



EVER EVOLVING

MARQUEE HEALTH MAGAZINE



EVER EVOLVING

MARCH 2021 EDITION VOL-4

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March Edition-2021

Editor -Iffat Ara

Marquee Health Clinic



Welcome To The 4th Edition of Marquee Health Magazine

James Phillips
Osteopath, Director of Marquee Health Clinic

As we enter the month of March and a change of season the year tends to take shape and we can start to feel the condition we are in to push forward with our purpose. Whether mental or physical, now is the time for certainty and consolidation to determine progress.

The recent changes in sociality, the lingering doubts and uncertainty brought on from the unexpected universal disruption must not deter how you hone your skills and multiply your options.

The hovering cloud of change and the direction of expectation can be all consuming losing projection in lateral thinking and therefore composing and arranging development.

The month of March on the local and international world health calendar does not lose sight of the many troubling conditions and afflictions that can be constant with no immediate solution through the broader population with many distinct conditions still troubled with resolution.

Marquee Health maintains awareness not only of the various afflictions, many of them barely managed but of the options that may be available directly and indirectly if not to resolve then to stay on the good side of self-management.

The considerable sometimes seemingly increasing depth of problems relative to health and position to manage can seem endless without the proper thought and effect to move through and/or away from. Therefore, options remain an important quality when dealing with the possibility of a multitude of afflictions and questions.

The lateral thinking composition broadens cognitive activity, which formulate expansion in creativity on an intellectual medium. This can place utmost importance in evolving against stasis or static negative development and therefore modification with limitation.

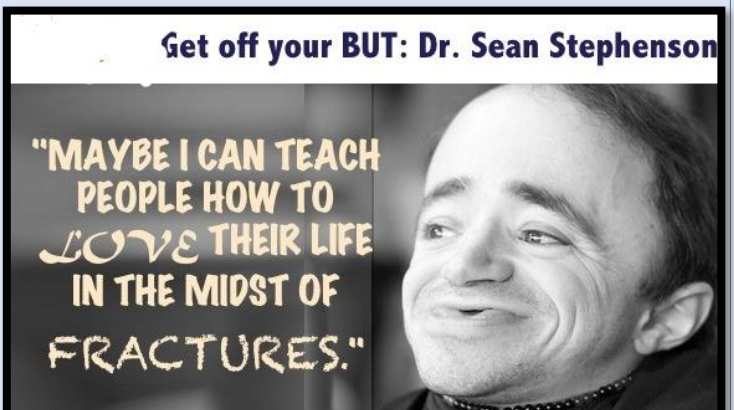
The awareness of health afflictions aims to emerge the potential of prevalence if not specific then general as resilience and tolerance diminish from the human condition as metabolism and immunity can become vulnerable to various illness and disease depending on degree of compromise in a general or specific system.

The potential of prevalence and the options to prevent and manage require constant assessment minimising challenge and resistance to systemic change and adaptation.

Thank You for checking in on the difficult and unresolved health conditions that continue to plague the world community.

**"Until you believe you have options,
you will continue to feel stuck".**

Sean Stephenson



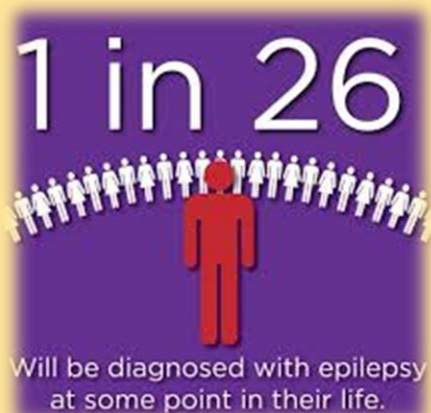
National Awareness month



National epilepsy awareness month

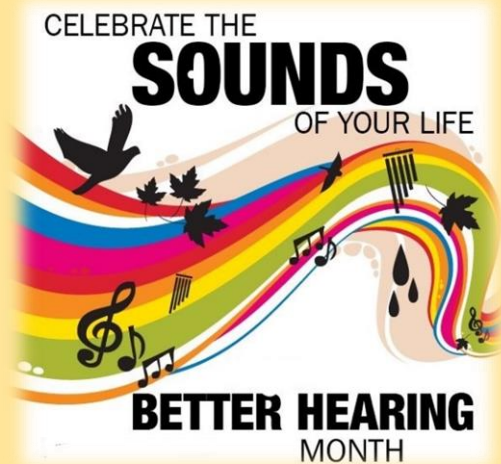
National Epilepsy Awareness Month in November is an annual event that aware people about epilepsy's causes and symptoms. One in 26 people will be diagnosed with epilepsy at some point during their lifetime. Epilepsy is one of the least understood of all the neurological diseases, yet it is the fourth most common. During this month, many organizations join to provide information about prevention, treatment, research, and resources to fight epilepsy.

<https://nationaltoday.com/national-epilepsy-awareness-month/>



World Hearing Day

"Raise awareness for the increasing levels of hearing loss around the world and the World Health Organization's call for "Hearing Care for All".



March the 3rd is World Hearing Day and marks the launch of the World Report on Hearing and the start of Hearing Awareness month which is to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world. It coincides with Hearing Awareness Week in Australia.

Every year, the Deafness Forum calls on interested parties to organize their own events around the country. The universities, schools, private companies, and not-for-profits who get involved every year oversee their own events and scheduling although the Deafness Forum of Australia provides support in the form of messaging and planning guidelines. For example, in 2019 Macquarie University held free hearing checks all week.

<https://www.nfd.org.nz/who-we-awareness-mon>



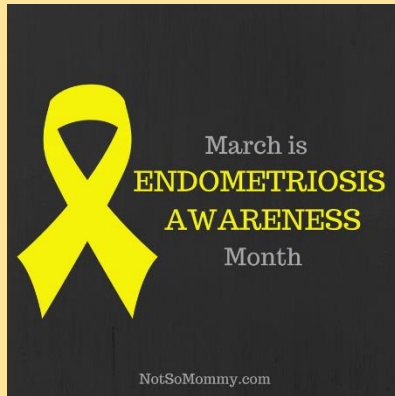
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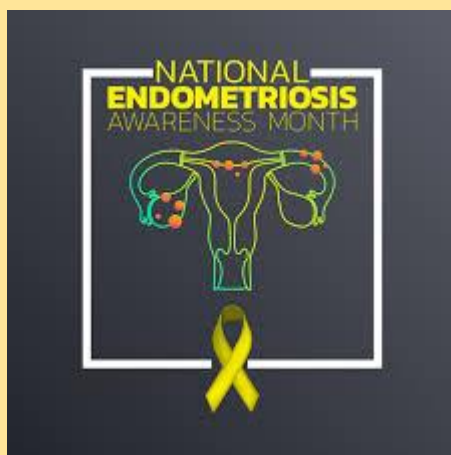
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Endometriosis awareness



Endometriosis is a condition where tissue like the lining of the uterus is also found elsewhere in the body, mainly in the abdominal cavity. It was first discovered microscopically by Karl von Rokitansky in 1860, although it was documented in medical texts more than 4,000 years ago. This condition affects 1 in 10 women per year are affected yet no one talks about it enough. Because of its condition, it can cause painful symptoms such as heavy menstrual periods, pain during or after



sex, pain in the intestines and lower abdomen, etc.

Endometriosis Awareness takes place across the globe during the month of March with a mission to raise awareness of a disease.

<https://www.daysoftheyear.com/days/endometriosis-awareness-month/>

World Glaucoma

World Glaucoma Week is a global initiative of the World Glaucoma Association (WGA) to raise awareness on glaucoma. Through a series of engaging worldwide activities, patients, eye-care providers, health officials and the public are invited to contribute to sight preservation. The goal is to alert everyone to have regular eye (and optic nerve) checks in detect glaucoma as early as possible.

<https://www.worldglaucomaweek.org/this-is-world-glaucoma-week/>



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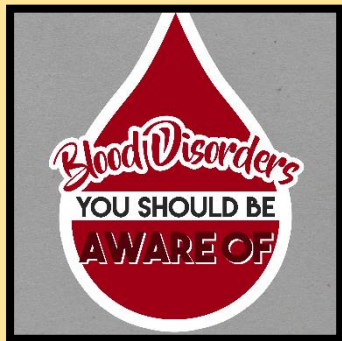


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Blood Disorder Disease

March is Bleeding Disorders Awareness Month. This month is an opportunity for our



community to band together and spread the word about the issues we live with as individuals and families with disorders such as von Willebrand disease and haemophilia.

A bleeding disorder's invisible symptoms cause it to be misunderstood. But we know that just because someone looks fine does not mean that they do not have struggles. A person with haemophilia can appear well on the outside while living with chronic pain. Repeated bleeds damage their joints.

While we cannot see the inside of the joint, we may notice a limp in the gait of someone with joint damage. They may need a cane or walker, or perhaps a wheelchair. One of the hardest aspects of needing mobility assistance is the judgment from others because the person does not look sick. Few people understand the challenges of a rare disorder.

<https://hemophilianewstoday.com/2020/03/04/bleeding-disorders-awareness/#:~:text=March%20is%20Bleeding%20Disorders%20Awareness,von%20Willebrand%20disease%20and%20hemophilia.>



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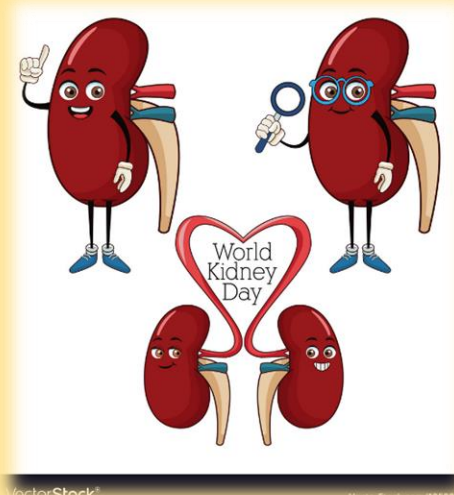
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World Kidney Day

Being diagnosed with kidney disease can be a huge challenge, both for the patient and those people around them. Its diagnosis and management, particularly in advanced stages of kidney disease, impacts severely upon their lives by reducing their, and that of family and friends, ability to participate in everyday



activities like work, travel and socialising whilst causing numerous problematic side effects – e.g., fatigue, pain, depression, cognitive impairment, gastrointestinal problems, and sleep problems.

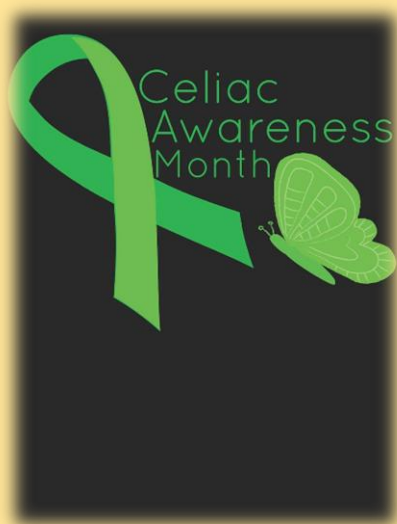
The World Kidney Day Steering Committee has declared 2021 the year of “Living Well with Kidney Disease”. This has been done to both increase education and awareness about effective symptom management and patient empowerment, with the goal of encouraging life participation. Whilst effective measures to prevent kidney disease and its progression are important, patients with kidney disease – including those who depend on dialysis and transplantation – and their care-partners should also feel supported, especially during pandemics and other challenging periods, by the concerted efforts of kidney care communities.

<https://www.worldkidneyday.org/2021-campaign/2021-wkd-theme/>



Celiac Disease

March is Celiac Awareness Month. Beyond Celiac has always celebrated this month with a variety of events and campaigns that spread awareness about this serious genetic autoimmune disease.



Celiac disease is a serious, genetic autoimmune disorder triggered by consuming a protein called gluten, which is found in wheat, barley, and rye. When a person with celiac eats gluten, the protein interferes with the absorption of nutrients from food by damaging a part of the small intestine called villi. Damaged villi make it nearly impossible for the body to absorb nutrients into the bloodstream, leading to malnourishment and a host of other problems including some cancers, thyroid disease, osteoporosis, infertility, and the onset of other autoimmune diseases.

<https://www.beyonddeliac.org/ceiliac-awareness-month/#:~:text=May%20is%20Celiac%20Awareness%20Month,this%20serious%20genetic%20autoimmune%20disease>

Down syndrome



Down syndrome occurs across the human spectrum and is the most common chromosomal condition. Each year, about 6,000 babies are born with Down syndrome — a 1 in 700 chance. The prevalence of Down syndrome increases with the mother's age. It is associated with delays in physical growth, characteristic facial features, and intellectual disability.

In fact, the average IQ of an adult with Down syndrome is equivalent to that of an 8-year-old. These are just facts, and like all facts, they can fail to provide a full picture. The truth is that children born with Down syndrome can absolutely go on to live happy and long lives. And with Down Syndrome Awareness Month every October, we can be inspired to learn more about this topic and to celebrate people born with Down syndrome and the medical advancements that increasingly improve their quality of life.



<https://nationaltoday.com/down-syndrome-awareness-month/>



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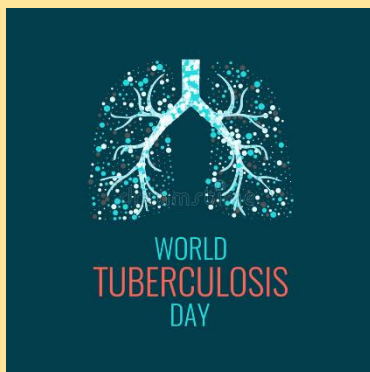
World Tuberculosis

World TB Day, which is observed on 24 March every year, is designed to raise public



awareness regarding the epidemic of TB (tuberculosis) and efforts of eliminating the disease. In the year 2012, a total of 8.6 million people were sick with TB; 1.3 million people died from the infectious disease, these were mostly people in the Third World. The World TB Day is one of the 8 official campaigns for global public health marked by WHO (World Health Organization).

The day celebrates the day in the year 1882, the time when Dr Robert Koch shocked the scientific community by making an announcement to a small scientist group that he had discovered tuberculosis cause, the TB bacillus.



<https://www.awarenessdays.com/awareness-days-calendar/world-tb-day-2021/>

Functional Neurological disorder

FND is, first and foremost, a neurological condition.

The symptoms look like neurological symptoms (each Finder will have a different symptom set, which can include seizures, myoclonic jerks, limb paralysis, bladder or bowel dysfunction, gait disruption, cognitive issues, sensory symptoms and more), but do not have the usual causes or test results.

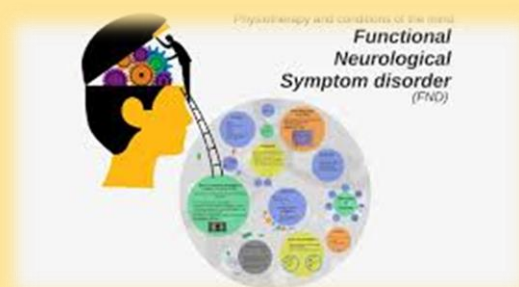


Many people with FND do have other conditions, but that is not a prerequisite for the diagnosis. It is a very real condition, but one which tends to have inconsistent symptoms. That inconsistency has led to multiple people with FND being accused of malingering (faking it).

The older term for the condition, conversion disorder (which is still used today), defines it as a psychiatric condition, where the patient converts their stress into the physical symptoms.

April 13 is recognised as a World Functional Neurological disorder day.

<https://thrivingwhiledisabled.com/fnd-awareness-month-fnd2020/>



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For Those That Served

DVA CARD HOLDERS



Marquee Health

Offers

Allied Ancillary Health Services

THE ODE

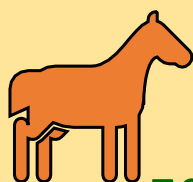
They shall grow not old,
as we that are left grow old;

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.



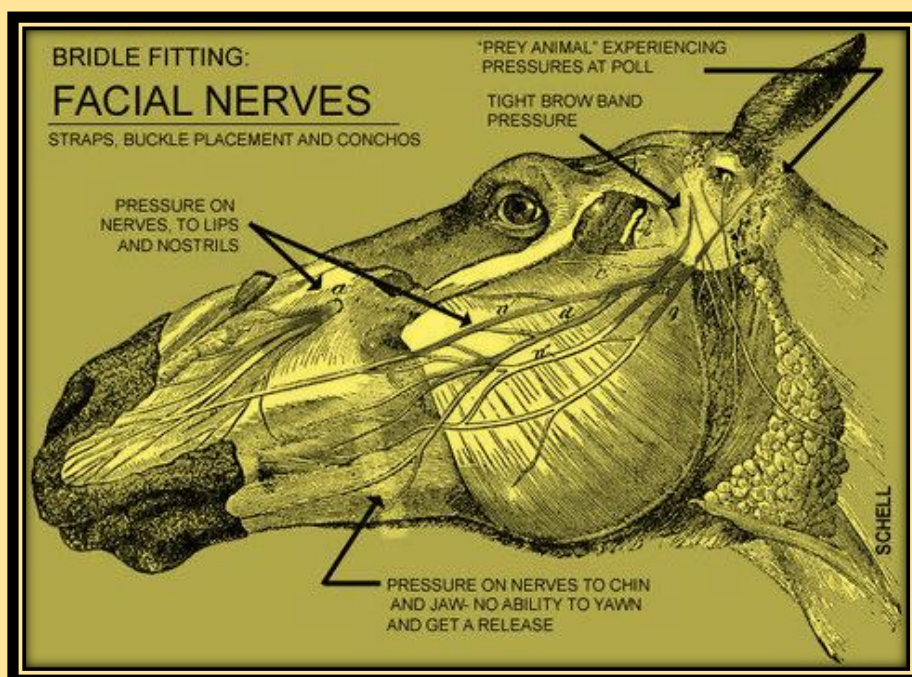
MELDING WITH EQUUS CRANIAL

When assessing the cranial vault on a horse as is the case on a human there are many things you can determine that not only are wrong but also that are right. The structural and functional will generally be displayed as the obvious through use and comfort, then there is the metabolic, systemic, and neural innervating axis, systems and wiring that can bring accumulative compounding elements of dysfunction and illness through poor conditioning.

The head of the horse sits on a long neck and like a human the agility / mobility of the neck will determine how the head sits and positions for perspective of surroundings. The position of the head on the neck will also determine the facilitation of what departs and enters the vault for systemic and endocrinologic order.

The cranium consists of 30 bones, most of which exist in an articulatory formation. The cranium is supreme as it houses the brain and is responsible for

all sensory perception. Autonomic, endocrine, and motor aspects of the body are controlled via the cranium; therefore, any significant abnormality potentiates dysfunction somatically. The ability to correct cranial dysfunction can be effective in resolving issues throughout the entire system. The dysfunctional patterns can occur through different stages of development, direct and indirect trauma.



The head also determines balance and equilibrium. The eyes sit to the side of the head fundamentally to deal with predators gaining vision on a wide spectrum. The position of the neck and the mobility of the neck and spine in coordination also determine the horse's ability to spontaneously move at speed and navigate effectively.



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Common cranial patterns of dysfunction

Central nervous system blockage
Endocrine disorders commonly via pituitary compression Cushing's, Ovary, and uterine issues.
PTSD s shock
Seizures
Head shaking syndrome and Uveitis
Visual problems
Emotional reactivity
Dental imbalance
Pelvis / sacral imbalance
Spinal issues
Vagal nerve regulation
Visceral / Organ motility
Colic
Neuro – Chemical toxicity

The cranium and its distribution are reliant on a central format configuration providing multiple dimensions of movement both internally and externally with flow space and expression of joint interaction integral in full functionality and expression of development.

The osteopathic approach can not only enhance the mechanical facilitation and therefore the ability of distribution but also provides a broader scope of diagnosis and approach which brings a far more palatable entry point for what may otherwise engage a guarding less cooperative form of compliance.

“What lies behind you.
And what lies behind you?
Pales in comparison to what lies inside of you.
(Ralph Waldo Emerson)



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Endometriosis Awareness

Endometriosis and other pelvic inflammatory disorders have become afflictions affecting an increasing number of women of childbearing age impacting fertility and most aspects of lifestyle therefore reducing progress in their chosen path.

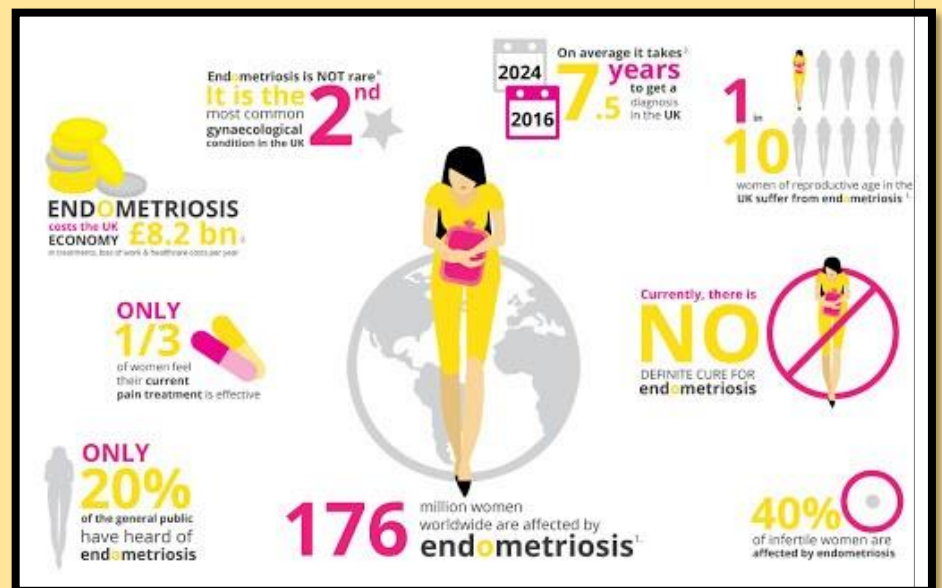
Endometriosis is a complex gynaecological condition characterised by the presence of ectopic endometrial tissues outside the uterine cavity and is frequently associated with debilitating pelvic pain.

The specific, facial aetiology of this condition is not quite velar and appears to be a multiple faceted impaction which includes hormonal,

immune and environmental regarding the space in which the reproductive system is situated.

The osteopathic approach to potentially alleviating symptoms and, the impacting effect is to install balance to the pelvic girdle which provides a housing for the uterus. The balance will maintain potential

space for the uterus to “float” enabling visceral(organ) motility (autonomic movement) removing static pressure and replacing with a rhythmic, regulated dynamic pressure.



ENDOMETRIOSIS AWARENESS



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A twisted or torsional pelvis may bring distortion to the connective tissue that supports and protects the reproductive system to the skeletal structure encompassing the pelvic housing. The distortion may compromise circulation as dynamic pressure accumulates, compounds, and impacts into static congestive pressure which can modify biophysical structure and function into a limited state of condition detracting from elements of regulation and rhythm.

The Structural balance of the pelvic will not only preserve biomechanical and functional (biophysical) efficiency but will

maintain inherent motility of the organ tissue relative to potential space dependent upon the housing of the pelvic girdle.

The precinct of the pelvic housing will be preserved through the multidimensional development that comes from consistent conditioning from a central structural format. This will allow a variable forum with a dynamic state of well-regulated rhythm attributing to the elimination of a convoluted state with minimal resistance in the form of repetitive strain.



James Phillips

Osteopath, Director of Marquee Health Clinic



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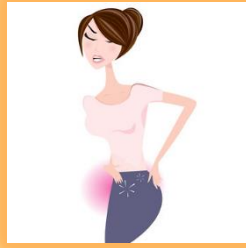
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What is Endometriosis



One of the most common causes of infertility is a mysterious medical condition called “Endometriosis”. Amongst the millions of women who are affected, forty per cent experience any symptoms other than the inability to fall pregnant, while some of the remaining sufferers complain of experiencing excruciating pain. The endometrium is the outer lining of the uterus. In the early stage of a woman’s monthly menstrual cycle, a surge of estrogen hormones causes that lining to expand to allow implantation of the egg if a pregnancy occurs. When it does not, enzymes in the body break down, and liquefy that superficial lining, which becomes the menstrual blood shed during the menses. In endometriosis, small sections of that layer are retained in the body.

These endometrial cells gradually migrate outside the uterus to implant themselves in a wide range of areas, inside, and outside the reproductive organs, including in the cervix, the fallopian tubes, the large intestine, the bladder, the thorax, and the lungs. Once implanted in these foreign sites, the endometrial tissue continues to respond to the hormonal fluctuation of the menstrual cycle, getting thicker prior to ovulation, and turning into blood during menstruation.



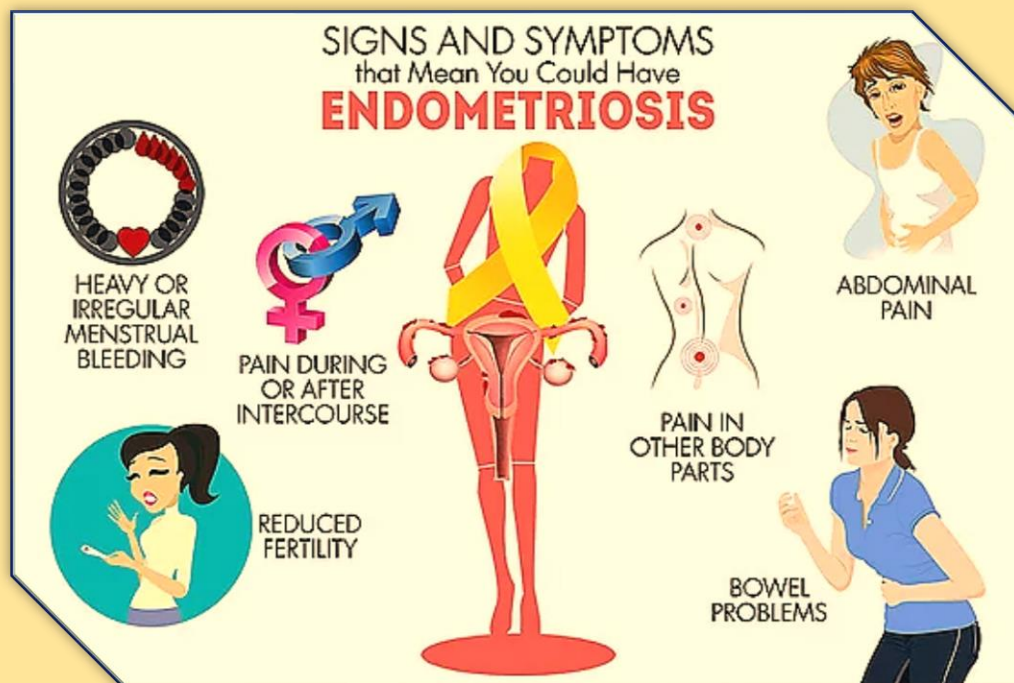
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Being in an enclosed space, these abnormal secretions cannot be expelled from the body, so they accumulate, and get inflamed, causing scarring and adhesions to the surrounding tissues. If the ovaries are involved, the blood stagnation can result in the production of fibrous cysts in the fallopian tubes which stops the egg being fertilized. Why does endometriosis occur is still a matter of controversy? One common theory is that this condition is the consequence of “retrograde

menstruation”, when some of the menstrual blood seeps backwards into the fallopian tubes and travels up the abdominal cavity during the monthly menses, but many women who experience retrograde menstruation do not get affected by endometriosis. Another theory is that these endometrial implants secrete the hormone prostaglandin causing spasms in the reproductive organs and impairing their capacity to function.

In fact, no one really knows!



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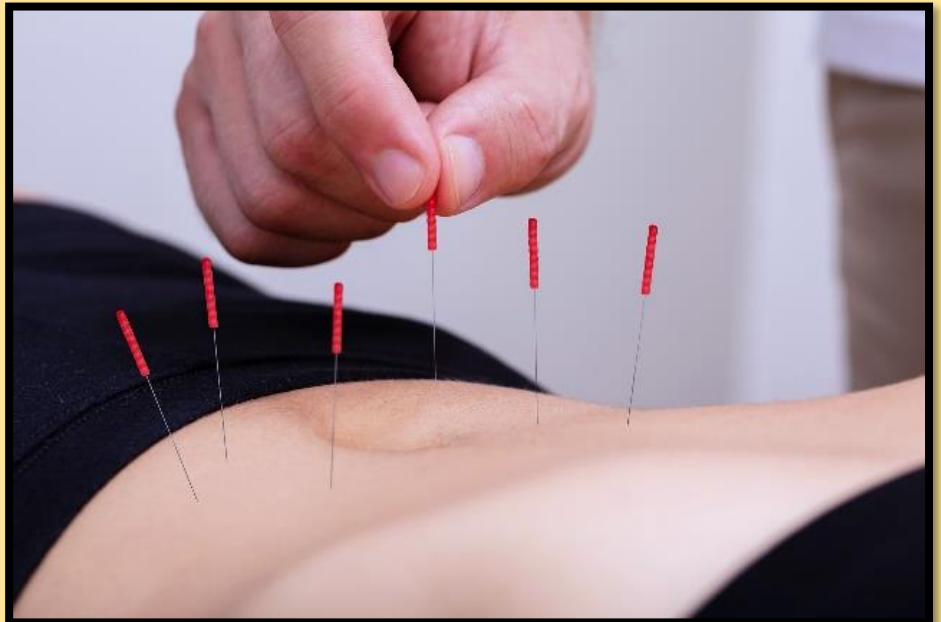


Symptoms

The main symptoms of endometriosis, apart from infertility, include severe menstrual pain, and cramping, pain during sexual intercourse, fatigue, pain during urination and bowel movements, diarrhoea, constipation, or nausea.

Endometriosis is classified according to the extent of pelvic adhesions and implanted foreign tissue, and the amount of blockage of the fallopian tubes. These different stages do not always reflect the level of pain experienced, risk of infertility, or the symptoms present. For example, a woman in the first stage could be in tremendous pain, while a woman in stage four might be asymptomatic. Nevertheless, being treated during the early stages of the disease is the best chance of regaining fertility. There seem to be increased incidence of endometriosis if a member of the family already has the condition. Lifestyle factors such as, drinking more than two coffees daily put women at a

greater risk. Ironically, cigarette smoking, which impairs the production of estrogen, appears to have the opposite effect. Also, having sex, or undertaking intense exercise during menstruation can increase the risks of retrograde menstrual flow which promotes the implantation of endometrial tissue outside the uterus. In contrast, regular moderate exercise seems to be beneficial.



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In Oriental medicine, endometriosis is caused by blood stagnation, or lack of circulation of blood in the deeper layers of the meridians. That blood stagnation in the implanted foreign endometrial tissues is detected as a toxic

substance by the immune system which then reacts by attacking all the endometrial cells in the body and creating inflammation and pain.



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The Oriental medicine's approach to treatment is to prescribe blood moving herbs, and ancient resins type substances such as frankincense, or myrrh which are used to break the blood stagnation at a deep level. A Japanese medical study conducted at the University of Osaka a few years ago, showed that the group of women who received a classic herbal with cinnamon twigs had their IgM antibody and inflammation levels decreased to such an extent that they remained pain free for months after the study was concluded. Also changing the diet, avoiding dairy and wheat products, reducing meat consumption, and taking flaxseed, evening primrose, or fish

oil supplements will restore the immune system, and eliminate the built up of fluid stagnation in the organs.

With the right diagnosis, lifestyle modifications, and appropriate treatments, the results can be highly effective. Many women, who had previously been told that they had no chance of achieving a normal birth, often get delighted when they are able to regain their health and have a successful pregnancy after a few months of regular herbal and acupuncture treatments.



Olivier Lejus

MH SC , BH Sc.

is a Sydney based registered acupuncturist and herbalist with a special interest in Infertility



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6 Step Mini kit
Make Your Skin Fresh & Glow





A six-step organic skincare regime tailor-made for oily/combination skin, this kit uses no creams and relies solely on cooling gels and light textured products instead to maintain an overall glow and nourishment for oily and combination skin types.





1 pc Silksplash Neem-Orange
Rehydrant Ayurvedic Face
Wash - 35 ml



1 pc Livelyclean honey
exfoliating face cleansing gel
- 35 ml



1 pc Fagel Instant Glow All
Purpose Beauty Gel - 15 g



1 pc Instaglow Almond
Complexion Pack - 20 g



1 pc No Sun Jojoba
Wheatgerm Sun Protection
Gel - 35 ml



1 pc Fair'e Mulethi Khus Skin
Brightening Gel - 15 g

Instruction to use the product.

Cleanse your
face daily with
Silk splash
Neem-Orange
Rehydrant
Ayurvedic Face
Wash

Lively clean
honey
exfoliating
face
cleansing gel
(twice a
week)

Fagel Instant
Glow All
Purpose
Beauty Gel
(Use daily)

Insta-glow
Almond
Complexion
Pack (twice a
week)

No Sun
Jojoba
Wheatgerm
Sun
Protection
Gel (Use
daily)

Fair'e Mulethi
Khus Skin
Brightening
Gel (Daily at
bedtime)

Some Tips for Protect the Skin



Protect your skin Everyday challenges to skin health are photodamage, skin problems due to air pollution or seasonal changes. Below are some tips to manage them.

Use moisturizer daily as it acts as a barrier between the skin and pollutants.

Limit exposure to UV light or use herbal sunscreens, use cooling glasses and use light colored cotton cloth to cover forehead, nose and chin when you go out.

use cooling glasses and use light colored cotton cloth to cover forehead, nose and chin when you go out

When you come back home, cleanse face using a mix of chickpea flour and rose water in summers and with mix of orange lentils and milk in winters.

Take rose water or cold infusion of sandalwood in a spray bottle and spray on your face whenever your skin feels irritated due to sun's rays.

Drink sufficient water or liquids or compensate to fluid loss through sweat in summers and to keep the skin hydrated and prevent dryness in winters.

Facial steam once a week opens the skin pores to help cleanse the skin deeply, hydrate the skin, and promote collagen production. It will be good to add a pinch of turmeric to the water used for steam as it has antibacterial and antioxidant properties.

Sherry Gupta

Beauty Therapist



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OSTEOPATHIC PERSPECTIVE ON GLAUCOMA

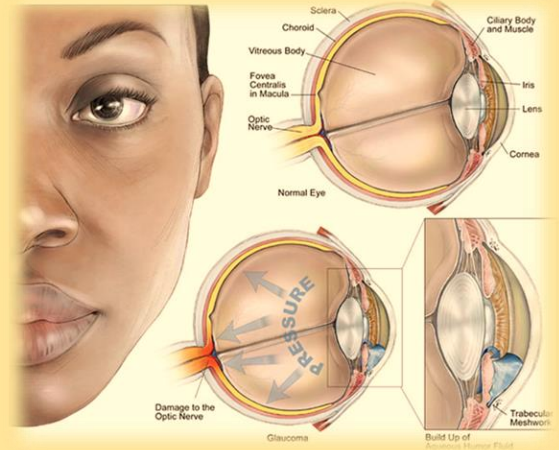
Glaucoma is a condition resulting in loss of visual acuity because of damage to the optic nerve. As this nerve gradually deteriorates, blind spots develop in your visual field. The nerve damage is generally related to increased pressure in the eye.

Elevated eye pressure is due to a build-up of fluid known as aqueous humour that flows throughout the inside of your eye. This internal fluid normally drains out through a tissue called the trabecular meshwork at the angle where the iris and cornea meet. When fluid is overproduced or the drainage system does not work properly, the fluid is prevented from flowing out at its normal rate and eye pressure increases.

The optic head has an intricate and highly vascular blood

supply originating from the ophthalmic artery. The anatomy of the vessels in the optic head is important for the understanding of diseases that affect this site and their treatment. Such an example is the obstruction of the optic nerve head arterial blood supply.

The common denominator regarding circulation is mechanoreceptor and baroreceptor imposition of these regulatory mechanisms. If equilibrium does not exist between arterial supply and venous drainage a static composition will accumulate resulting in morphological change to tissue with limitations regarding recovery because of stress and pressure. The orbital compartment will maintain increased pressure if fluid cannot move freely or consistently to the back of the head and out through the required channels which are the jugular veins and lymphatic vessels. Vascular Obstruction along with various other forms of intracranial



pressure can bring elements of structural distortion and therefore configuration that does not lend itself to potential flow space. The circulation that may be impeded to the nerve does not nourish and the reduced ability of drainage will fluctuate pressure as the orbital environment becomes blocked.

The ability of any environment to thrive requires a consistent blood supply with well-modulated neural innervation in and out of a region. The vascular network is reliant on an established thoroughfare that will not occlude the vessel and therefore disrupt the nerve and surrounding tissue.



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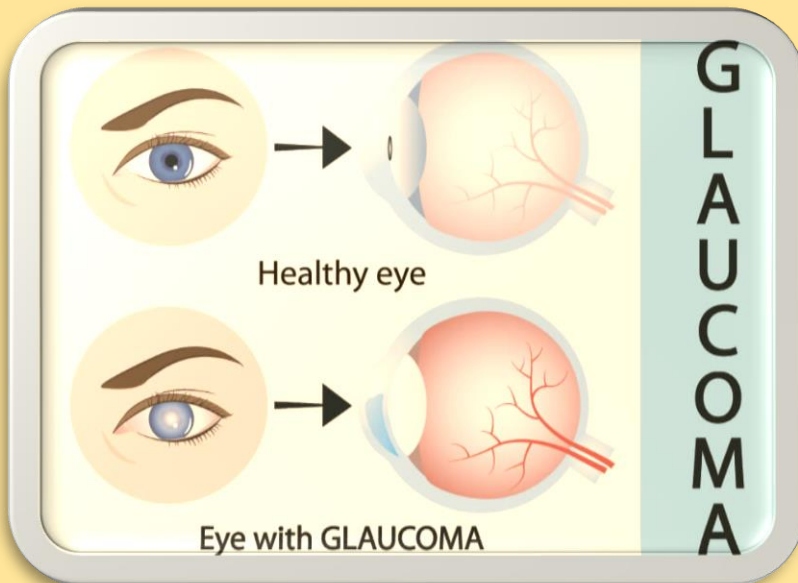
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The fundamental reasoning in osteopathic perspective in addressing any symptoms or conditions existing in the cranial vault or head is



The osteopathic approach to the removal of static pressure and influence of the systems dynamic ability can play a contingent role in influencing circulation on a consistent

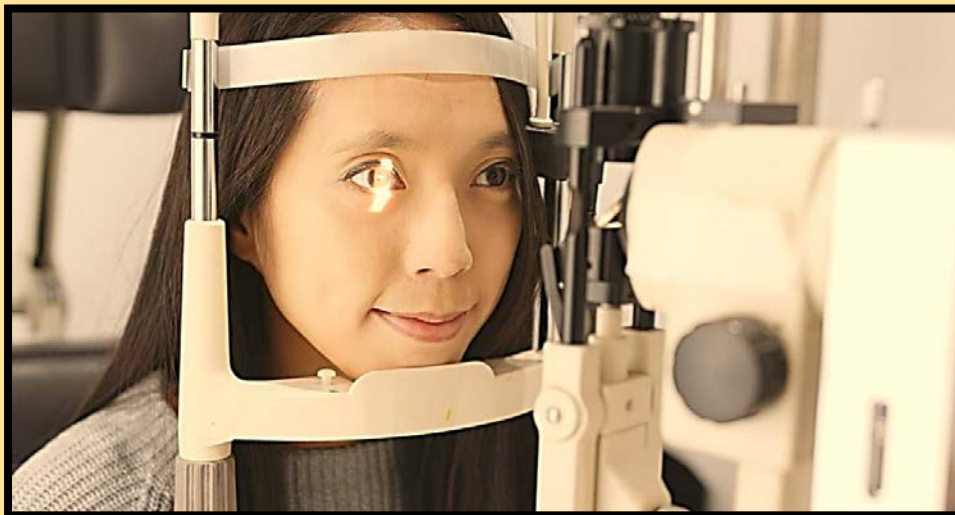
basis. The direct and indirect techniques applied osteopathically lend towards the system's inherent ability to change in respect to tolerance and sensitivity.

The many fundamental problems that go unresolved in the system hinge on the ability of the vascular system and can often be viewed from a static or dynamic state to consider efficacy or deficiency.

The osteopathic approach lends itself to encourage flow on a consistent basis leading to the removal of limitation and towards expansion playing a major role in

reducing the accommodation of a compounding problem too often not recognised before a correction for regeneration and repair is formulated.

to establish and maintain space. This can be addressed through the central structural format and the support mechanisms for the head. The involuntary respiratory mechanisms or the system's ability to maintain deep of breath will modulate and gauge the provision of fluid dynamic throughout microcirculation incremental at rest through parasympathetic regulation.



James Phillips

Osteopath, Director of Marquee Health Clinic



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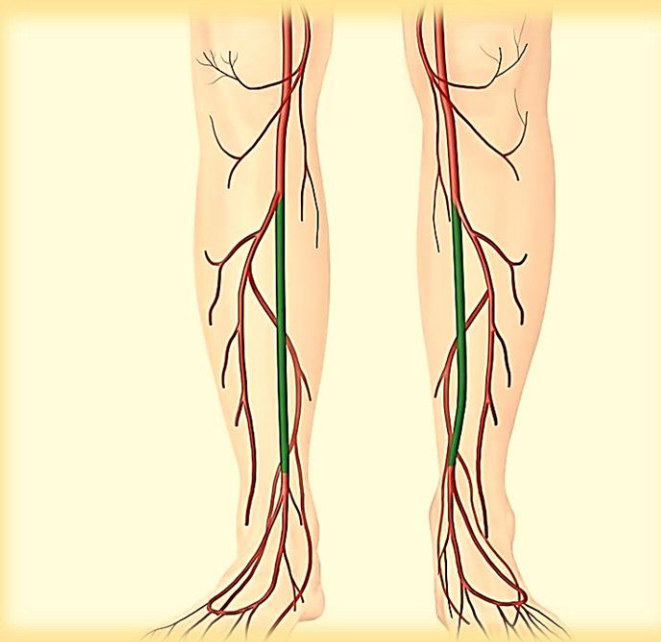
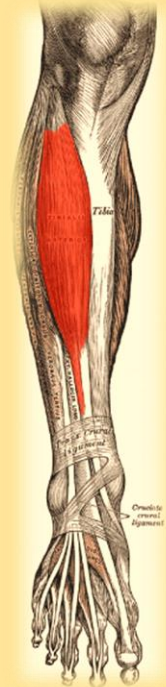
Muscle of the Month

Tibialis Anterior

The Tibialis Anterior is a thick and fleshy muscle that sits on the lateral side of the tibia (shinbone) and is quite easy to palpate. The muscle inserts into the base of the first metatarsal bone in the foot, located just behind the big toe. It also inserts to the medial and inferior surfaces of the medial cuneiform tarsal. The tibialis anterior muscle helps with dorsiflexion, which is the action of pulling the foot toward the shin. It also inverts (tilts inward) the foot at the subtalar and midtarsal joints and holds up the medial longitudinal arch of the foot as well as extends the toes. In addition to these actions, the tibialis

anterior is also involved in lowering the foot back to the ground during walking or running, requiring an eccentric contraction. It is especially important to stimulate the legs, ankles and feet as your feet are the first part of the body to hit the ground and what happens at the feet does not stay at the feet, it travels up in what is referred to as ground reaction force! This means that any impact occurring at the foot can cause a ripple effect that can determine the functionality of other areas of the body.

Having a drop foot from tibialis anterior weakness can prevent you from walking normally and can limit your ability to accomplish your daily tasks. Massage is important to get things moving normally again, and exercises to help strengthen the muscles around your ankle may be necessary to help you regain normal strength and return to optimal function and mobility.



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When your anterior muscle is weak, you will not be able to fully flex your foot. This may keep your ankle in a position where your calf is shortened. A shortened calf means a tight muscle, so massage and stretching for your calf is necessary to fully correct your foot drop.

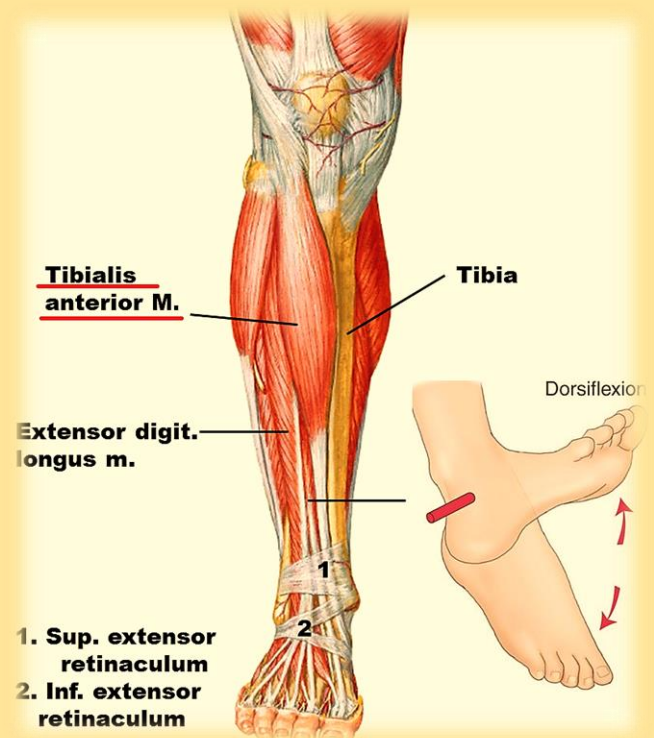
A simple method to stretch your calf is by doing the towel calf stretch:

Wrap a towel around the ball of your foot, keep your knee straight.

Pull the ends of the towel so your foot flexes up and stretches your calf.

Hold the stretch for 15 to 30 seconds.

Relax.



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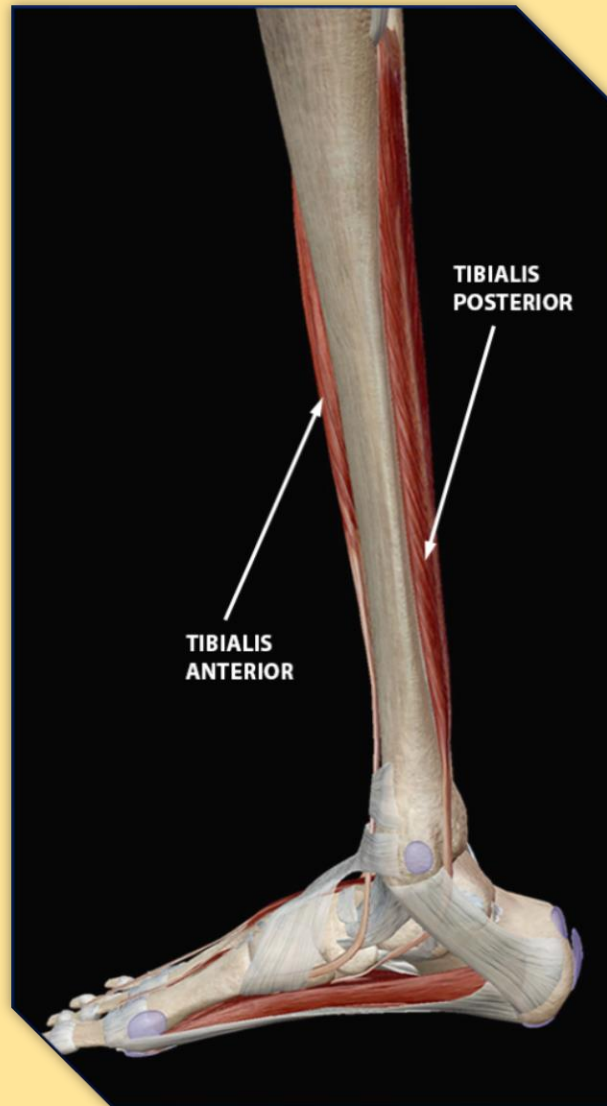


Conditions that may cause anterior tibialis weakness include:

- ♣ Sciatica
- ♣ Peroneal nerve injury
- ♣ Transverse myelitis
- ♣ Stroke
- ♣ Multiple sclerosis

Shin splints are a common complaint, especially among participants of running sports. The term 'shin splints' is colloquially used to describe shin pain along the shin's inside or front edges. The two regions where you can suffer shin splints are anterior and posterior shin splints. Shin splints are caused by overstraining of your muscles where they attach to your shin.

The most common cause is overuse or overtraining associated with inadequate foot and leg biomechanics. Shin splints can result from several mainly biomechanical factors (abnormal movement patterns) and errors in training.



As a result of repeated overuse, one or more of your muscles in the lower leg may become injured through excessive loading stress. This overload can result in muscle tenderness, inflammation, or knots. The most common muscles that cause shin splints are tibialis anterior (anterior shin splints) and tibialis posterior (posterior shin splints).

It is important to understand your body mechanics, to raise awareness so it is not neglected and to not overlook it when issues arise.

Ramon Tupac Perez
Massage Therapist



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MOMO, (DUMPLING)

Momo is one of the most popular items among the different varieties of Nepali food. In fact, Momos are so popular in Nepal that almost every restaurant offers it on their menu. Momo is a dumpling made of all-

purpose flour and filled with either meat or vegetables. Inspired by Tibetan dumplings, the dish is an extremely popular Nepali street food.

In Nepal, the most common type of momos are buff (buffalo)

momos followed by chicken and mutton. A few restaurants also offer special momos such as cabbage momos & cheese momos but non-veg momos are still the favourite among most of the Nepalese.



Ingredients

- ♣ 500 gm of minced meat
- ♣ 1 finely chopped onion
- ♣ Some finely chopped coriander (optional)
- ♣ 2 tablespoons of ginger and garlic paste each.
- ♣ 1/2 tablespoon of coriander powder
- ♣ 1/2 tablespoon of turmeric powder
- ♣ 1/2 tablespoon of momo masala (available in Asian grocery store)
- ♣ 2 tablespoons of grated chilli (optional)
- ♣ 2 tablespoons of vegetable oil
- ♣ 2 tablespoons of salt
- ♣ 1 kg of flour or 3 packets of premade dumpling wrappers available in Asian market

Recipe

Making momos includes three process: you will first need to prepare fillings, then the wrappers, and finally you can cook them.

Preparing the fillings

- ♣ Add 1 finely chopped onion to the minced meat.
- ♣ Add half a tablespoon of turmeric powder. This is to add a bit of colour to the meat.
- ♣ To enhance the flavour of the filling add 2 tablespoons of salt.
- ♣ Add 2 tablespoons of grated chilli. You can add a bit more if you want the momos to be spicy.
- ♣ Add 2 tablespoons of ginger and garlic paste each.
- ♣ Add half a tablespoon of coriander powder and momo masala to make the filling taste a bit sour.
- ♣ Mix the spices with the meat.
- ♣ Add 2 tablespoons of vegetable oil and mix it again. The oil prevents the filling from getting too dry (Nepalese love momo with juicy fillings).
- ♣ Add finely chopped coriander.
- ♣ Mix them well.



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2. Making the momo wrappers

You can also buy pre-made dumpling wrappers which can be easily found in Asian supermarket instead of making wrappers by yourself.

- ♣ Put the flour into a bowl.
- ♣ Add water a little at a time to the flour to make dough.
- ♣ Knead the dough for a few more minutes. This makes the dough easier to use.
- ♣ Pinch off a bit of the dough (the amount depends on how big you want the wrapping to be).
- ♣ With a rolling pin roll the dough as thin as possible into circular shapes (do not make them too thin or too thick) the size of a glass.

Tip: Roll a large amount of dough then use a glass to cut out smaller wrappers. Steel glasses are best for this.



3. Cooking the momos

- ♣ Now comes the most difficult part: packing and cooking the momos!
- ♣ Put around one tablespoon of the filling into the centre of the wrapping.
- ♣ Pinch one edge of the wrapping to the other edge then twist it.
- ♣ Keep doing this until the filling is covered (make sure the wrapping fully covers the filling otherwise the momos may break when steamed).
- ♣ Heat up a steamer with water to boil, oil the bottom of steamer rack well to prevent dumplings from sticking.
- ♣ Put the momos in a systematic order so that they do not touch each other.
- ♣ Steam for 20 – 30 mins.



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Sauce for Momo

Momos taste great on their own but some achar or sauce takes the taste one step further. In fact, some momo shops in Nepal are just popular due to their unique achar.

Ingredient

- ♣ 10 tomatoes
- ♣ 3 tablespoons of sesame seeds
- ♣ 1 tablespoons of cumin seeds
- ♣ 2 tablespoons of oil
- ♣ 2 tablespoons of red chilli paste.
- ♣ 2 tablespoons of garlic paste.
- ♣ 2 tablespoons of ginger paste
- ♣ 1 tablespoons of coriander powder
- ♣ 1 tablespoons of turmeric powder
- ♣ 2 tablespoons of salt
- ♣ 1 lemon
- ♣ 700 ml of water

Recipe

- ♣ Roast 3 tablespoons of sesame seeds and 1 tablespoon of cumin seeds in a frying pan till it turns brown.
- ♣ Add 2 tablespoons of oil to the frying pan and heat it.
- ♣ Chop 10 tomatoes and add it to the frying pan.
- ♣ Add 2 tablespoons of red chilli paste, 2 tablespoons of garlic paste, 2 tablespoons of ginger paste, 1 tablespoon of coriander powder and 1 tablespoon of turmeric powder.
- ♣ Cook the mixture until the tomatoes are slightly cooked.
- ♣ Add 2 tablespoons of salt (the amount of salt can be varied according to your taste).
- ♣ Add 700 ml of water to the mixture.
- ♣ Put it in a blender and blend it until it gets smooth.
- ♣ Squeeze a little bit of lemon juice (this also varies according to your taste).

Tip: The sauce tastes better when it is cold.



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Sumita Gurung
Font Office Receptionist & Social Support Work

MARQUEE HEALTH REMEMBERS

NAT KING COLE

17/03/1919 – 15/02/1965

Nathaniel Adams Coles, known professionally as Nat King Cole was an American jazz singer, pianist and song writer who recorded over 100 songs that became hits.

Nat was also an actor and television personality who performed on Broadway and became the first African - American man to host an American Television series. He was also the father of famous singer - songwriter Natalie Cole (1950-2015) and uncle to our very own adopted Australian Nephew Mr Lionel Cole also a world-renowned musician.



"The whites come to applaud a Negro performer just like the colored do. When you have got the respect of white and colored, you can ease a lot of things."



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EARLY LIFE

Born in Montgomery, Alabama, Nat had three brothers and a sister, each pursuing a musical career. When Nat was 4 years old his family moved to Chicago, Illinois, where his father Edward Coles became a Baptist minister. Nat learned to play the organ from his Mother, Perlina, the church organist. He began formal lessons at 12 years of age, learning jazz, gospel, and classical music on the piano from Johann Sebastian Bach and Sergei Rachmaninoff. He later joined the news delivery boys' "Bud Billikin Club" band for the Chicago Defender.

The family later moved to the Bronzeville Neighbourhood of Chicago, where he attended Wendell Phillips Academy high school participating in Walter Dyett's music program at DuSable high school. He would often sneak out of the house to visit clubs, sitting outside listening to Louis Armstrong, Earl Hines, and Jimmie Noone



EARLY CAREER

At the age of 15 years Nat dropped out of school to pursue a musical career after his brother Eddie a bassist came home from touring in which they formed a sextet recording two singles for Decca records under Eddie Coles Swingsters. After performing on tour in a revival of the musical shuffle along, Nat settled in Los Angeles in 1937 where he married Nadine

Robinson a member of the cast. When a club owner asked Nat to form a band, he hired bassist Wesley Prince and Guitarist Oscar Moore calling themselves the King Cole Trio making radio transcriptions and recording for small labels. Nat recorded his first hit in 1940 "Sweet Lorraine", according to legend after a drunken bar patron demanded Nat sing his vocal talents became evident with requests increasing, he continued to oblige.



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1940s

The trio recorded for Decca and Excelsior records, later performing at the first Jazz Philharmonic concerts in 1944. In 1946 the trio broadcast King Cole Trio time, a 15-minute radio program being the first radio program sponsored by a black musician. Between 1946 and 1948 they performed on the radio programs swing soiree, old gold, the chesterfield supper club, Kraft music Hall and the Orson Welles Almanac. Nat began recording and performing pop-oriented material cementing his

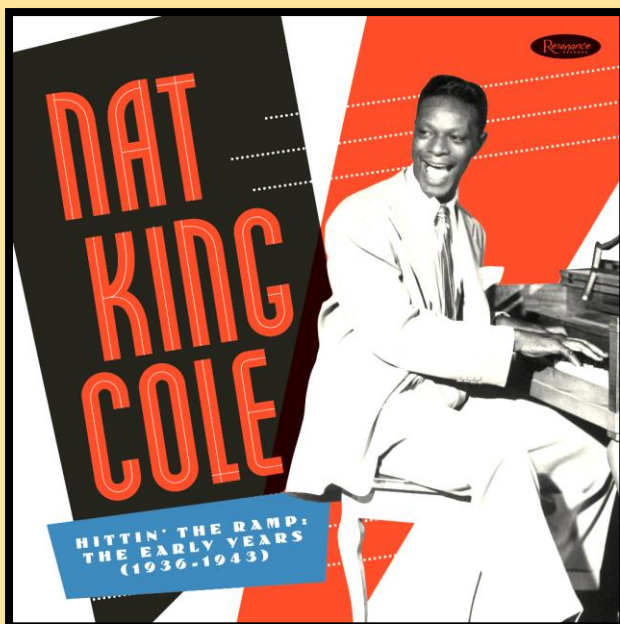
popular statue with hits such as "All for you" "The Christmas Song" "Get your Kicks on Route 66" "There I've said it again" "Nature Boy" "Frosty the snowman" "I Love you for sentimental reasons" "Mona Lisa" (No. 1 song 1950) "Orange Coloured Sky" and "Too Young" (No. 1 song for 1951).

1950s

In June 1953, Nat performed for the famed ninth Caldecade of Jazz at the Wrigley field in Chicago featuring Roy Brown and his Orchestra, Shorty Rogers, Earl Bostic, Don Tosti and his Mexican Jazzmen and Louis

Armstrong and his all-stars with Velma Middleton.

In November 1956, the Nat "King" Cole show debuted on NBC, the first by an African - American running until 1957 ending due to a lack of sponsorship. Nat continued to record hits selling millions throughout the world later receiving a Grammy award in 1959 for best performance for a top 40 artist for "Midnight Flyer". Nat also toured Cuba where his popularity led to the release of several Spanish language.



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1960s

In 1960 Nat joined Capitol Records which was established by Frank Sinatra and recorded the hit album "Wild is Love" later retooling the concept album into an off-Broadway show, "I'm with you".

Nat continued to record singles some expanding into a more popular and country flavour such as the hit "Ramblin Rose" with "Those Lazy-Hazy-Crazy Days of Summer" his last top ten hit reaching number 6 in 1963. He performed in many short films, sitcoms and television shows

which included St Louis Blues (1958) in which he played W C Handy. He also appeared in the Nat King Cole story, China Gate and The Blue Gardenia (1953).

In 1964 Nat made his final appearance on the Jack Benny program where he was introduced as "The Best Friend A Song Ever Had" he says, "When I Fall in Love" Cat Ballou (1965) his final film was released several months after his death.

With his shift towards traditional pop, Nat was accused by some jazz critics of selling out, but he never abandoned his

jazz roots recording an all-jazz album in 1965 "After Midnight" with many of his albums fundamentally jazz based, being scored for big band without strings, although the arrangements focused primarily on the vocal rather than instrumental leads.

One of Nat's hits from 1954 "Unforgettable" was made famous again in 1991 by his daughter Natalie with modern recording technology was used to reunite father and daughter in a duet. The duet version rose to the top of the pop charts almost 40 years after its original popularity.



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PERSONAL LIFE

Nat was 18 years old when he married Nadine Robinson after meeting on tour with the all-Black Broadway musical "Shuffle Along" the marriage ending in 1948, six days after being confirmed he married singer Maria Hawkins. They were married in a Harlem Baptist church by Adam Clayton Powell Jr, they had five children. Maria remained with Nat until his death and

consistently emphasised his musical legacy and the class he exhibited despite his imperfections.

Nat King Cole experienced his share of racism and violence. After buying a house and moving into an all-white neighbourhood he was told the community did not want any undesirables coming there. Nat responded and displayed the class and character that he carried, by saying, good, neither

do I and if I see any undesirables coming here, I will be the first to complain.

Nat did not distinguish between the colour of his audience finding popularity through a wide spectrum of society. He was often criticised for not supporting segregation even though he would be contracted to play at clubs that would not serve him.



Nat King Cole and Maria Cole in 1960, They married in 1948.



Nat and Maria with their daughters, Cookie Cole (Right) & Natalie Cole



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MARQUEE HEALTH

VITAL SIGNS

BLOOD PRESSURE

Blood pressure is the force of blood as it flows through the artery walls during contraction and relaxation of the heart and is measured in millimetres of mercury (mmHg). This vital sign considers systolic and diastolic measurements. A normal systolic range is between 100 to 140mmHg and a normal diastolic is between 60 and 89mmHg (Lough 2015).



The measurement of a person's blood pressure is recorded as two different numbers—the systolic blood pressure and the diastolic blood pressure. These two numbers reflect different aspects of the pressure being exerted by your blood as it pulses through your arteries.

Systolic Blood Pressure

Systolic blood pressure, the top number, measures the force that heart exerts on the walls of the arteries each time it beats. When the heart beats, it squeezes and pushes blood through the arteries to the rest of our body. This force creates

pressure on those blood vessels, and that is the systolic blood pressure. A normal systolic pressure is below 120. A reading of 140 or more means we have high blood pressure.

Diastolic Blood Pressure

The diastolic reading, or the bottom number, is the pressure in the arteries when the heart rests between beats. This is the time when the heart fills with blood and gets oxygen. A normal diastolic blood pressure is lower than 80. A reading of 90 or higher means you have high blood pressure.



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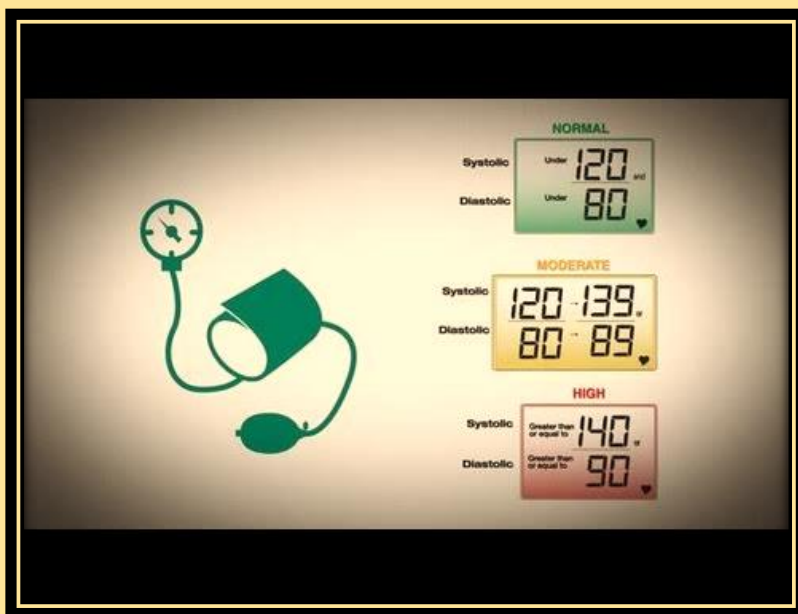
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Healthy and unhealthy blood pressure ranges

NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



Akriti Kafle
Front office Receptionist,
Nursing Student



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EXERCISE PRINCIPLES

ANAEROBIC V AEROBIC

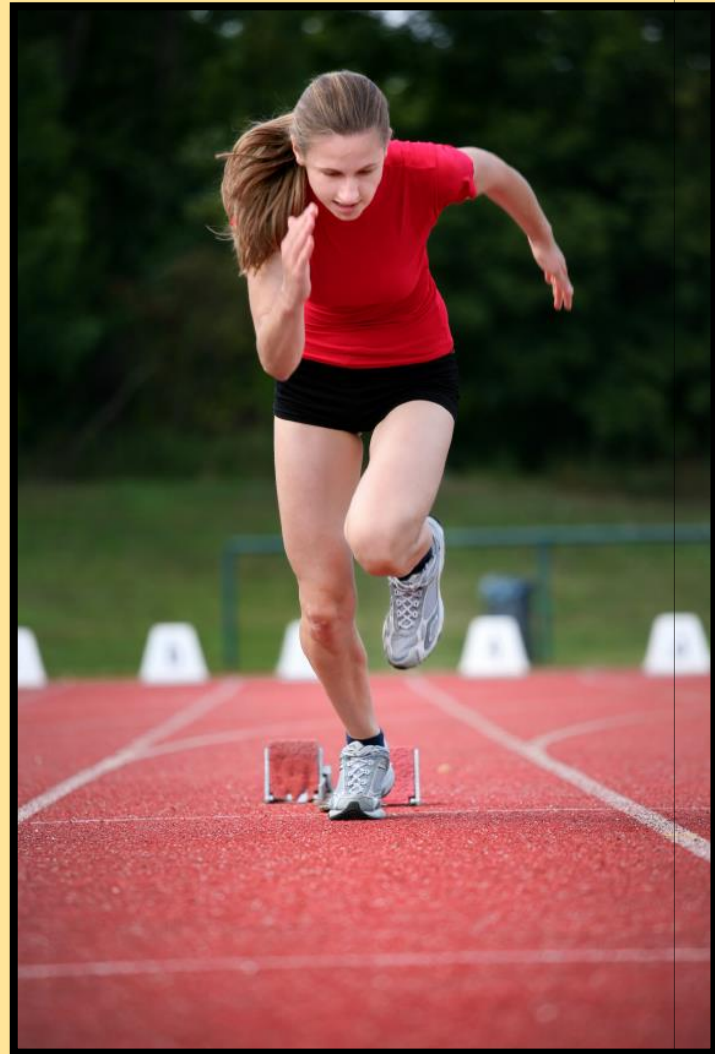
ANAEROBIC TRAINING

Anaerobic exercise utilises the metabolic cycle of glucose to produce energy which makes it oxygen independent or without the need for oxygen. This pathway utilises ATP as its energy substrate, as a result producing less energy per molecule of glucose utilised in comparison to aerobic exercise.

Anaerobic training improves the capacity to maintain a high rate of power production for short duration at high intensities during which the muscles rely heavily on production of energy without adequate oxygen supply. The muscle recruitment and muscle contractile function through the sustained explosive activity where the onset of fatigue is developed tends to result in increased efficiency of the metabolism while also improving the tolerance of lactic acidosis.

The anaerobic action relies

on fast twitch muscle fibres also known as type II white fibres due to less blood supply. The component of fast twitch fibres in the skeletal muscle will depend on training, muscle function and age. The fast twitch fibre is more difficult to develop and maintain due to the energy release required and therefore has a tendency with acute injuries due to the specific aspects required for recovery where the training needs to be measured and scaled accordingly.



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AEROBIC TRAINING

Aerobic training is performed to increase fitness levels of aerobic capacity. The aerobic capacity of an individual is the ability to utilize the body's glycogen stores via the aerobic metabolic pathway.

The aerobic capacity is measured by the maximum oxygen consumption also known as the VO₂max, the maximum amount of oxygen an individual can utilize in one minute per kilogram of body weight. This can be measured by exercising an individual to exhaustion and then directly measuring the amount of oxygen consumed and carbon dioxide produced.

In muscle, aerobic activity increases mitochondrial number and activity, glycogen storage, ability to use free fatty acids and vascularity. Cardiovascular effects include decreased heart rate and blood pressure with increased cardiac stroke volume and improved endothelial function.

Aerobic training effects occur while maintaining a heart rate between 70% -85% of



the maximum heart rate. Maximum heart rate is measured by subtracting the age of the athlete from 220.

The skeletal muscles that are aerobic in nature are slow twitch muscle fibres being fatigue resistant focused on sustained smaller movements and postural control. They contain more mitochondria and myoglobin. The slow twitch aerobic fibres support long distance and endurance events and training



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MUSCLE FIBER TYPE COMPARISON CHART

Characteristic	Slow-Twitch Type I	Fast-Twitch Type IIA	Fast-Twitch Type IIX
or IIB			
Activities	Marathons, distance	Powerlifting,	Powerlifting,
running, swimming, cycling, power walking, endurance training			
sprinting, jumping, strength and agility training			
sprinting, jumping, strength and agility training			
Muscle Fiber Size	Small	Large	Large
Force Production	Low	High	Very High
Resistance to Fatigue	Slow	Quick	Very Quick
Contraction Speed	Slow	Quick	Very Quick
Mitochondria	High	Medium	Low
Capillaries	High	Medium	Low
Myoglobin	High	Medium	Low
ATPase Level	Low	Medium	High
Oxidative Capacity	High	Medium	Low

James Phillips

Osteopath, Director of Marquee Health Clinic



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**“THE MEASURE OF WHO WE ARE
IS WHAT WE DO WITH WHAT WE HAVE”**

VINCE LOMBARDI

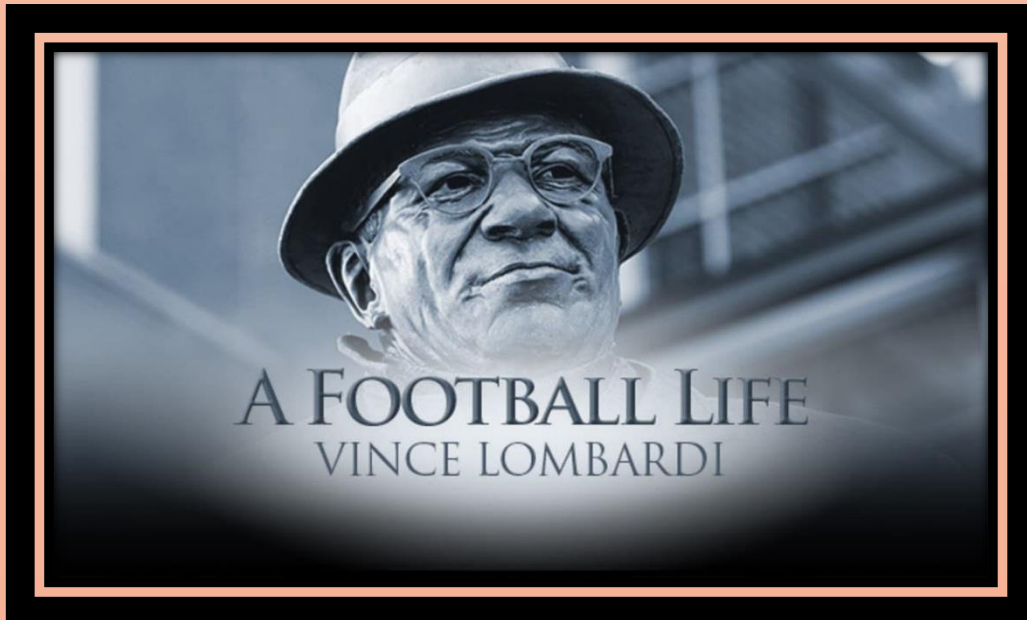


Figure 2: Vince Lombardi: The Coach Who Put Green Bay on the Map | A Football Life

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