



MARQUEE HEALTH MAGAZINE



EVER EVOLVING

MAY 2021 EDITION VOL-6



**Marquee Health
Magazine**

Editor - Iffat Ara

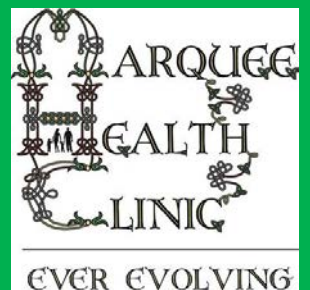


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Introduction

Month of May Respect

The month of May brings perspective & highlight to a broad scope of societal needs and afflictions with a special day of celebrations.

The many conditions recognised and managed through dedicated physicians and researchers are acknowledged and detailed in Marquee awareness which we hope you become familiar with.

The special day of celebration is of course for those we know as Mum's. A day to spoil directly or give a special thought if in remembrance.

The month of May also has a strategic place in the calendar with the seasonal shift and the opening rounds of sport that take place this time of year requiring strategy to go up a gear.

The imperative place of health in everyone's life plays major importance in the scope of culture at Marquee Health and the dedication we provide to installing and maintaining this asset throughout your existence aiding ability and constitution through resolution.

The team at Marquee Health hopes the year ahead pushes forward in a positive manner to or beyond your expectations and will always be here to engage the necessary intervention if those milestones fall short or some form of restriction creates a resistance to the engagement and participation towards your success.

With Respect

James C Phillips

"A person's reach should exceed their grasp"

Robert Browning



Awareness Month



Adenomyosis Awareness Month

Neurofibromatosis is a hereditary condition which can appear at any point in a sufferer's life, providing they have the 'misprint' in their chromosomes which causes it.

Because it is genetic, there is not much which can be done to prevent it from appearing in those affected.

A generic mutation, neurofibromatosis can manifest itself in lots of bumps and tumors across the body. The tumors are usually non-cancerous, but they can appear in huge amounts and in some cases are quite disfiguring. This day is about raising awareness about the condition, helping those who have it to better understand it and to help remove the stigma that some have suffered due to its disfiguring aspects

History of Neurofibromatosis Day

The condition has been around for centuries, with a number of records describing patients with persistent 'warts' and what would become known as 'cafe au lait' spots.

There are two types of neurofibromatosis.

NF1 can be spotted early on with the appearance of flat brown birthmarks, or freckles in places not normally expected. This type of neurofibromatosis also manifests itself with lumps and bumps on the skin, called neurofibromas. Because it can cause learning difficulties, it is important that it is picked up early on in a child's life.

The second type, **NF2**, tends to start showing itself in teen years or later. It appears as nervous system tumors,

which tend to form on the brain and on the spine. Although the tumours found in NF2 are usually not cancerous, they can cause some health problems such as deafness or hearing loss and some problems with mobility. Unlike NF1, if you have NF2 you are much more likely to need operations or treatments for the brain or spinal tumors at some point in your life.

For some, it is possible to have the small tumors surgically removed, and this is often an option for sufferers who find that the tumors are causing issues in mobility.

For many people with neurofibromatosis, the symptoms are more than mild enough to get on with a normal productive life. In some extreme cases, however, tumors can cause cosmetic issues and as a result, psychological trauma.

<https://www.daysoftheyear.com/days/neurofibromatosis-awareness-day/>





Miracle Month of May

Miracle Month of May is a chance to raise awareness and funds for premature and sick newborns, their families and the hospitals that care for them.

In 2017, some 2.5 million newborns died, mostly from preventable causes. Almost

two-thirds of babies who die were born premature. And even if they survive, these babies face chronic diseases or developmental delays. In addition, an estimated 1 million small and sick newborns survive with a long-term disability.

<https://www.waitaramedical.com/2020/05/01/miracle-month-of-may-2020/>



Ehlers-Danlos Awareness Month

The Ehlers-Danlos Society kicks off Ehlers-Danlos Awareness Month on **Monday, May 1**. This month-long observance of awareness, education, outreach, and fundraising for the Ehlers-Danlos syndromes and related disorders first began in 2006.

“More awareness is needed for these often misdiagnosed and misunderstood conditions,” Director of The Ehlers-Danlos Society, and an EDS patient herself. “For too long, patients have had to wait years, even decades, for a diagnosis. Until an accurate diagnosis is made, patients cannot get the proper care they

need to handle the many debilitating manifestations of their condition. Their goal is to make the Ehlers-Danlos syndromes so widely recognized that these patients get the care they need as soon as they present with symptoms.”

The Ehlers-Danlos syndromes are a collection of thirteen multi-systemic, heritable disorders affecting connective tissue, the most abundant tissues in the body. Except for the hypermobile Ehlers-Danlos syndrome, each type is a distinct entity defined by mutations in a single or small set of genes. Common features among

the types include joint hypermobility, skin fragility, chronic pain, and fatigue. More severe types, such as Vascular Ehlers-Danlos



syndrome, can be life-threatening, as fragile blood vessels and internal organs can spontaneously rupture.

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This is the first of May Awareness Month since the Ehlers-Danlos syndromes received a major classification update in March of this year with the release of 18 new papers in the American Journal of Medical Genetics. The Ehlers-Danlos Society, representing a recently formed international consortium of over 90 experts on the Ehlers-Danlos syndromes, released the culmination of two years of review on March 15. This publication clarified the bases for the diagnosis of and the descriptions of more than a dozen different types of the Ehlers-Danlos syndromes. This long-awaited review updated the diagnostic criteria for the first time in 20 years and provided management and care guidelines. It also introduced the newly described hypermobility spectrum disorders.



The theme for The Ehlers-Danlos Society's 2017 Ehlers-Danlos Awareness Month is #DazzleTogether. Patients with Ehlers-Danlos syndromes are often referred to as "zebras," which references a popular medical school mantra, "When you hear hoof beats,

think horses, not zebras," equating zebras with rare diseases. In the wild, a group of zebras is called a dazzle.

<https://www.ehlers-danlos.com/may-ehlers-danlos-awareness-month/>

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Awareness Month

May is Crohn's & Colitis Awareness Month with World IBD Day, which falls on 19 May.

World IBD Day is an annual global campaign to raise awareness of Crohn's and Colitis and shine a light on lives of people with IBD, which affects an estimated 1 in 250 Australians.

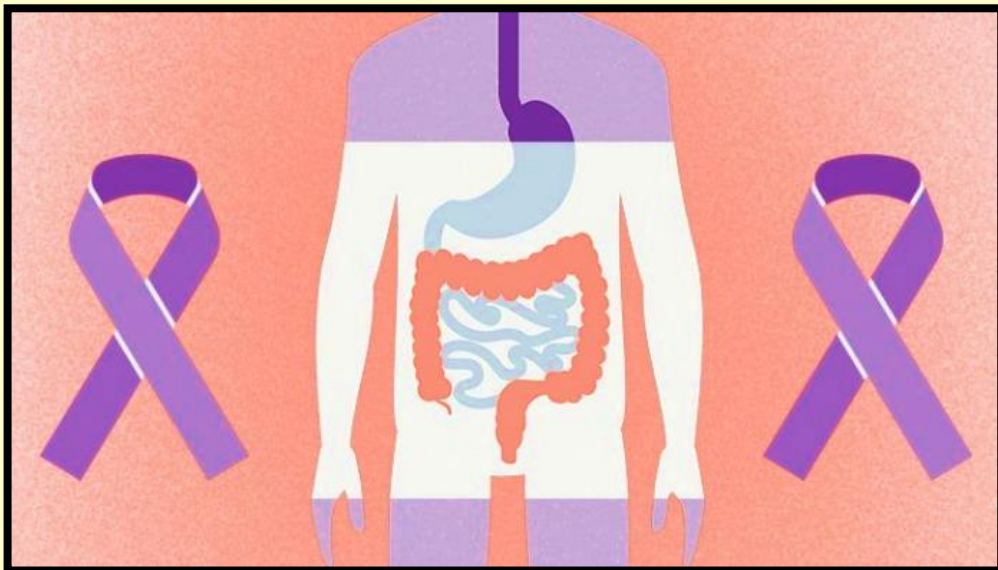
Crohn's Disease and Ulcerative Colitis are Lifelong gastrointestinal disorders that commonly present themselves in children, adolescents, and adulthood.

Collectively known as Inflammatory Bowel Disease (IBD), the conditions are an emerging global disease, with Australia having one of the highest prevalence in the world. More than 80,000 Australians live with these

conditions, with numbers expected to increase to more than 100,000 by 2022.

The conditions are becoming more prevalent, more severe, and more complex and are being diagnosed in more and more incredibly young patients.

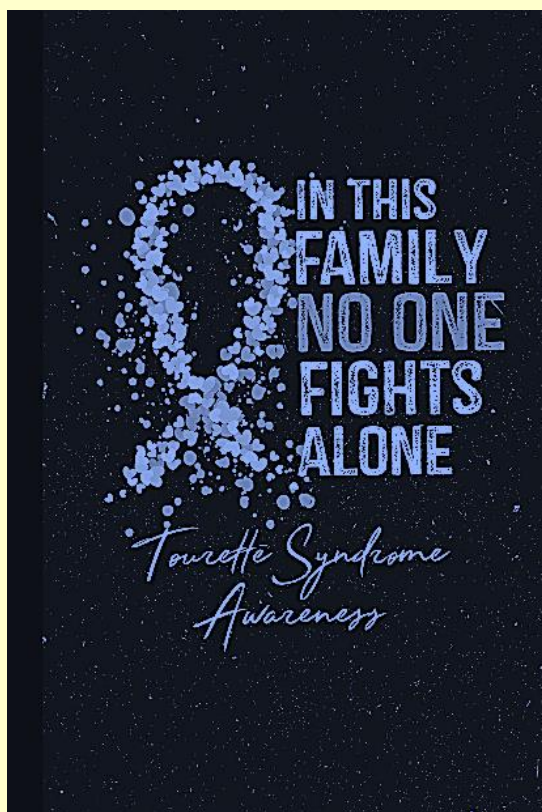
<https://synrad.com.au/crohns-colitis-awareness-month/>



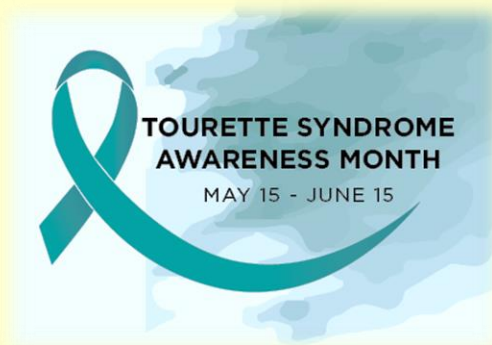


Tourette Syndrome Awareness Week

Each year in the first week of May, the Tourette Syndrome Association of Australia (TSAA) holds a National Awareness Week to help spread the message of Tourette Syndrome (TS). The intention of the week is to make us stop, think, and understand more about Tourette Syndrome and to encourage everyone to do one thing



problem as these are still widely misunderstood mistake tics for sickness. This highlights a strong need for a greater understanding



in order to enhance knowledge and understanding in the community.

In 2020, Tourette Syndrome Awareness Week falls on this week (4-10 May). With COVID-19 and the associated pandemic being so prevalent this year, the focus of the campaign is on the pandemic, the impacts it has had, and resources to manage self-isolation in the COVID-19 environment for those living with Tourette Syndrome.

Adjusting to self-isolation and social distancing measures has and continues to be a challenge for us as a society. However, those living with Tourette Syndrome face a whole new set of difficulties and it seems that they are experiencing exacerbated symptoms as a result. The pandemic is exacerbating involuntary behaviours and 'invisible' conditions associated with TS and this poses a

around the complexities of the disorder.

<https://www.torrens.edu.au/en/blog/tourette-syndrome-awareness-week#.YH0EEWczaU>





World Asthma Day

The aim of the day is raising awareness of asthma and how it affects sufferers. The day falls on the first Tuesday in May each year and aims to raise support for sufferers and their families. World Asthma Day 2019 is on May 2nd. World Asthma Day was launched in conjunction with the first World Asthma Meeting in Barcelona and has grown to become the biggest international asthma event. Activities for World Asthma Day may include free screenings for asthma, media advertising, talks, education and community and sponsored events.

Asthma is a chronic lung disease which causes breathing difficulties and affects sufferers to varying degrees, asthma is caused by swelling and inflammation of the bronchial tubes, sometimes in reaction to allergens, exercise, stress, or changes in temperature. Asthma is not usually curable but can be controlled to certain extents, depending on how it affects the sufferer. If asthma is controlled then sufferers can live relatively normal lives, although some triggers may have to be avoided.

Asthma is controlled by prevention medication for chronic symptoms and relief medication for flare-ups of asthma symptoms. Education and understanding are keys to

effective control of asthma, which can be fatal if not managed properly. World Asthma Day educates and



World Asthma Day May 5, 2021

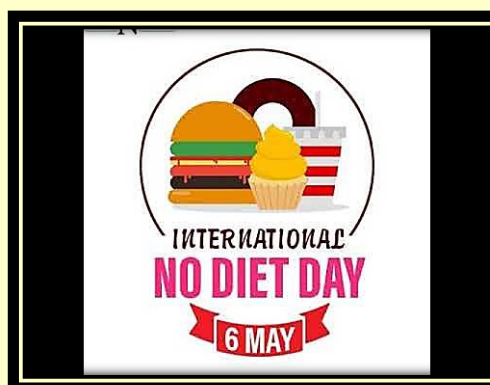
raises awareness of the condition in the hope of relieving suffering and reducing deaths.

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



International No Diet Day

International No Diet Day (INDD) is an annual celebration of body acceptance, including fat acceptance and body shape diversity. This day is also dedicated to promoting a healthy lifestyle with a focus on health at any size and in raising awareness of the potential dangers of dieting and the unlikelihood of success; the Institute of Medicine summarises: "those who complete weight loss programs lose approximately 10 percent of their body weight only to regain two-thirds within a year and almost all of it within five years." The first



International No Diet Day was celebrated in the UK in 1992. Feminist groups in other countries around the globe have started to celebrate International No Diet Day, especially in the United States, Canada, Australia, New Zealand,

India, Israel, Denmark, Sweden, and Brazil.

Since 1998 both the International Size Acceptance Association (ISAA) and the National Organisation for Women (NOW) have sponsored similar days. ISAA's day is the International Size Acceptance Day which is celebrated on 24 April. NOW organises a Love Your Body campaign, with its own annual Love Your Body Day in the fall, which critiques what it defines as "fake Images" of the fashion, beauty and diet industries demanding that images of women with

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diverse body sizes and shapes are used instead.

International No Diet Day is observed on May 6, and its symbol is a light blue ribbon.

https://en.wikipedia.org/wiki/International_No_Diet_Day



International thalassaemia day



For the global thalassaemia family, the 8th of May constitutes an incredibly special day as it is dedicated to both commemorate the thalassaemia patients who are no longer with us

but are always close in our heart and to celebrate all those patients who are alive and fighting every day for

their right to a better quality of life.

Thalassaemia is an inherited blood disorder characterized by less hemoglobin and fewer red blood cells in your body than normal. Several types of thalassaemia exist, including alpha-thalassaemia(α), beta-thalassaemia(β), Cooley's anemia and Mediterranean anemia.

People with thalassaemia have a genetic defect of their red blood cells that affects the cells' ability to

produce normal hemoglobin. Red blood cells use hemoglobin to carry oxygen to tissues. As a result of the defect, most forms of thalassaemia produce a chronic, lifelong anemia that begins in early childhood and often must be treated with frequent transfusions.

Hemoglobin is the substance in your red blood cells that allows them to carry oxygen. The low hemoglobin and fewer red blood cells of thalassaemia may cause anemia, leaving you fatigued.

If you have mild thalassaemia, you may not need treatment. But, if you have a more severe form of thalassaemia, you may need regular blood transfusions. You can also take steps on your own to cope with fatigue, such as choosing a healthy diet and exercising regularly.

<https://thalassaemia.org.cy/news/international-thalassaemia-day>





World Red Cross Day

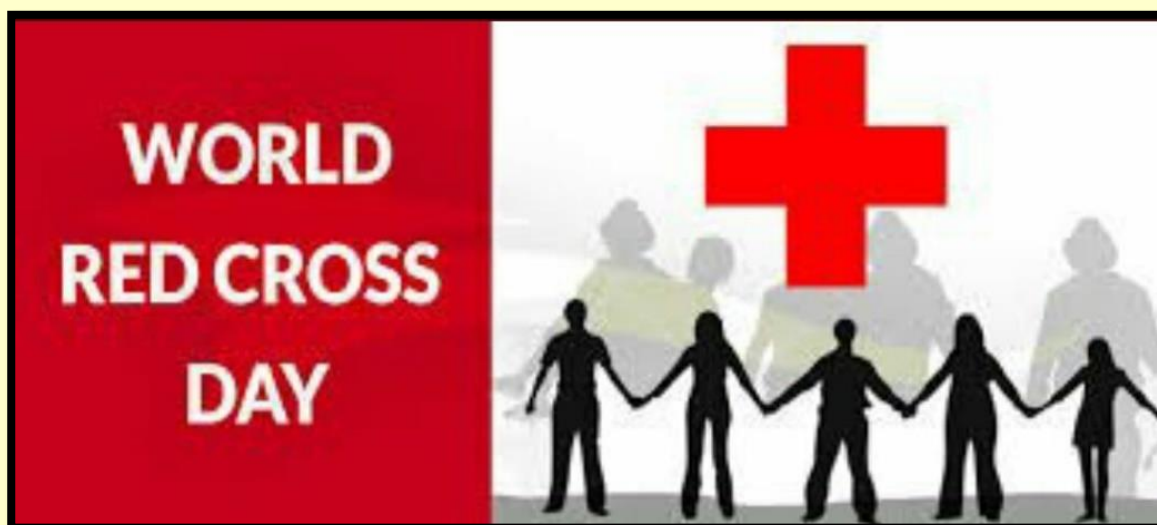
World Red Cross and Red Crescent Day is an annual celebration of the principles of the International Red Cross and Red Crescent Movement.

World Red Cross Red Crescent Day is celebrated on 8 May each year. This date is the anniversary of the birth of Henry Dunant, who was born on 8 May 1828. He was the founder of International Committee of the Red Cross (ICRC) and the recipient of the first Nobel Peace Prize.

History The idea for an "annual action that could take hold in the whole world, that would be a major contribution to peace" was introduced just after World War I. This initiative, known

as the "Red Cross Truce", was studied by an International Commission established at the 14th International Conference of the Red Cross. Its report, presented to the 15th International Conference of the Red Cross in Tokyo in 1934, was approved. It was only after World War II, in 1946, that the Tokyo proposal was studied by the League of Red Cross Societies (LRCS), renamed the International Federation of Red Cross and Red

Crescent Societies (IFRC) in 1991. Two years later, having considered the principles of the truce and its applicability across different regions of the world, the proposal of an annual International Red Cross Day was adopted, and the first Red Cross Day was celebrated on May 8, 1948. The official title of the day changed over time and became "World Red Cross and Red Crescent Day" in 1984.



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World Lupus Day

May 10th is a dedicated World Lupus Day.

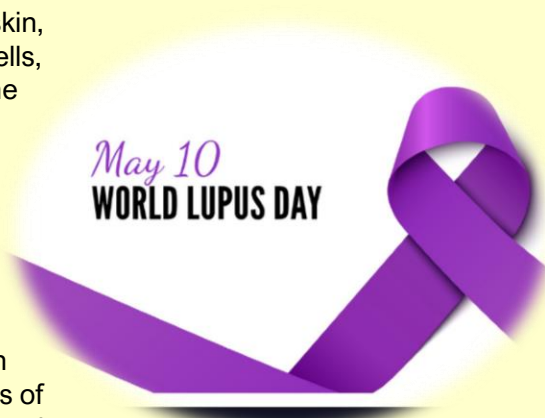
Lupus is a serious life-altering and fatal disease that requires in-depth understanding and support for the affected persons. Therefore, it is the responsibility of the unaffected and those affected to join hands and get involved in doing whatever it takes to fight this unpredictable and commonly misunderstood disease.

To begin, Lupus is an inflammatory disease/autoimmune disease that occurs when the body system attacks its own tissues and organs. Inflammation resulting from this may affect various body

organs including the skin, kidneys, brain, blood cells, lungs, heart, and the joints. Diagnosing lupus is often difficult as its symptoms mimic those of other common ailments. However, a major proviso of this condition is facial rash that resembles the wings of a butterfly. Other signs and symptoms include:

Shortness of breath
Persistent chest pain
Joint pain, swelling and stiffness, fever and fatigue.
Fingers and toes turn blue when exposed to cold
Headaches, confusion, and some memory loss.

It is due to this that the World Lupus Federation is inviting everyone around the world to participate in this coming 15th annual



observance of the World Lupus Day. This condition affects citizens of all nationalities, ethnicities, races, ages, and genders. While this condition has no boundaries, understanding lupus can help control its impact. Join the organisation's effort in ensuring that people with Lupus are diagnosed and treated effectively.
<https://www.daysoftheyear.com/days/world-lupus-day/>



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May 12th International ME/CFS Awareness Day

International Awareness Day for Chronic Immunological and Neurological Diseases (CIND) helps raise awareness about a few diseases including myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), fibromyalgia (FM), Gulf War syndrome (GWS) and multiple chemical sensitivities (MCS). The date was chosen as the official day as it's the birthday of Florence Nightingale who was believed to have suffered from ME/CFS. Around 12 May each year, buildings and landmarks around Australia light up in blue to raise awareness about ME/CFS.

Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) is a disabling and complex illness.

People with ME/CFS are often not able to do their usual activities. At times, ME/CFS may confine them to bed. People with ME/CFS have overwhelming fatigue that is not improved by rest. ME/CFS may get worse after any activity, whether it is physical or mental. This symptom is known as post-exertional malaise (PEM). Other symptoms can include problems with sleep, thinking and concentrating, pain, and dizziness. People with ME/CFS may not look ill. However,

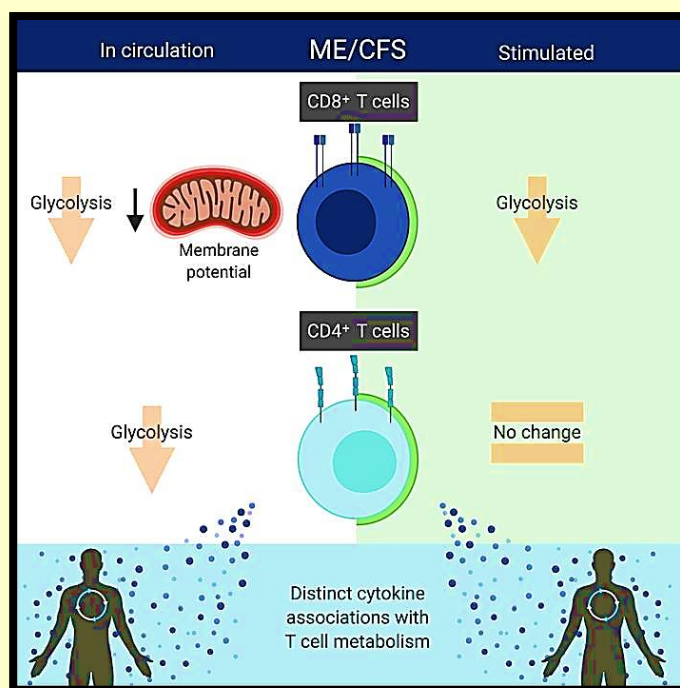
People with ME/CFS are not able to function the same way they did before they became ill.

ME/CFS changes people's ability to do daily tasks, like taking a shower or preparing a meal.

ME/CFS often makes it hard to keep a job, go to school, and take part in family and social life.

ME/CFS can last for years and sometimes leads to serious disability.

At least one in four ME/CFS patients is bed- or house-bound for long periods during their illness.



Anyone can get ME/CFS. While most common in people between 40 and 60 years old, the illness affects children, adolescents, and adults of all ages. Among adults, women are affected more often than men. Whites are diagnosed more than other races and ethnicities. But many people with ME/CFS have not been diagnosed, especially among minorities.





Myopia Awareness Week

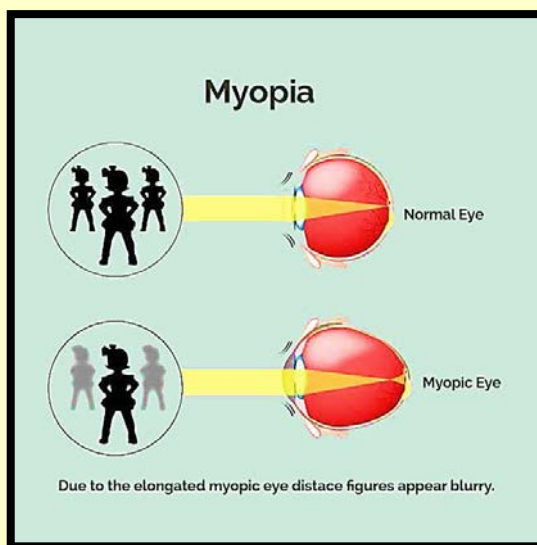
This week helps raise awareness for myopia throughout Australian communities. It draws attention to the essential role optometrists continue to play in altering the way we approach and treat myopia.

Near-sightedness, also known as short-sightedness and myopia, is an eye disorder where light focuses in front of, instead of on, the retina. This causes distant objects to be blurry while close objects appear normal. Other symptoms may include headaches and eye strain. Severe near-sightedness is associated with an increased risk of retinal detachment, cataracts, and glaucoma.

The underlying cause is believed to be a combination of genetic and environmental factors. Risk factors include doing work that involves focusing on close objects, greater time spent indoors, and a family history of the condition. The underlying mechanism involves the length of the eyeball growing too long or less commonly the lens being too strong. It is a type of refractive error. Diagnosis is by eye examination.

Tentative evidence indicates that the risk of near-sightedness can be decreased by having young children spend more time outside. This

may be related to natural light exposure. Near sightedness can be corrected with eyeglasses, contact



lenses, or a refractive surgery. Eyeglasses are



the easiest and safest method of correction. Contact lenses can provide a wider field of vision but are associated with a risk of infection. Refractive surgery permanently changes the shape of the cornea.



Near-sightedness is the most common eye problem and is estimated to affect 1.5 billion people (22% of the population). Rates vary significantly in different areas of the world. Rates among adults are between 15% to 49%. In China, the proportion of female is significantly higher than male. Among children, it affects 1% of rural Nepalese, 4% of South Africans, 12% of people in the US, and 37% in some large Chinese cities. Rates have increased since the 1950s.

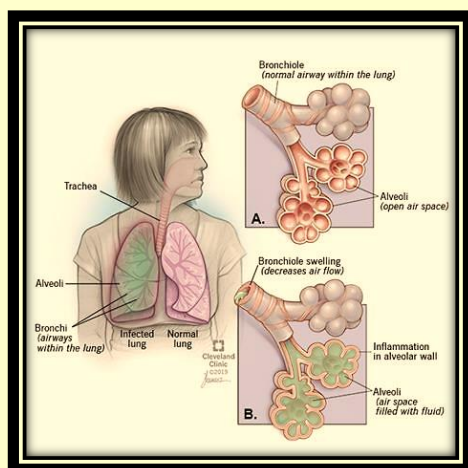
Uncorrected near-sightedness is one of the most common causes of vision impairment globally along with cataracts, macular degeneration, and vitamin A.





Pneumonia Awareness Week

Pneumonia is incredibly common. In 2019 alone, 2.5 million lives worldwide were lost to this infectious disease, over half of which were children. On Nov. 12, 2009, a coalition of global health leaders established World Pneumonia Day to raise awareness, promote pharmaceutical intervention, and generate action to combat pneumonia across the globe. Today, the American Society for Biochemistry and Molecular Biology joins in this effort by explaining this illness and the risks it poses. We also highlight new research by scientists working combat it.



What is pneumonia?

Pneumonia is a potentially serious infection affecting one or both lungs, resulting

in inflammation and the build-up of pus and/or fluids in the air sacs, known as alveoli, where gas exchange occurs.

Pneumonia manifests as a mild to severe illness, ranging from moderate flulike symptoms to sepsis, respiratory failure and even death. The range of illness often depends on age, cause of infection, and one's general health at the time of infection.

While an assortment of germs cause pneumonia, *Streptococcus pneumoniae*, a resident bacterium of the respiratory tract, is the most common form. Among adults, the influenza virus (the flu) is the traditional cause of viral pneumonia, while the respiratory syncytial virus (RSV) is the leading cause of viral pneumonia in children. Similarly, certain soil-dwelling fungi also promote pneumonia in individuals. For the immunocompromised, or



those with chronic health conditions, fungal pneumonia is most common.

Lastly, with the onslaught of the recent pandemic, SARS-COV-2 (the virus that causes COVID-19) is also contributing to increasing cases of pneumonia worldwide. <https://www.asbmb.org/asbmb-today/science/111220/world-pneumonia-day-2020>





World IBD Day

This May, Australia has joined more than 40 countries across the globe in a unified effort to raise awareness of Crohn's disease and ulcerative colitis, inflammatory bowel diseases (IBD's) that affect over 75,000 Australians and more than 5 million worldwide.

The event honours World IBD Day which is held every year on May 19.

This year's efforts have focused on a global video campaign encouraging anyone impacted by IBD to share their story in a short video with the unifying theme of "United We Stand. "Inflammatory bowel disease (IBD) is a group of inflammatory conditions of the colon and small intestine. Crohn's disease and ulcerative colitis are the

principal types of inflammatory bowel disease. Crohn's disease affects the small intestine and large intestine, as well as the mouth, esophagus, stomach, and the anus, whereas ulcerative colitis primarily affects the colon and the rectum.

IBD also occurs in dogs and is thought to arise from a combination of host genetics, intestinal microenvironment, environmental components, and the immune system. There is an ongoing discussion, however, that the term "chronic enteropathy" might be better to use than "inflammatory bowel disease" in dogs because it differs from IBD in humans in how the dogs respond to treatment. For example, many dogs respond to only dietary changes compared to humans with IBD, who often need immunosuppressive treatment. Some dogs may also need

immunosuppressant or antibiotic treatment when dietary changes are not enough. After having excluded other diseases that can lead to vomiting, diarrhea, and abdominal pain in dogs, intestinal biopsies are often performed to investigate what kind of inflammation is occurring (lymphoplasmacytic, eosinophilic, or granulomatous). In dogs, low levels of cobalamin in the blood have been shown to be a risk factor for negative outcome.



<https://www.crohnsandcolitis.com.au/world-ibd-day/>

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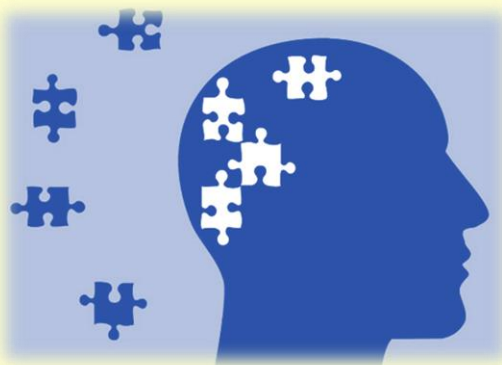


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Schizophrenia Awareness Week

Schizophrenia Awareness Week aims to educate and reduce stigma surrounding schizophrenia. There are still many misconceptions about schizophrenia, and it continues to be a mental health challenge that is rarely spoken about.



Often, someone with schizophrenia is portrayed in the media and through film and television as dangerous or violent, however, this is not the case. A person living with schizophrenia is not more dangerous than anyone else, however they are more likely to be victims of violence.

Contrary to common belief, living with schizophrenia does not mean you have multiple personalities. The term schizophrenia comes from the Greek word “fractured mind” and refers to changes in mental function.

1 in 100 people will experience

schizophrenia and men are about twice as likely to develop the condition than women. Symptoms tend to develop during the late teens to mid-30s.

Main symptoms

One of the main symptoms of schizophrenia is recurring psychosis. A person experiencing psychosis finds it hard to tell what is real from what is not.

People living with schizophrenia often experience psychotic episodes — short periods of intense symptoms. If a person experiences psychosis only once in their life (single episode), most likely they do not have schizophrenia. If they experience psychosis frequently (after treatment it reoccurs), they might get diagnosed with schizophrenia.

The main symptoms of psychosis are:

delusions — fixed false beliefs that cannot be changed by evidence
hallucinations — hearing voices or otherwise sensing things that are not real
disordered thinking — muddled, disrupted thoughts that can be expressed through speech
disordered behaviour — unusual, inappropriate, or extreme actions
 Other symptoms-
low motivation
 inability to express emotion or feel pleasure
 problems with attention, memory, verbal, and mental functions
 If someone is diagnosed



with schizophrenia it does not mean they will experience all the above symptoms. It is important to remember that someone living with schizophrenia can have a quite different experience to another individual living with schizophrenia.

<https://helpingminds.org.au/schizophreniaawarenessweek>





World Thyroid Day

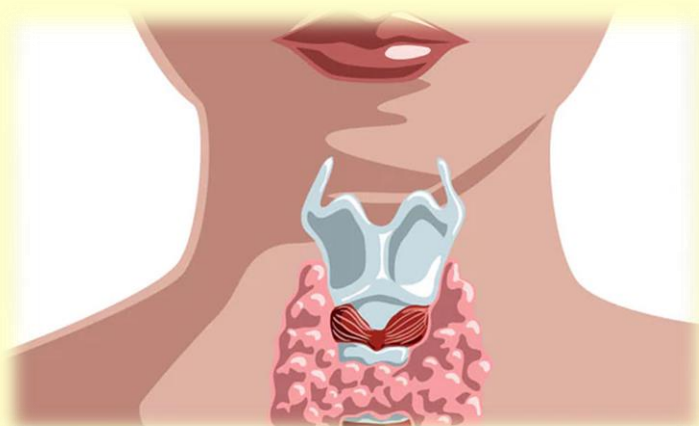
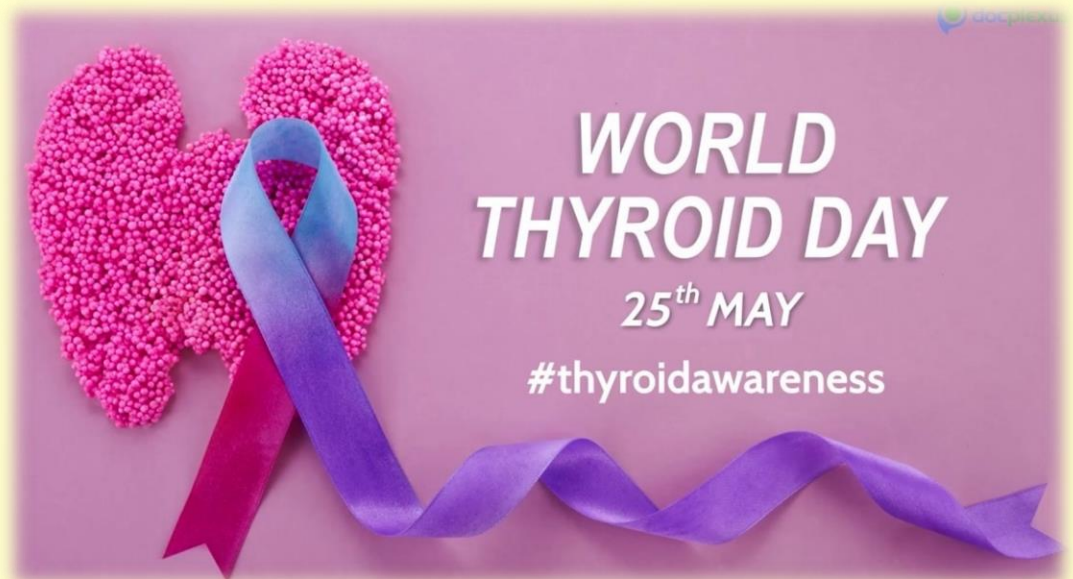
World Thyroid Day (WTD), May 25th, is dedicated to thyroid patients and to all who are committed to the study and treatment of thyroid diseases worldwide.

The year 2011 is of special importance since it was the first time that World Thyroid Day would be celebrated by the American Thyroid Association, the European Thyroid Association the Asia-Oceania Thyroid Association (<http://aothyroid.org>) and the Latin American Thyroid Society .

The commemoration of WTD coincides with the 25th anniversary of the

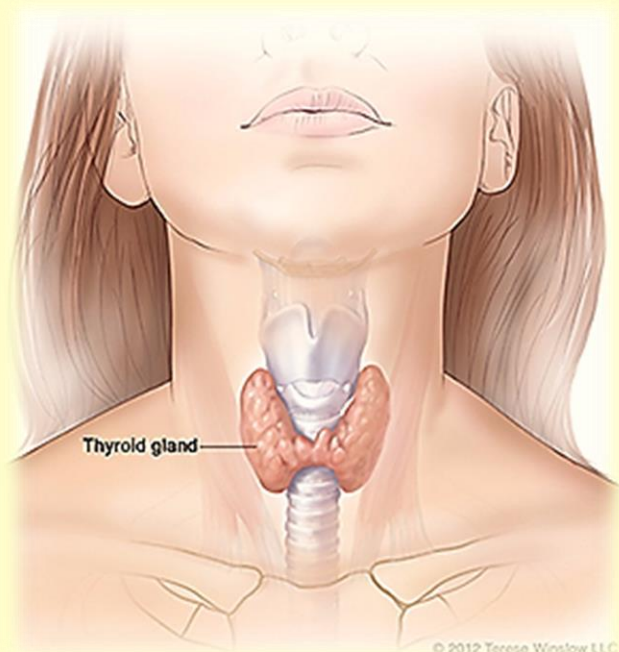
dreadful Chernobyl accident as well as with the recent tragedy of Fukushima. Thus, it is appropriate that commemoration of this Day should also place an emphasis on environmental factors that affect thyroid function and exacerbate thyroid disease. One of the

prime amongst these is radioactivity, as we have so sorrowfully once again witnessed. It is therefore our duty to provide accurate information to raise awareness of the risks of radiation exposure on the thyroid.



It is important that the public is educated with approaches to reduce radiation exposure after an accident. Adequate stocks of potassium iodine are important to be

available to take prior to exposure to block uptake of radioactive isotopes into the thyroid gland. It is our hope that these dangers will also promote the development of alternative sources of energy.



This is a Day that offers members of Thyroid Associations around the world a splendid opportunity to highlight these many issues. By encouraging the national societies and thyroid working groups to provide the public with information about the diagnosis and treatment of thyroid diseases, as well as prevention through adequate iodine nutrition. This information can be distributed via the media, organized events, and meetings with the people. The target is to boost awareness, through optimal access to education, as to the importance of optimal functioning of the thyroid gland in childhood, during pregnancy and throughout adult life.

<https://thyroidfoundation.org.au/World-Thyroid-Day>



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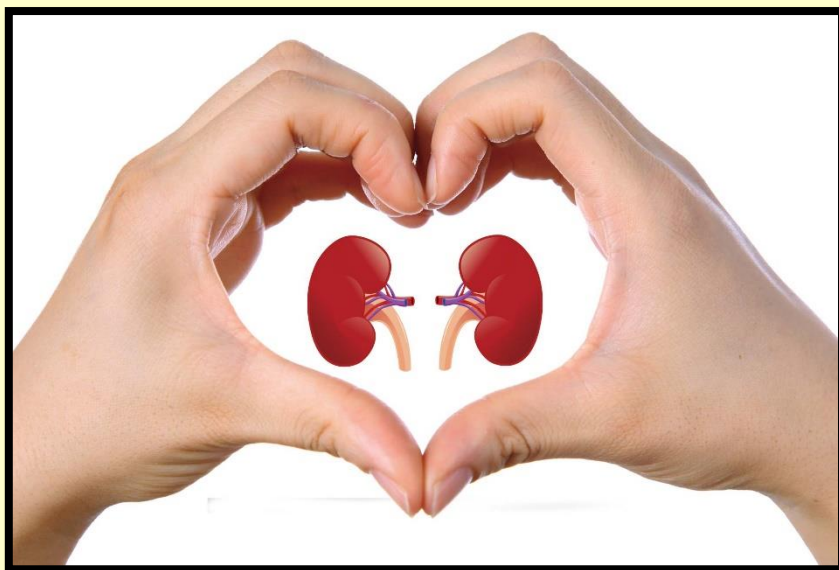
Kidney Health Week

Kidney Health Week aims to raise awareness about kidney disease in Australia.

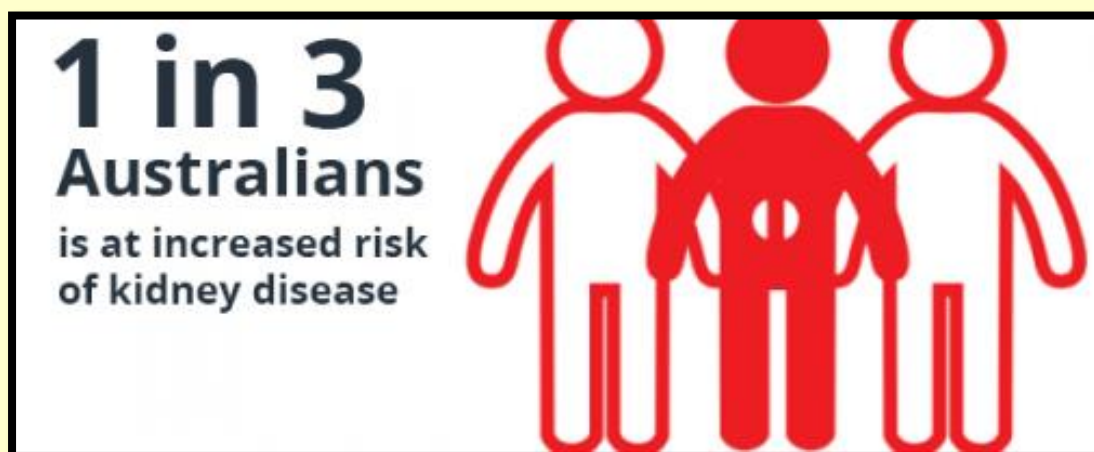
Kidney disease has a big impact on Australians; it is the 10th most common cause of death in Australia. According to the Australian Bureau of Statistics, over 50 people die from kidney related disease every day.

Raising Awareness About Kidney Disease

The body has two kidneys which primarily act as a filter for the blood. The kidneys remove waste and excess water. **Excess water** is then stored in the bladder before being passed out of the body as urine through the urethra. The kidneys help regulate and balance the levels of minerals such as calcium, sodium, and potassium in the blood. The kidneys also produce hormones including renin, which controls blood volume and blood pressure. Kidney disease can be a serious condition in which the kidney loses part or all its function. Kidney dysfunction can lead to a build-up of wastewater which remains in the body. A consequence of kidney disease can include high blood pressure, bone disease, anaemia, acidosis, and cholesterol problems. Left untreated, kidney disease can be fatal.



Kidney disease can be acute or chronic. Acute kidney disease has a sudden onset whilst chronic kidney disease develops over time. The prognosis for acute kidney disease is often good as acute kidney failure can be reversible. However, there is no cure for chronic kidney disease. As the disease progresses, treatment may require dialysis or a transplant.





Age - people over 50 years of age are more likely to get kidney disease.

Obesity - obese people are a higher risk.
Smoking
High blood pressure
Diabetes
Family history of kidney disease.
People of an Aboriginal or Torres Strait Islander origin.
People with kidney disease may experience no symptoms when

Risk Factors of Kidney Disease

kidney function is above 10%. Therefore, it is vital that people have a health check and are screened for kidney disease. A health check for kidney disease usually includes blood pressure, blood, and urine tests.

Kidney Health / Red Undies Week Activities

People can get involved in many types of awareness week activities during Kidney Health / Red Undies Week. Activities may include:

Organizing a designated area of a local library or pharmacy which provides information on kidney health.

Arranging for a person who has had a successful recovery from kidney disease to share their story with the media.

Hosting a Big Red BBQ which promotes low-fat and low-salt alternative foods.

Displaying Red Undies Week posters in public places and at work.

Setting up a Red Undies Week awareness stand in a public place and educating the public on kidney health.

Making a local Member of Parliament aware of Red Undies Week so they can promote advocacy.

Kidney Health Week / Red Undies Week is backed by Kidney Health Australia, a non-profit organization focused on the the detection, prevention of management of kidney disease in Australia.



<http://www.whatthehealth.com/awareness/event/kidneyhealthweek.htm>

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Spinal Health Week (May 25-31)

Spinal Health Week, formerly known as National Chiropractic Care Week, is sponsored by the Chiropractors' Association of Australia (CAA).



This event raise awareness about spinal health & how poor posture can affect a person's life. This week is a chance to promote good posture which can prevent future health problems.

Spinal Health & The Nervous System

The spine covers and protects the spinal cord of the nervous system. The nervous system controls every cell, tissue, and organ in the body. Poor posture can cause the spine to go out of its natural alignment, affecting the ability of the

nervous system to control body functions.

If the spine is out of alignment, even just slightly, pressure may be put on the spinal nerve disrupting the nervous study by Dr. Suh at the University of Colorado showed that a small pressure on the spinal nerve, as little as the weight of a dime, can reduce nerve function by 60 percent.

- Effects of Poor Posture Include:
- Back Pain
- Joint & Muscles Disorders
- Spine Problems
- Fatigue
- Headache
- Rounded Shoulders
- Around 90% of people have poor posture; this could be caused by the way a person sits at work, does things at home, or carries things the wrong way.

Improving Posture
Spinal Health Week Logo
An Active Spine Is A Healthy Spine

Good posture is crucial for optimal body function. Posture can directly health;



improved posture can lead to better wellbeing.

A healthy spine means a healthier life.

Today's technologies, in the form of home entertainment, mobile phones, computers and games consoles mean that more people than ever are adopting poor posture in favour of being active. Sitting for extended periods of time whilst slouched in a chair can affect our spinal health. Spinal Health Week encourages people to become more aware of their posture and to take regular exercise to prevent health problems later in life.

By maintaining good posture, we can help prevent visits to a doctor or chiropractor. In many cases, good posture and regular exercise can also prevent the symptoms of pre-existing spinal health conditions becoming worse.



World No Tobacco Day (May 31)

This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. In 1987, the World Health Assembly passed Resolution WHA40.38, calling for 7 April 1988 to be a "a world no-smoking day." In 1988, Resolution WHA42.19 was passed, calling for the celebration of World No Tobacco Day, every year on 31 May.



Aloe Vera Facial Massage Gel

SOOTHING | HYDRATING | CALMING | EVENS OUT SKIN TONE |



A lightweight, cooling gel with Aloe Vera, moisturising soy lecithin and soothing Cucumber. This multi-tasking product works as a light moisturiser for oily skin, a soothing remedy for sunburn, and an effective topical gel for glowing skin for all age-groups. It can even be used as an after-shave gel that cools and soothes cuts and nicks.



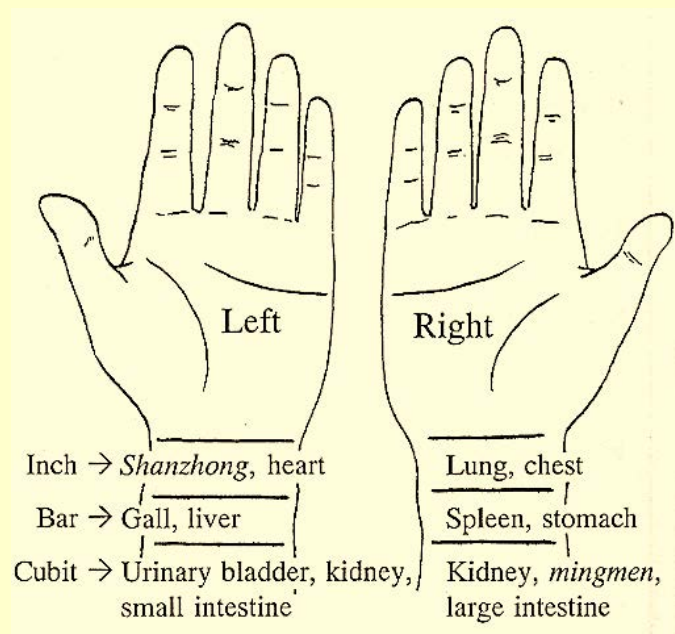
Sherry Gupta
Beauty Therapist

Pulse diagnosis in Chinese Medicine

Traditional Chinese medicine originated over two thousand years ago. Due to the lack of medical technology available at the times, the ancient practitioners developed highly skilled methods of diagnosis which can be divided into looking, hearing, and smelling, asking, and palpating. The palpation is conducted on the limbs, and abdomen, where disharmonies in the flow of energy of the meridians can be reflected in subtle changes in the texture, temperature, and levels of moistures of the skin. The pulse diagnosis which usually takes place at the end of the examination process, is one of the most important diagnostic palpation tools in Traditional Chinese Medicine. It offers a unique insight on the condition of the internal organs of the patient.

According to this ancient medical framework, there are specific position in the left and right side of the wrists where the state of the each of the main Yin organs (Liver, Heart, Spleen, Lung and Kidney) and Yang organs (Gall Bladder, Small Intestine, Stomach, Large Intestine, and Bladder) can be assessed. In general term an overall fast pulse will indicate a heart condition, and a slow pulse

a cold condition. A deficient pulse will be deep and weak while an excess pulse will be superficial and strong. In addition, each of the specific location can have a different quality.



For example, someone suffering from an excess condition in the liver which is manifested in irritability, headaches, depression, digestive problems, and premenstrual tension in a woman, will have "a wiry pulse", especially on the left and middle position of the wrist behind the bony protuberance of the radius bone. A wiry pulse feels hard and tight under the finger like a string of a musical instrument.

In contrast "a slippery pulse" will feel very rounded and smooth, akin to stroking a string of pearls. It reflects a disharmony in the spleen exhibited by symptoms such as poor appetite, bloating, loose stools, but it is also found during a

pregnancy, and as the pregnancy progresses the woman's pulse gradually will become more and more slippery. Overall, there are twenty-eight individual pulse qualities described in the ancient classic books of

Traditional Chinese Medicine, and it takes years and years of practice for a student to master this incredibly unique method of diagnosis.



Clafoutis (Traditional provincial French cake)

- ▽ 4 eggs+2 egg yolk / 450 black cherries (you can use tinned cherries)
- ▽ 125 grams of castor sugar
- ▽ 10 grams of plain flour
- ▽ 50 grams of butter
- ▽ 600ml of milk
- ▽ 1/2 teaspoon of vanilla essence
- ▽ You can add 1 tsp of brandy if you wish.



Preheat the oven at 180 C. Lightly grease as hallow oven proof dish. Wash the cherries, remove stems and stones. Whisk together the whole eggs and eggs yolk. Add castor sugar. and whisk until light and frothy. Gradually shift in the flour, beating vigorously until the mixture is smooth and free of lumps. Melt half of the butter, taking care not to let it boil. Stir into the egg mixture. Add milk and vanilla essence, beating the batter vigorously. Spoon the cherries evenly into the prepared baking dish. Cover with batter and dot the remaining butter. Bake for 1/2 hour or until firm

Olivier Lejus

MH SC, BH Sc. Lecturer.

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

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MARQUEE MUSCLE OF THE MONTH

Deltoid

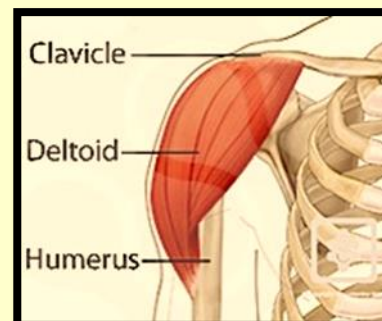
The deltoid is a large triangular shaped muscle which lies over the glenohumeral joint (shoulder joint), which gives the shoulder its rounded contour. It consists of three muscle heads, the anterior deltoid, lateral deltoid, and posterior deltoid. All assist with arm elevation during a process called glenohumeral elevation and play a large role in the movement and overall stability of the shoulder joint and upper arm. The entire deltoid muscle spans from the spine of the scapula (shoulder blade) to the lateral portion of the clavicle (collarbone).

The anterior deltoid rotates the shoulder joint medially by drawing the arm inward. The lateral deltoid rotates the shoulder joint laterally moving the arm outward, referred to as abduction. The posterior deltoid rotates the joint laterally which moves the arm backward and outward.

The deltoid muscle is responsible for the brunt of

all arm rotation and allows a person to keep carried objects at a safer distance from the body. It is also tasked with stopping dislocation and injury to the humerus when carrying heavy loads. One of the most common injuries to the deltoid muscle is a deltoid strain. Deltoid strain is characterised by sudden and sharp pain where injured, intense soreness, pain when lifting the arm out from the side of the body, tenderness and swelling caused by the deltoid muscle. Deltoid pain is usually caused by overusing your deltoid muscle without rest or proper warm-up. This increases your risk for a muscle strain or tear. Deltoid pain is more common in people who do a lot of strenuous exercise involving the shoulder, such as, weightlifting or swimming. You can also strain your deltoid muscle while doing repetitive activity that puts pressure on the shoulder, including typing with a keyboard that is too high.

The first steps after you injure your deltoid are rest,



ice, and heat. Regular massage therapy can be helpful in not only reducing shoulder pain, but also preventing shoulder pain. No matter the cause of your shoulder pain, massage therapy can be used to effectively increase your range of motion, ease pain, and prevent further injury.



Ramon Jupac Perez

Remedial Massage Therapist

SOCIAL SUPPORT



Social support can be defined as an individuals' belief that she is loved, respected, valued, appreciated and her well-being is cared about as part of a social network of mutual obligation. In other words, it can be described as involving perceptions that one has access to helping relationships of varying quality or strength, which provide resources such as communication of information, emotional

empathy, or tangible assistance.

Social support is an important element at workplace. It not only helps to reduce work related stress among workers but can play an important role in boosting their self-esteem thus contributing towards successful organisation. The other benefits include creating mutual understanding

among workers, building strong networks and connection, alleviating the effects of emotional distress at workplace, and promoting health and wellbeing.

1.Principles of social support in multicultural working environment

- Respect and appreciate diversity and inclusiveness and their benefits.

- Value and respect diversity and inclusiveness across all areas of work
- Contribute the development of workplace and professional relationships based on appreciation of diversity and inclusiveness.
- Use work practices that make environments safe for all

2.Communicate with staff and actively listen to them Show respect for diversity in communication with all co-workers

Use verbal and non-verbal communication constructively to develop, establish and maintain effective relationships, mutual trust, and confidence.





3. Reflect on own perspectives

- ♣ Identify and reflect on social and cultural perspectives and biases
- ♣ Work with awareness of own limitations in self and social awareness
- ♣ Use reflection to support own ability to work inclusively and with understanding of others
- ♣ Identify and act on ways to improve own self and social awareness.

4.

- ♣ Promote understanding across diverse groups
- ♣ Identify issues that may cause communication misunderstandings and other difficulties
- ♣ Try to sensitively resolve differences, taking account of diversity considerations
- ♣ Address any difficulties with appropriate people and seek assistance when required.

5.

- ♣ Always encourage co-workers
- ♣ Ask for colleague's input and listen to them.
- ♣ Give constructive feedback privately
- ♣ Praise co-workers by giving them compliments
- ♣ Be flexible with co-workers
- ♣ Acknowledge other staff's challenges and share your own challenges with them.

Importance of respect in multicultural workplace

Respect becomes more important once we understand why it is important. It enables us to understand the reason behind our co-worker's behaviour in certain situation and help us to create a positive relationship with them thus leading to a positive working environment. People show respect for others only when they feel respected.

Following are the benefits of respect in workplace:

1.It reduces stress

Reducing stress is crucial in the workplace to maintain the health and well-being of all the employees. Employees who are stress free are comfortable sharing their ideas with colleagues in achieving the goals and are often successful in their work.

2.Respect enhances collaboration and productivity

It motivates workers to work harder and think innovatively as they believe that their ideas would be appreciated. Moreover, workplaces with culture of respecting the people creates opportunity for managers and staffs to develop their skills by enabling them to learn from each other. Collaboration among staff members leads to informal learning and cross training in the workplace. People can do their work freely if they are not afraid of being harassed or criticized for their work. The workers become more effective as the stress decreases and new ideas start flowing. Respect shifts the mindset of individual from personal goals to organisation goals and objectives. With respect, people start focusing more on the success of organisation in overall rather than competing with the other staff workers.

3.Reduces workplace conflict

It is easy for people to question or criticize when they are not familiar with

how or why a person does something. For instance, two individuals with different religious belief might have different views regarding organisation new policy when certain issues arise in the workplace. However, if both show respect to each other views and learn to appreciate each other job, it will prevent conflict and reduces stress.

4.Employee satisfaction

With respect, workers are satisfied and happy with their work and often leave the workplace with happy faces at the end of the day. Satisfied employees prefer to work and stay with the workplace that appreciate them and encourage them to develop in their careers resulting in less turnover of staff. These workers will also treat other staff as same respect and care that they value and received from their managers and other colleagues at workplace.



Some of the ways to show respect to people at workplace

1. Always greet people at workplace. Communicate in a polite, humble manner and use an extremely friendly and warm tone.
2. Always listen actively to people and let them speak and share their views

3. Actively listen to others opinion before expressing your own.
4. Never interrupt someone during a conversation.
5. Always appreciate the ideas and feedback of other people and motivate others to develop.



6. Treat everyone equally regardless of religion, race, gender, and economic status
7. Do no gossip at workplace. If any issue with other individual, try to sort it out by talking face to face with the person directly
8. Do not use harsh language or verbally insult someone for any purpose even if the intention is good
9. Try to acknowledge the people's needs and feelings



Sumita Gurung
Front Office Receptionist &
Social Support Work



PULSE

The pulse rate is a measurement of the heart rate, or the number of times the heart beats per minute. Taking a pulse not only measures the heart rate, but also can indicate the following: Heart rhythm.

rich blood is needed by the body when you exercise).

What is a normal pulse?

Normal heart rates at rest:

- Children (ages 6 - 15) 70 – 100 beats per minute

- Adults (age 18 and over) 60 – 100 beats per minute

The normal pulse for healthy adult's ranges from 60 to 100 beats per minute. The pulse rate may fluctuate and increase with exercise, illness, injury, and emotions. Females ages 12 and older, in general, tend to have faster heart rates than do males. Athletes, such as runners, who do a lot of cardiovascular

conditioning, may have heart rates near 40 beats per minute and experience no problems.

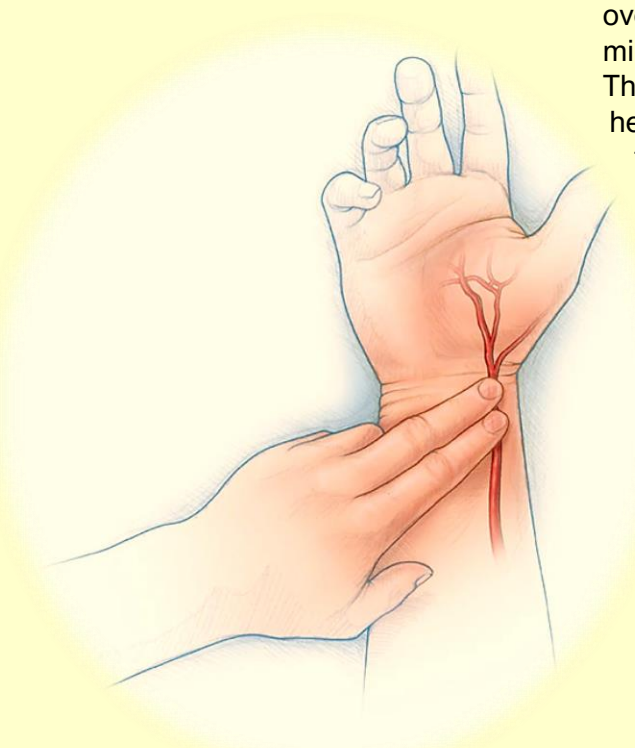
PULSE POINTS in a human body

- Temporal
- Carotid
- Apical
- Brachial
- Radial
- Femoral
- Popliteal
- Posterior Tibial
- Dorsalis Pedis

Main Pulses

There are many pulses in the body, but the main ones are:

- Carotid.
- Brachial.
- Radial.
- Femoral.
- Posterior tibial.
- Dorsal pedal.



Your pulse rate is the number of times your heart beats per minute. A normal resting heart rate should be 60–100 beats per minute, but it can vary from minute to minute. Your pulse is lower when you are at rest and increases when you exercise (more oxygen-



When the pulse is assessed, the following things are being assessed:

- Rate: count the pulse rate for 30 seconds and multiply by 2 if the pulse rate is regular, OR 1 full minute if the pulse rate is irregular.
 - o Always count the apical pulse for 1 full minute.
 - o A normal pulse rate in an adult is 60-100 bpm.

Normal pulse rates at rest, in beats per minute (BPM):[2]

newborn		
(0–3 months old)		
infants		
(3 – 6 months) infants		
(6 – 12 months)		
children		
(1 – 10 years) children		
over 10 years		
& adults, including seniors		
well-trained		
adult athletes		
99-149	89-119	79-
119	69-129	59-
99	39-59	

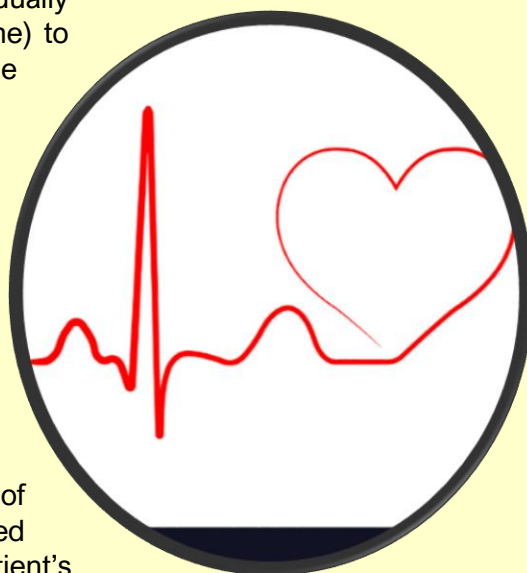
- Strength: grade the strength of the pulse and check the pulse points bilaterally and compare them. NOTE: always check the carotid pulse points individually (not at the same time) to avoid stimulating the vagal response.

- o 0: absent
- o 1+: weak
- o 2+: normal
- o 3+: bounding

- Rhythm: is the pulse regular or irregular

Conclusion

Pulse assessment is a key element of healthcare and is used to indicate a patient's health status. There are many pulses throughout the body and as well as being able to locate them, the one taking pulse must be aware of the factors that can affect pulse rate so these can be taken into consideration.



Akriti Kafle
Nursing Student &
Receptionist of Marquee Health Clinic

Marquee Health Remembers

Richard Laurence "Darby"
McCarthy OAM

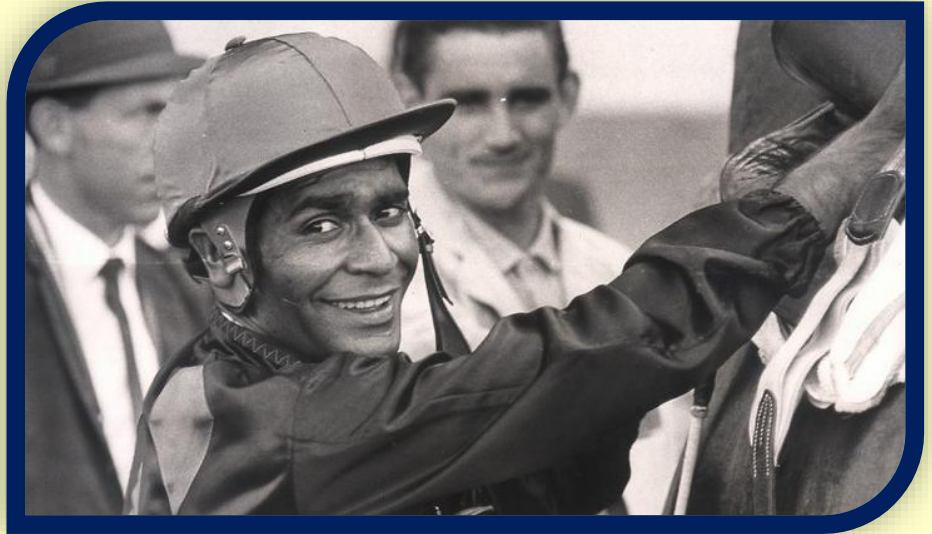
(1944 – 6 MAY
2020)

Richard Laurence McCarthy was a Champion Australian Aboriginal jockey.

He was born in Cunnamulla, western Queensland the son of Albert and Kate. A proud descendant of the Mithika people one of 13 children.

He became one of Australia's best known and most successful Jockeys in the 1950s, 1960s and 1970s riding against the champion jockeys and horses of the era while providing much support and awareness to the Aboriginal communities and cause.

Darby as he would become known after getting nicknamed after famous jockey Darby Munro by buckjumper and stockman Jack McGuire. Darby left Cunnamulla where he recalled happy indifferent and sad times to work in a southwest Queensland town called Thargomindah aged 9 for a



grazier on Yakara station. He originally worked as support for the grazier's wife who had become "cattle blind" from the dust, eventually taking to duties with stock where riding horses, mostly bareback became a daily task. Darby loved working with animals, especially horses which provided a great blend and grounding for his future pursuits as a professional jockey.

Darby donned the silks for his first race meeting at the age of ten for the returned soldiers and flying doctors at the Thargomindah races winning

the race over 800m from start to finish. Darby went from that dirt track to ride winners all over the world. His cool head under pressure and skill in the saddle gained him riding contracts in Europe for some of the richest owners in the sport: the Rothschilds, Daniel Wildenstein and Prince Aly Khan. He partied with Frank Sinatra, Mia Farrow, Rock Hudson, and Lee Marvin. In France, in the employ of the Aga Khan, he lived in a two-story mansion with servants.

Darby was first indentured to trainer Tim Hennessey in Brisbane before being transferred to Mal Barnes who turned out to have an

include three Stradbroke Handicaps the Brisbane Cup and Doomben 10,000 before he moving to Sydney. He won the 1969 AJC Derby

legendary champion jockey George Moore.

Darby then went on to race in Europe, including at royal Ascot and in Paris before a brief retirement and further riding in New Caledonia. He was inducted into the Queensland Racing Hall of Fame during the Industry Awards Night held in Brisbane, July 2004.

In 2004, Richard Lawrence McCarthy became just the fourth jockey to be inducted into the Queensland Hall of Fame, following in the footsteps of Mick Dittman, George Moore, and Neville Sellwood, before being awarded a Medal of the Order of Australia for his services to racing and his work with Indigenous youth in 2016.

Racing Queensland CEO Brendan Parnell said McCarthy well and truly deserved his place among the Queensland greats.

“Darby McCarthy was an incredible jockey who took on and conquered the world,” he said.

“He is among our finest ever exports and the work that he also did away

enormous influence whom Darby would later describe as a second father. Darby raced frequently in Brisbane, where his records

on Divide and Rule and the Epsom Handicap with Broker's Tip at the same race meeting jousting with

from the track, particularly with Indigenous communities, means his legacy will long live .



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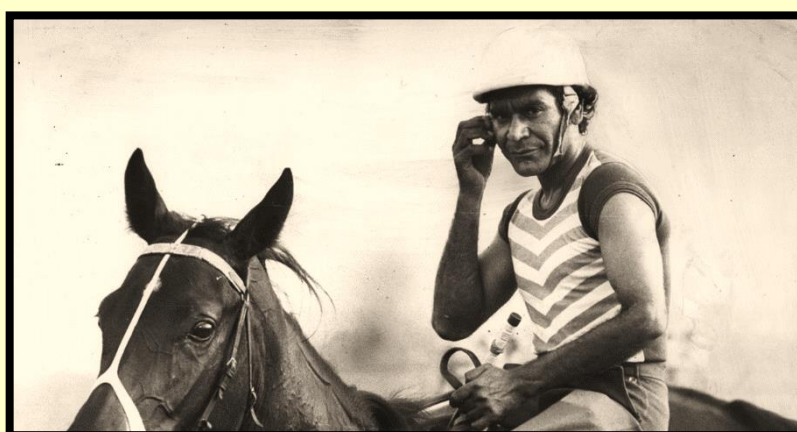
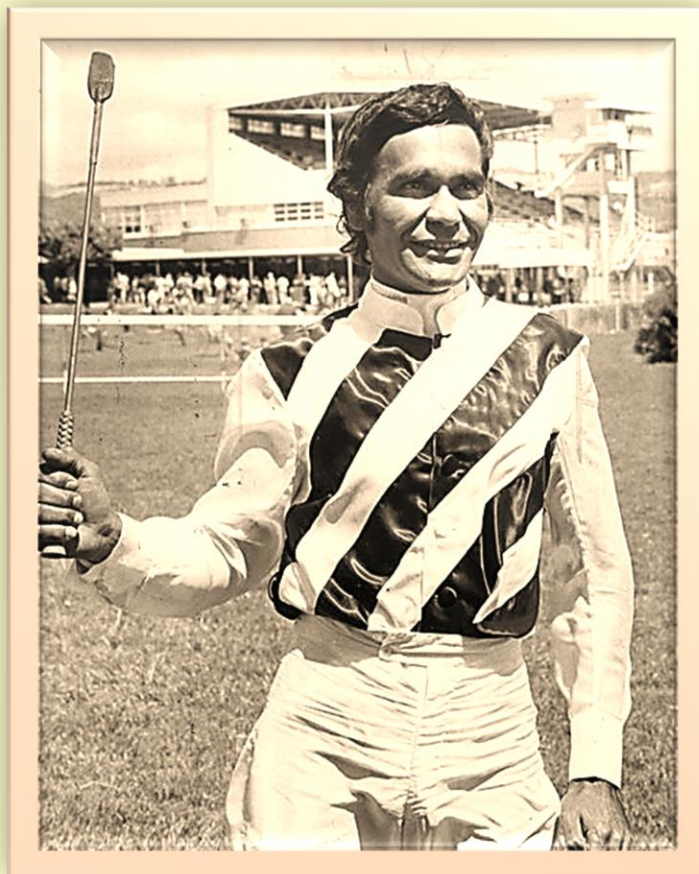
 Instagram

Darby was no angel at times, and he confessed: “I walked on the wild side, there’s no doubt about that.” But in the final admission he recognised the utterly amazing journey of his life and the debt he carried.

“Well, I’ve had a good walk,” he used to say. “The horses, mate, all the lovely horses and lovely rides. It was all due to them.”

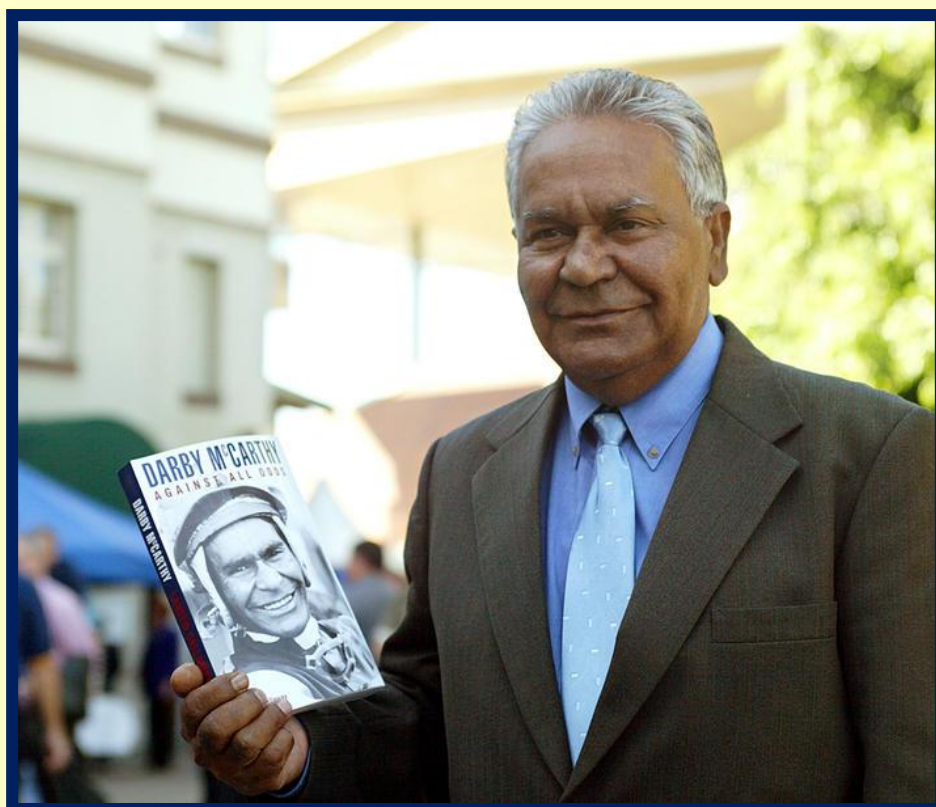
“Darby McCarthy was not only a champion jockey but an outstanding person. He was respected by all and always willing to help with mentoring and encouraging young entrants to the racing industry,” said Racing NSW’s Chief Executive, Mr Peter V’landys AM.

Darby accepted an invitation from Racing NSW to lead a recruitment and training program for aspiring indigenous horsemen and women. He became a mentor and role model to young indigenous people and was fondly known as ‘Uncle’ Darby.



In 2009 Racing NSW launched the Darby McCarthy Indigenous Employment and Training Program. The Strategy was fittingly named after Darby as one of racing's all-time great jockeys, and he was appointed the mentor of the program.

"Racing NSW is forever indebted to Darby for his unwavering support and enthusiasm for the upskilling of young indigenous entrants to the racing industry, as well as his tremendous contribution to our industry throughout the many years he served as a jockey," Mr V'landys added. In January 2020, Racing NSW nominated Darby McCarthy for induction into the Australian Racing Hall of Fame. In a remarkable life in and out of the saddle, Darby had a profound influence on many people in the forward to the book about his life, *Against All Odds*, Olympic and World Champion Cathy Freeman wrote, "He may not realise this, but Darby influenced me and encouraged me to strive for excellence in all that I do and to persevere against all odds and for this I will forever be



thankful. We first met in Queensland when I was 15 and Darby and his family were kind enough to let me stay on weekends away from boarding school at Toowoomba."

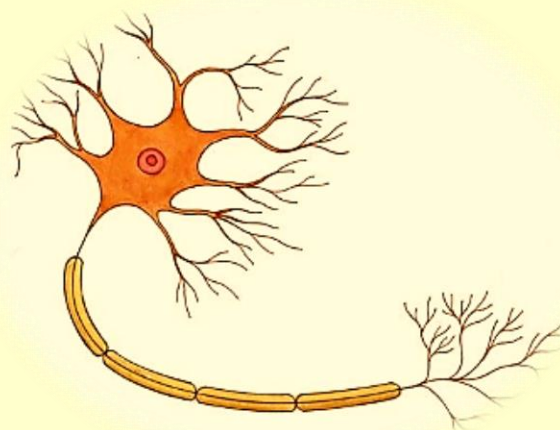
Darby McCarthy came from the humblest of beginnings and climbed to the top of a gruelling and highly competitive sport in horse

racing. He overcame potential career ending injuries to not only adapt but take his place amongst the elite.



MARQUEE HEALTH EXERCISE PRINCIPLES AND PRACTICE

HAND EYE FOOT COORDINATION



Exercises and sports dedicated to utilising the reflex of hand, eye and foot coordination can develop improved dexterity through fine motor skills and perceptual motor coordination.

Biophysical movement incorporating the action and technique of catching, passing, kicking, hitting, and striking concentrate efforts on position, aim and direction which encourage the system to develop a medium of accuracy through spatial awareness.

The timing, rhythm and connection that collaborates the poise in movement that is dynamic, constant, and various in direction can create a higher degree of stimulus and excitation often creating or enhancing skills, lifting limitations, and remedying restrictions.

The vast array of global, cultural development in combat training and dance training to competing and performing encapsulate an indefinite path of learning, development and therefore conditioning.



The primary instinctive intuition for the system to move under the influence of music or under the threat of physical harm can harness recognition of fluidity of movement and reflex in preservation. The enjoyment aspect of movement should not be overlooked or underestimated regarding stimulus and excitation of the constitution,



metabolically or immunologically. The raising of the heart rate, loss of fluid through the pores and glands in the practice of an art or discipline in movement or training brings a challenge to the system to unblock, decongest and the lifting of the limitations regarding restrictions that would otherwise have the system contend with a convoluted condition.





The willingness that comes with the pursuit of mastering the use of a utensil to collect, hit, block, or move brings a high degree of attention in the sensory detail to performance success. The accomplishments in the use of weapons in self-defence bring a sense of relaxed confidence as can the connection or embrace of a dance partner

through music and cultural influence.

The collaborative effect of the central and peripheral mechanisms (Trunk / Torso / upper and lower extremities) will indicate finesse in handling and landing through the hands and feet and the perception reaction of what ability was performed. The eyes for the most part play a central sensory

directory and will determine that part of the perceptive reception.

The consistent, yet variable lifestyle habits that will maintain and allow the further pursuit of levels of attainment will come through dedication, interest and ultimately achievement.

James C Phillips

Osteopath- Director of Marquee Health Clinic

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In the interest of Better Health care & Prevention