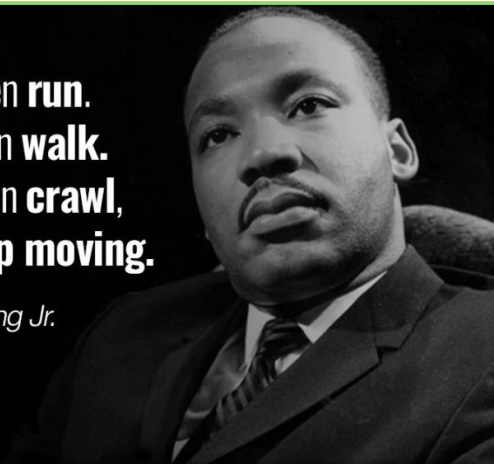
The staff at marquee deserve a special mention for the tireless effort and genuine disposition they continuously provide in the concern for those that arrive looking for answers. We all strive to find resolution for some of the more complex and persistent problems and we delight in assisting to create improvement and a way forward.

No matter what the problem the team at marquee health and the broader network of professionals that operate in concert on a broad scope and level will provide the direction forward.

We hope everyone is looking forward to the year ready to find answers to questions and solve the most difficult of equations. Time will always be our greatest resource along with health both dealt with qualitatively here at marquee health.

If you can't fly, then **run**.  
If you can't run, then **walk**.  
If you can't walk, then **crawl**,  
but by all means, **keep moving**.

- Martin Luther King Jr.



Best Wishes

James Phillips

MARQUEE HEALTH CLINIC

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**For Those That Served**

**DVA CARD HOLDERS**



**Marquee Health**

**Offers**

**Allied Ancillary Health Services**

**THE ODE**

They shall grow not old,  
as we that are left grow old;

Age shall not weary them,  
nor the years condemn.

At the going down of the  
sun and in the morning,

*We will remember them.*

*Lest We Forget.*



## THE RECOVERY PHASE AFTER CHRISTMAS

After the Christmas season has traditionally been a time of overindulgence. Unfortunately, these festive celebrations take a heavy toll on our digestion and liver functions, so it can be useful to have a little recovery plan in place.

In Traditional Chinese medicine, each of the major organs in the body is associated with one of the five flavours: sweet, sour, bitter, pungent, and salty. While we need a combination of all these flavours in our diet, some are more palatable than others, so it is important to gradually become accustomed to all these different tastes from a young age.

The strong connection between taste and emotion is related to our survival. The innate rejection of very bitter flavour is a natural body defence system reaction against ingesting poisonous plants. Nevertheless, the bitter flavour, which is found in cruciferous vegetables such as spinach, broccoli, Brussels sprouts, green cabbage, zucchini, eggplants,

as well as dandelion, turmeric, fenugreek, coffee, green tea, grapefruit, and lemon, is essential for the functioning of the Liver, and the Gall bladder. It is a powerful detoxifying agent, with anti-parasitic and antiseptic properties.



These cruciferous vegetables also contain a substance called Glycosylates, which has been shown to have an important role in cancer prevention. When a bitter flavour is detected by the taste buds, the nervous system activates the secretion of enzymes in the mouth and the gall bladder to release bile to assist in the breakdown of fats in the body.

Diets rich in vegetables and fruits have been linked to lower rates of cancer and coronary heart disease. So, increasing our intake of bitter green vegetables might be a New Year resolution worth keeping.

My liver would definitively be grateful!



OLIVIER LEJUS  
ACUPUNCTURIST

MARQUEE HEALTH CLINIC

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# AYURVEDA

Ayurveda is considered by many scholars to be the oldest healing science. In Sanskrit, Ayurveda means "The Science of Life." Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of All Healing." It stems from the ancient Vedic culture and was taught for many thousands of years in an oral tradition from accomplished masters to their disciples. Some of this knowledge was set to print a few thousand years ago, but much of it is inaccessible. It is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Those who practice Ayurveda believe every person is made of five basic elements found in the universe: space, air, fire, water, and earth. These combine in the human body to form three life forces or energies, called doshas. They control how your body works. They are Vata dosha (space and air); Pitta dosha (fire and water); and Kapha dosha (water and earth). Everyone inherits a unique mix of the three doshas. But one is usually stronger than the others. Each one controls a different body function. It is believed that your chances of getting sick -- and the health issues you develop -- are linked to the balance of your doshas. Ayurveda believes that beauty is not just skin deep but comes from within too. To look and feel beautiful, one should follow all the five lines of treatment in Ayurveda.





## (AYURVEDIC TREATMENT)

Ayurveda treatment starts with an internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation. Ayurveda is all about balancing your life to suit you. And handily it works in your beauty routine as well.



it.

Viewing your health through an Ayurvedic lens, you will quickly learn that skincare and Beauty is not just down to the

products that we use, it is about diet, sleep, exercise, and your overall way of life.

(How to practice abhyanga depending on your Dosha)

VATA - Sesame oil is the preferred choice for Vata dosha's because it is inherently warming, but

opt for organic and untoasted to keep it completely natural (toasted varieties have a very

strong natural scent).

PITTA - Use organic coconut oil or organic sunflower oil. These pacify sensitive or reactive skin.

KAPHA - Herbal oils are a superior choice for Kapha doshas. It is also best to use less oil on Kapha doshas as Kapha and oil share the most qualities and you want to decrease or stabilise.





## 10 TIPS FROM MARQUEE HEALTH CLINIC FOR YOUR DAILY ROUTINE)

### USE NATURAL PRODUCTS INSTEAD OF COSMETICS

Instead of spending money on cosmetics, use natural products to make your own face packs. There are several Ayurvedic beauty tips and packs, which can help you, enjoy smooth, spotless and glowing skin without using chemicals. Most citrus fruits are filled with the goodness of mild cleansing acids and enzymes which can be used to clean your face. With time you can start making your own beauty products.



### OIL YOUR HAIR AT LEAST ONCE A WEEK

It is one of the most underrated Ayurveda tips for healthy hair, but it has so many benefits

and not for strengthens hair growth, hair fall. It also reverses the sweat, dust, regular basis. kinds of which are needs.



your hair only. Oiling the hair, promotes and prevents

cools the head and damage done by and heat on a

There are several natural hair oils, designed for specific

## FOLLOW KAPHA LIFESTYLE

If you feel tired, lethargic or lack energy, Ayurveda recommends you follow the Kapha lifestyle and reduce the consumption of oily, heavy, and cold food. Drink water without ice and try to avoid cold beverages. It also helps you lose weight and reduces the accumulation of fat.



## DETOX IS ESSENTIAL FOR EVERYONE

Every day we are exposed to pollution and chemicals, which accumulate in our system, building up toxins. One of the most popular Ayurvedic detox tips for clear skin, diabetes, and blood purification is to drink a cup of juiced bitter melon, which cleanses the system. You can look into other detox recipes and plans to suit your needs.



## KEEP YOURSELF ACTIVE

One of the most essential Ayurvedic daily routine tips is to keep yourself active. The activity does not necessarily mean working out or going to a gym. You can do simple things to keep yourself active.

Avoid taking elevators and escalators and take stairs instead. Walk to places instead of taking transport. This helps you get your daily exercise without going out of your way.



## AYURVEDIC ADVICE FOR GOOD SLEEP IS TO MEDITATE

Meditation has several amazing benefits for us. It helps calm down the mind, relax the body and encourages a good sleep. It is also excellent for the brain as it improves focus, concentration and memory. It also offers the mind necessary time to unplug from the world.





## GET MESSAGES FROM TIME TO TIME

A good massage helps you relax and eases out the tension in the muscle. It also improves blood circulation, joint mobility and helps in reducing chronic pain. There are a number of specialized massages in Ayurveda, which help relieve various ailments and help in weight loss.



## PRACTICE BREATHING EXERCISES

Practice controlled breathing or pranayama, which along with yoga and meditation are important parts of Ayurvedic healing and well-being process. It teaches us to retrain and control over our breathing, improves lung capacity and improves focus and concentration. The best time to do pranayama is early in the morning when the pollution is least



## CUT OFF NEGATIVITY FROM YOUR LIFE



We are often forced to deal with unnecessary negative situations and people, which is not

in our hands. However, we should learn to cut off ties with toxic and negative situations or

people as much as we can as they affect us negatively. Surround yourself with people who

make you feel good.

## JOIN A YOGA CLASS

Yoga offers you a great workout for the whole body without it being too strenuous. It also helps relieve chronic pains, alleviates several illnesses, and prevents future health conditions.

This makes it a perfect choice for people of all ages. While you can always practice yoga freehand, an expert trainer can help guide you better and offer you a personalized yoga schedule for your needs.



Sherry Gupta  
Beauty Therapist

## THE IMPORTANCE OF REST

We live in a society that praises being busy, filling our lives with work, family, and activities. It seems like we are expected to be on the go continually and rest is considered indulgent or lazy. This is startling apparent today where we fill our children's days with continuous activities and not letting them have any down time. As a Naturopath this overly concerns me as we are preparing our children to be continually stressed as pack our days, impacting the quality of our we are sick, we our symptoms going. However, you do not rest sleep your body you will not be



Studies show are essential the body and body into that sleep and rest building blocks of mind. Pushing your continual overdrive will manifest physically through tight neck and shoulders and usually digestive malfunctions such as gas, bloating, acid reflux and all the symptoms attendant on an imbalance of good and bad gut flora.

It also causes hormonal havoc in your body as cortisol (the stress hormone) and adrenalin are being pumped through your blood. The boost of these hormones long term causes your body adrenal exhaustion, inflammation and an overall hormonal imbalance that can lead to some serious complications such as depression, heart conditions, weight gain, oestrogen dominance, insulin resistance (stress has a direct impact on your blood sugar levels), chronic fatigue and fertility issues. And of course, this will accelerate the ageing process.



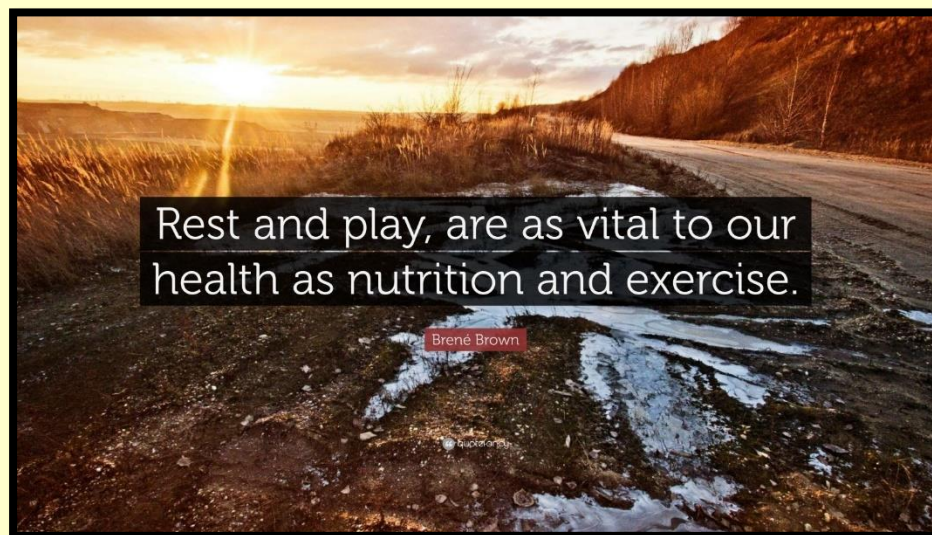


Rest and sleep are ESSENTIAL to life. Your body works so hard for you all day every day; treat it like your temple, and give it some time to replenish, restore and heal. You would not leave your car to run without a service! You even let your computer sleep. Treat yourself with that same level of respect. When you take the time to sit and rest even for a few minutes a day (therefore meditation is so powerful), you are allowing your body on a cellular level to recharge itself. When you are sick, another way to help your body conserve energy to use to boost your immune system and repair is by eating healthily so your body does not have to use extra energy to process junk. In addition, if you are ill, eat cooked

keep our metabolism at optimal level.

food rather than raw foods as it takes less energy to digest.

One of the questions that I ask my clients is 'how do you relax and destress? Quite often the reply is 'I don't have time' OR 'I go to the gym and train hard to work off stresses. Both these things raise cortisol which in turn raises stress levels. Quite often I receive the reply, but exercise is healthy! We are not designed to push our bodies to the limit, day after day. Yes, we must keep active, but general movement, play and 2 or 3 half hour sessions of interval training a week is enough for our bodies to burn energy, keep hearts healthy and



If we overdo the gym, we exhaust our adrenals, which are a central part of our endocrine system. Overtraining in this way depletes us, and leaves us hormonally unbalanced, releasing the toxic stress hormone cortisol, which enhances belly fat storage and leaves you suffering from fatigue, insomnia, and musculoskeletal breakdown. Rather than churning on a cardio machine for hours each day, try lower impact activities with a mental health aspect like yoga to enhance your joy and body awareness.

It is okay if you wake up some days and think “today is a day I need to give my body a rest.” When you are in balance, your body will tell you what it needs! It is okay to listen – your body is smart.

If you are struggling to have balance in your life or cannot seem to manage your stress, come in and have a Naturopathy Consultation at Marquee Health Clinic. We can work together to help you be the healthiest version of you.



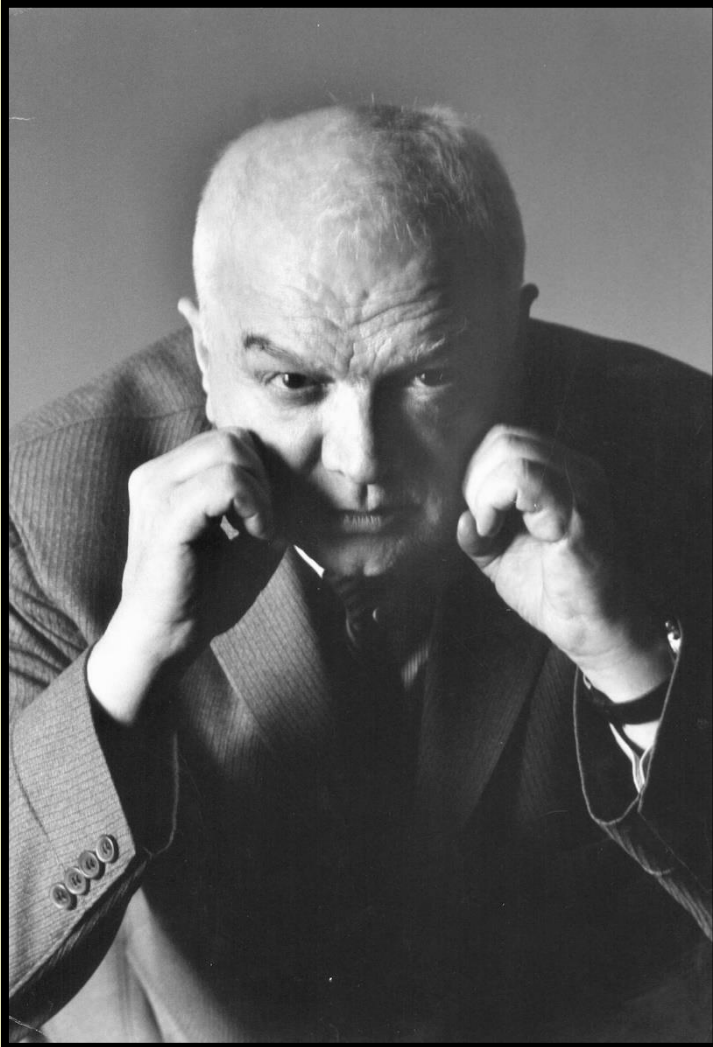
**NaturopathY**

Marquee Health Clinic

## MARQUEE HEALTH REMEMBERS

IN HONOUR OF THOSE THAT MADE A DIFFERENCE

**CONSTANTINE "CUS" D'AMATO 17/01/1908 – 04/11/198**



Cus D'Amato was an American boxing trainer of Italian descent born in the New York City Burrough of the Bronx on 17 of January 1908. His father Damiano delivered ice and coal by horse and cart throughout the Bronx, his mother, Elizabeth maintained the home and a strong Christian Catholic faith, which saw Young Cus, initially consider becoming a priest. Cus alternatively had an amateur boxing career at featherweight and lightweight before an eye injury sustained in a street fight ended any chance of gaining a professional licence.

Cus later aged 22 yrs., opened the Empire Sporting Club with a friend Jack Barrow, where he lived for years. D'Amato would routinely prepare young fighters only to see them poached by more connected managers. D'Amato along with his friend Howard Cosell, famous for his connection and friendship with the great Muhammad Ali, confronted boxing politics maintained by the international Boxing Club (IBC) of New York to the point he would not match his fighters that maintained any connection with this body. Later the IBC was found to be in violation of anti – trust

laws and was dissolved.





D'Amato later in 1970 was looking for a property to build a gym where he could train by this time 12 of his elite champion fighters and many more. He found a Victorian Property in the Catskill New York, where he also met his wife to be Camille Ewald, who was selling the property as her family had all moved on. Cus made her a proposition, where he oversaw all the training and management of the fighters, while she handled all the cooking and maintaining of the house.

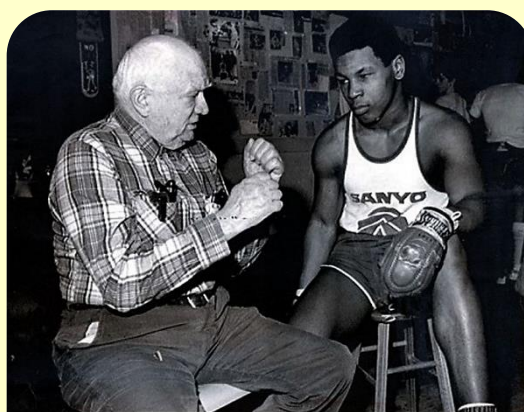
D'Amato trained many notable boxers, including Floyd Patterson who won the middleweight Gold Medal at the Helsinki games in 1952. Later, becoming world heavyweight champion by knocking out Archie Moore in five rounds in 1956 at The Chicago Stadium, Chicago to become the youngest Heavyweight world

champion at the age of 21 yrs. 10 months. D'Amato also managed and trained Jose Torres who went onto become the first Latin American to win the Light Heavyweight title in 1965 by defeating Boxing Hall of Famer Willie Pastrano.

After his initial success, D'Amato worked in relative obscurity. Now established in Catskill, New York where he ran The Catskill Boxing Club where he began to work with future heavyweight champion 'Iron' Mike Tyson, who was in a nearby reform school. He adopted Tyson after his mother died and started to train him with his unique style and experience, educating Tyson to become the most devastating boxer of the modern era. Tyson went on to become the youngest heavyweight champion at the age of 20yrs and 4 month a year after the death of his

trainer and father figure Cus D'Amato.

Cus D'Amato died of pneumonia at Mount Sinai Hospital in Manhattan, November the 4<sup>th</sup>, 1956, he was 77. His legacy was established through honours, awards, and tributes such as the boxer's writers award of which Mike Tyson was the first recipient. The science of victory marathon was dedicated in his memory. The marathon promoted the book 'Non-Compromised Pendulum' by Tom Patti which reviewed Cus D'Amato's training style. His life was portrayed in movies such as Tyson on HBO and Knockout: The Cus D'Amato Story with the biographical novel 'Confusing the Enemy' also depicting the life of Cus D'Amato.



"The hero and the coward both feel the same thing, but the hero uses his fear, projects it onto his opponent, while the coward runs. It's the same thing, fear, but it's what you do with it that matters." – Legendary trainer, Cus D'Amato

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## NEPALESE HEALTHY SUMMER DRINK

### REFRESHING SUMMER DRINK

#### MINT LIME JUICE

**Preparation Time: 10minutes**

#### **Ingredients:**

1. Mint Leaves – Handful
2. Lemon – 1 or 2
3. Salt – a pinch
4. Pepper powder – ¼ tsp
5. Ginger Paste – ¼ tsp
6. Sugar – 2 tbsp
7. Honey – 2 tbsp



#### **Benefits of Mint lemonade:**

- **Helps digestion**
- **Excellent body cooler**
- **Relieves headache**
- **Particularly good for oral care**

Put all ingredients into the juicer one by one and pour it into a glass. Refrigerate to let it cool down. Serve chilled with some decorations of mint leaves and fresh lime.

This refreshing drink is mostly served in every household during summer in Nepal which comes beneficial to every groups.

## NEPALESE FESTIVE SPECIAL RICE PUDDING

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### Ingredients:

1. Ghee / butter – 1 tbsp
2. Soaked rice – 1 measuring cup
3. Milk – 2 litres
4. Cloves – 5/6 pieces
5. Cardamom – ¾ pieces
6. Cinnamon – a stick
7. 2/3 bay leaves
8. Dry fruits – sultana, Almond, cashew
9. Sugar – ½ - 1 cup (as per the taste)



### Procedure:

Heat ghee/butter in a pan, put down the soaked rice in the heated ghee and stir fry it for some minutes. Boil milk on the other side. Pour warm milk on the pan and stir it continuously until it starts getting creamy. Put all the dry fruits, cardamom, cinnamon, bay leaves and cloves into the mixture. Add sugar at end and continue stirring for 5 more minutes. Serve it hot. Can also be served with potato curry or similar ones as adding salt to the taste makes it more delicious.



## CULTURAL ASPECT OF RICE PUDDING (KHEER) IN NEPAL

(July 30/31) in Nepal is known for day as Kheer is a special dish of Nepal and usually, a very integral part of dishes served in different kind of ceremonies and parties in Nepal. Kheer is not only an important dish in Nepali traditional cuisines but also a vital food item prepared during the festivals.

Nepalese are fond of eating sweets or confectioneries after meals and kheer are one of the deserts in the Nepalese families. Sometimes, they even take Kheer as their snacks without any special occasion. The preparation method of Kheer is quite easy.

During Asar and Shrawan months (as per Nepali calendar), the farmers enjoy paddy farming and pray for the good harvest. Shrawan month is the end of the harvest period. On the 15th (fifteenth) of Shrawan month, people celebrate this day by worshipping the deities and by offering Kheer as Prasad. Kheer is considered as the purest and holy treat enjoying its delicious taste. Kheer Khane Din is the day of achievement for the farmers.

“Rice Pudding Day” which literally meaning as a day to eat rice pudding. According to Nepal Tourism Board website July 30/31<sup>st</sup>, also known as “Kheer Khane Din (Rice Pudding Day), marks the end of the paddy planting season.

It is celebrated in grand fashion to commemorate the accomplishments of farmers, who work hard throughout that period. However, July 30/31<sup>st</sup> would be incomplete without the delectable “Kheer” which means rice pudding.

Kheer is a sweet rice pudding that is considered a pure and holy food. As delicious as it is, it is quite easy to prepare and is loved by all. On this day, families first offer kheer to their gods, and then gather to feast on the delicious kheer.

Known as a day of end of rice planting, “Shrawan” month as a Nepali calendar which is July month is considered as the holy month. Among different festivals in Nepal, this Kheer Khane Din is also one of those festivals where the family and the relatives unite and reunites to share the joy and happiness of being into a family.



Akriti Kafle  
Admin Receptionist

## OSTEOPATHIC PERSPECTIVE IN OPTIONS FOR HEALTH

Osteopathy has developed a broad scope of practice since its inception as an extension as a medical intervention. Although considered an allied health practice, primary diagnosis and application for acute and chronic health conditions are often successfully met. Many osteopathic physicians will accurately diagnose and successfully treat varied conditions because of their depth of practice regarding the mechanical (structural), functional (muscular), connective tissue components (fascia, ligament, tendon, bone), vascular (artery, vein, lymphatic) branches and their fluid dynamics, neural pathways, visceral oncology (organ) referral and the endocrine and exocrine glands of the higher centres and axis that regulate the system on varying degree of efficiency.

The Marquee Osteopathic approach to health works towards a greater understanding of the development of problems and the incidental factors that may arise in creating

dysfunction through the system. The symptoms or characteristics of pain, restriction, and aspects of

psychological pathways for better constitution and regulation.



uncertainty regarding ability can be broken down and reunified when the depth and breadth of the body is systematically considered. The emphasis is and should always be for better self-management, through education, encouragement, then and only then will the intervention for manual correction take on the desired effect through the

The Osteopathic integrative approach to medicine, therefore health and well-being, underpins the necessary element of progress, awareness and individual expectations required to develop a community responsible and proactive in the required physical and mental exchange to meld purpose, perception, and existence in a positive format.

The Marquee Osteopathic profession whether it be as a singular entity or an accumulative cooperation through different disciplines will maintain the perspective necessary to attain the individual recovery, progress and formulation required to enable better uninhibited self-management pertaining to health and the journey our existence will experience.

## EXERCISE PRINCIPLES

### FOR DEVELOPMENT



When developing, conditioning, recovering amid physical activity the psychological component should always maintain and monitor the extent of exertion, pressure and force that goes through the system to install a favourable outcome.

The benefits from physical training come from the system's ability to recover and regenerate maintaining a dynamic constitution metabolically and immunologically.

The impact of biophysical rigor should come from a positive stimulus preparing the psychophysical unity to capture excitation to build a learning centre for both neural (nerve) and vascular (blood and fluid dynamics) activity to drive and provide the necessary allocation of service for the required activity.

Whether individual or team training a key feature in development and stimulus can be exposure to as many elements both environmentally and socially to enhance features of conditioning for reflex, coordination and ultimately, challenge of the system to recognise limitation and shrinkage, to overcome dysfunction and restriction, therefore pain and the prevalence to injury and deconditioning.

The critical feature in deriving benefit is being set and prepared to undertake and pursue the regime selected with the goals and challenges that should maintain a learning curve increasing ability in joint articulation, muscle line of action, organ articulation and motility through expansion while maintaining channels for fluid to flow and nerve to conduct.

The awareness of a balanced well-regulated system can hinge greatly on a centred structural skeletal format, providing the basis of support for extent of activity and the potential space for expansion.

Through whatever exercise physicality of challenge that one drives satisfaction from there should be a mentality of desire and understanding in the attributes that may be obtained immediately and indefinitely.

James Phillips  
Osteopath-Director,  
Marquee Health Clinic



# MARQUEE HEALTH CLINIC

## DIRECTION & SERVICES

Acupuncture

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Therapy/Skin Care

Massage  
Therapy

Naturopath

Osteopathy



CONTACT US ON 0292993557 OR EMAIL :

[info@marqueehealth.com.au](mailto:info@marqueehealth.com.au)

Suite-3, Level-2, 22 Market St,  
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IN THE INTEREST OF BETTER HEALTH CARE & PREVENTION

