

MARQUEE HEALTH MAGAZINE



EVER EVOLVING



Marquee Health Magazine



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Edited By

Iffat Ara

Table of Contents

Welcome Message From	3
Awareness Month of June	6
National Cytomegalovirus (CMV) Awareness Month	8
Orthoptic Awareness Week	11
Haemochromatosis Awareness Week	12
Heart Rhythm Week.....	15
World Allergy Week	16
World Blood Donor Day	18
World Sickle Cell Day	20
Health Awareness Week 2020	22
World Scleroderma Day.....	23
The concept of Qi in Traditional Chinese Medicine	24
Ayurvedic Glow Boosting Bundle.....	26
MARQUEE HEALTH	29
MELD VISCERAL SOMATIC DOMINANCE	29
Gluteus Medius	32
Human reflexes	35
Importance of communication at diverse workplace.....	40
MARQUEE HEALTH REMEMBERS.....	44
ORGAN OF IMPORTANCE	52
EXERCISE PRINCIPLES	56





Welcome Message From Marquee Health Director

Entering the month of June, we also enter winter, a season and period of the year with great definition. The meteorological reckoning and change in pressure systems bring to the fore elements that can make one rethink their composition regarding constitution.

The colder weather advocates assessment through nature's test of circulation and how well the system can remedy any deficiencies. The relative adaptation required to determine transition will be felt in the degree of stimulus and excitation necessary to maintain the dynamic flow.

The distinction of winter has provided cultures from around the world with many festivals, observances and rituals that often depict a change and new beginning.

As per usual Marquee Health and the team recognise the awareness of the common and remote affliction and illnesses that persist to endanger health and, in many instances, attend to them.

The special mention to our equine friend is mandatory as any space occupied with the horse is space and time well spent in learning.

The cuisine section is also incredibly special as this time of year should be paramount in eating well and sharing good cooking and culinary advice sometimes there can be no better gift.

The exercise principles that are put forward are also a necessary element in the self-management principles and programs that are put forward and require a degree of discipline to create the edge and leverage for health and condition to remain robust.

We hope you enjoy your read.

With Respect

James C Phillips

WINTER IS MUCH MORE THAN A SEASON,
IT IS A CELEBRATION





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.

MARQUEE HEALTH CARE

Enhanced Primary care Plans

For
Chronic Pain Management



EVER EVOLVING

**5 osteopathy
Treatments**

**From
GP Referral**

**Valid on Calendar
Year**

(1st January-31st Dec)

Rebate –

- ✓ Medicare Card
- ✓ HICAPS





Awareness Month of June

Bowel Cancer Awareness Month

June is Bowel Cancer Awareness Month - Bowel Cancer Australia's signature event to raise awareness of Australia's second deadliest cancer and funds for the leading community-funded charity dedicated to prevention, early diagnosis, research, quality treatment and the best care for everyone affected by bowel cancer.

Bowel cancer claims the lives of 103 Australians every week (5,336 people a year) - but it's one of the most treatable types of cancer if found early.

While the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting men and women, young and old.

296 Australians will be diagnosed with bowel cancer

this week (15,352 people a year).

Bowel cancer is usually a slow-growing cancer. There are often no symptoms in the early stages of the disease.

The most common symptoms of bowel cancer are

- ✦ **Bleeding from the rectum (this may be noticed as blood in the stools)**
- ✦ **Symptoms of anaemia**
- ✦ **A change in bowel habit (loose stools or constipation)**
- ✦ **Abdominal pain or cramping**
- ✦ **Bloating**
- ✦ **Weight loss**
- ✦ **Unexplained tiredness or fatigue.**

There are several conditions that may cause these symptoms, not just bowel cancer. If any of these symptoms are experienced, it is important they are discussed with your doctor.



What healthy living changes reduce your cancer risk?

Drinking less

alcohol, maintaining a

healthy weight, eating

healthy, being

active, protecting your

skin and quitting

smoking are six key ways to

give your body the best chance against cancer. They also protect you against diabetes, heart disease, stroke, and other illness.

There are many factors in our lives that can make it difficult to make healthy living changes. Sometimes, it is hard to know where to start and just the thought of change can feel overwhelming. However, over time, it is possible to make positive changes to your daily habits.



What are the risk factors for bowel cancer?

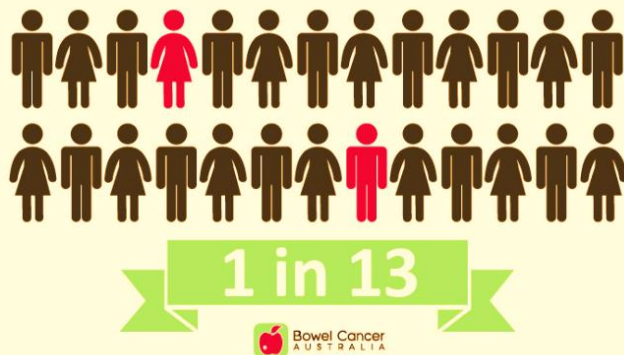
A risk factor that is associated with an increased chance of developing a particular health condition, such as bowel cancer. There are different types of risk factors, some of which can be modified, and which cannot.

It should be noted that having one or more risk factors does not mean a person will develop bowel cancer. Many people have at least one risk factor but will never develop bowel cancer, while others with bowel cancer may have had no known risk factors. Even if a person with bowel cancer has a risk factor, it is usually hard to know how much that risk factor contributed to the development of their disease.



While the causes of bowel cancer are not fully understood, there are several factors associated with the risk of developing the disease. These factors include.

- ♠ Increasing age
- ♠ A personal history of bowel cancer or polyps
- ♠ A family history of bowel cancer, adenoma, or gynaecological cancer
- ♠ A personal history of inflammatory bowel disease



National Cytomegalovirus (CMV) Awareness Month

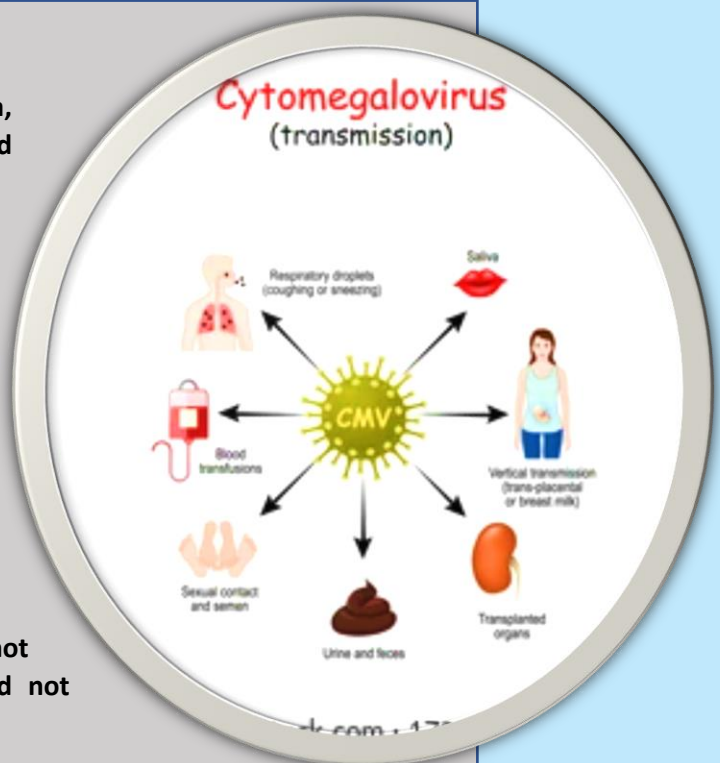
National Cytomegalovirus (CMV) Awareness Month is an annual observance held in June to increase awareness of CMV, the most common infectious cause of birth defects.

CMV is the most common infectious cause of birth defects in the United States. About 1 out of 5 babies with congenital CMV infection will have birth defects or other long-term health problems, such as hearing loss. In 2011, Congress passed a resolution naming June “National CMV Awareness Month.” CDC takes this opportunity to increase awareness of congenital cytomegalovirus (CMV) among healthcare providers, pregnant women, and parents.

The Centre's for Disease Control and Prevention (CDC) report that 1 in every 150 children is born with congenital CMV (cytomegalovirus). CMV is the most common congenital (meaning present at birth) infection in the United States and is the most common viral cause of birth defects and developmental disabilities, including deafness, blindness, cerebral palsy, mental and physical disabilities, seizures, and death.



CMV is a common virus, present in saliva, urine, tears, blood, and mucus, and is carried by 75 percent of healthy infants, toddlers, pre-schoolers, and children who contract the virus from their peers. About 60 percent of women are at risk for contracting CMV during pregnancy, posing a major risk to mothers, day-care workers, preschool teachers, therapists, and nurses. The American College of Obstetricians and Gynaecologists (ACOG) and the CDC recommend that OB/GYNs counsel women on basic prevention measures to guard against CMV infection. These include frequent hand washing, not kissing young children on the mouth, and not sharing food, towels, or utensils with them.



[https://www.cdc.gov/cmvp/awareness-month.html#:~:text=National%20Cytomegalovirus%20\(CMV\)%20Awareness%20Month%20is%20an%20annual%20observance%20held,defects%20in%20the%20United%20States.](https://www.cdc.gov/cmvp/awareness-month.html#:~:text=National%20Cytomegalovirus%20(CMV)%20Awareness%20Month%20is%20an%20annual%20observance%20held,defects%20in%20the%20United%20States.)

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Preventing CMV infection

Here's how women of child-bearing age can stop themselves from getting infected with cytomegalovirus (CMV).

Most CMV infections occur due to close contact with the body fluids of a CMV-infected young child.

There is no licensed CMV vaccine to prevent the disease, so we need to avoid direct contact with infected body fluids like saliva, urine and tears.

Tips



- Avoid sharing food, drinks and utensils used by possible CMV-infected young children.



- Avoid kissing the child's mouth. Kissing on the cheek or forehead minimises the risk of getting infected.



- Do not clean a child's pacifier by putting it into your mouth.



- Avoid sharing a child's toothbrush and utensils.



- Clean items like toys, countertops and surfaces that have come into contact with the urine and saliva of an infected child.



- Practise good hand hygiene by washing your hands thoroughly with soap and water for at least 20 seconds. This is especially important following diaper changing, feeding the child, and wiping their mouth, saliva and nose.

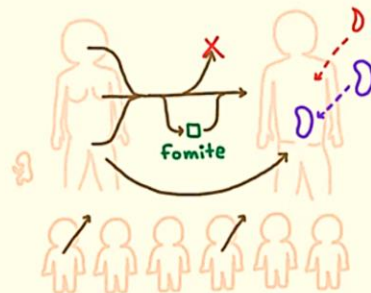
Source: Dr Mohd Miza Tawar



CMV

90% of 80-year-olds ⊕

TRANSMISSION



PATHOGENESIS



Orthoptic Awareness Week

Orthoptics Australia (OA) is marking its annual awareness week with a five-article series, featuring orthoptists who are advancing eye research and contributing to innovative models of care across the country.

The 2021 campaign's focus will be on the expertise of orthoptists when it comes to providing integrated pathways into ever expanding patient volumes through eye clinics, and advancements in eye research

World Orthoptic Day is the opportunity to heighten the visibility of the orthoptic profession and to promote the activities of orthoptists locally, nationally, and internationally.

The aim is that the IOA World Orthoptic Day will be integrated with other national celebrations and promotions of the mission and goals of orthoptic therapy. Many countries hold an orthoptic week or month yearly. If this does not fit with your country or time frame, then individual events can be scheduled to suit any local time frames. This will help to increase the awareness of orthoptists.



This year's Orthoptics Awareness Week (OAW) is being celebrated from the 31 May to 4 June and will be promoted in the lead up to World Orthoptic Day which is held on the first Monday of June each year (7 June).

What is World Orthoptic Day?

The International Orthoptic Association (IOA) is the global voice of the orthoptic profession which internationally is made up of 15-member national professional organisations and 6 associate member organizations. IOA



<https://www.internationalorthoptics.org/services/world-orthoptic-day/>

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Haemochromatosis Awareness Week



Symptoms

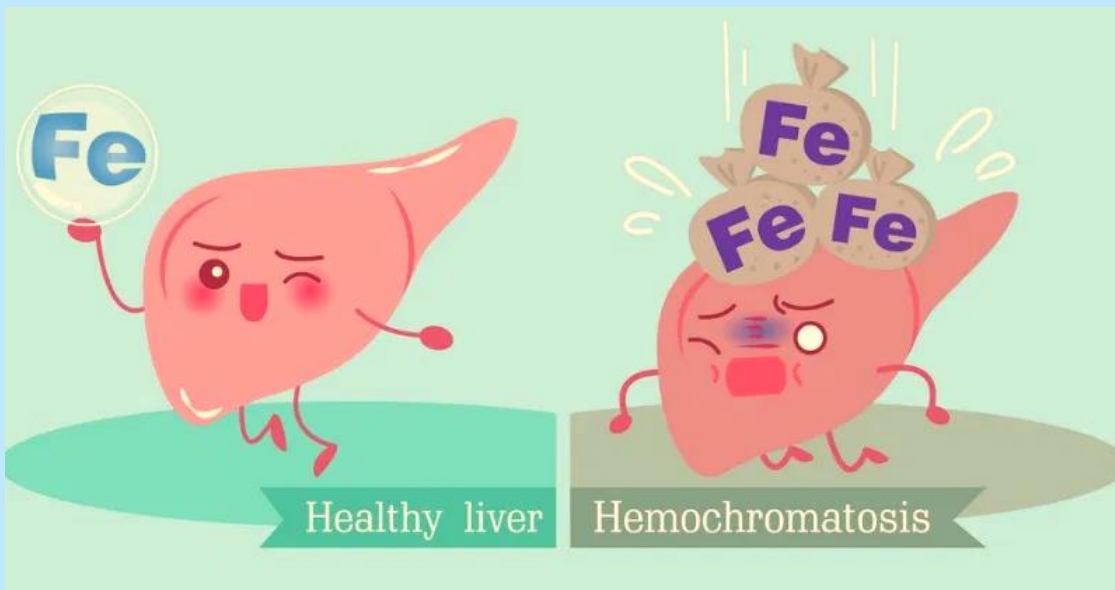
The most common symptoms noticed by people with haemochromatosis (inherited iron overload disorder) are

- Fatigue, weakness, and lethargy
- Joint pains leading to osteoarthritis

Other symptoms include:

- Abdominal pain
- Diabetes
- Liver disorders; enlarged liver, cirrhosis
- Sexual disorders; loss of sex drive in both male and female, impotence in men, absent or scanty menstrual periods and early menopause in women
- Decrease in body hair
- Discolouration or bronzing of the skin
- Neurological/psychiatric disorders; impaired memory, mood swings, severe irritability, depression.
- Cardiomyopathy; disease of the heart muscle





These symptoms, if present, take time to develop.

No two people are alike, and symptoms will vary from person to person.

Some people never develop any symptoms at all. All the symptoms of haemochromatosis can also be caused by other medical conditions or even just the stresses of modern life. They develop slowly and people often do not notice what is happening for a long time. This can make haemochromatosis difficult to diagnose.

Symptoms are caused by high levels of iron stored in the body. One indicator of the level of iron stored is serum ferritin. If iron stores are high the serum ferritin level will be high, but serum ferritin levels can also be raised by other factors. The normal range is 20 – 300 micrograms per litre ($\mu\text{g/L}$) for men and 10 – 200 $\mu\text{g/L}$ for women.

There is strong medical evidence of a potential for significant organ damage when iron stores cause serum ferritin levels above 1,000 $\mu\text{g/L}$. However, some people seem to experience symptoms with levels between 300 and 1,000 $\mu\text{g/L}$. Higher levels are more likely to be associated with more severe symptoms.

If haemochromatosis is diagnosed and treated before serious iron overload and significant damage occurs, most symptoms will decrease or disappear. However, there is evidence that treatment may not alleviate arthritis symptoms.

Other factors that influence haemochromatosis (inherited iron overload disorder)

There are many things that influence how haemochromatosis affects people apart from genetics.

Some of these are

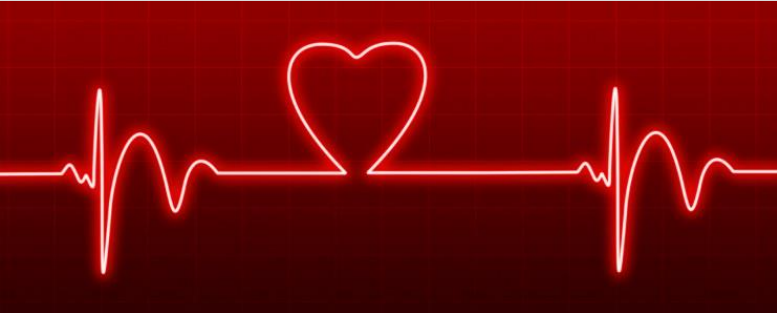
- Gender: Women are less affected because of physiological blood loss in menstruation and/or childbirth. Estrogens may exert anti-fibrotic effects on the liver and other organs.
- Age: The older one is, the more time iron has had to accumulate in the body
- Regular consumption of iron-rich food or water
- Consuming Iron supplements or excessive amounts of iron fortified foods
- Alcohol intake
- Vitamin C intake
- Previous blood donations
- Blood loss
- Blood transfusions
- Coexistence of conditions that increase iron absorption



1 in 200 Have
Genetic Iron Overload.
Are **You** the **One**?

- **Dyserythropoietic anaemia, hemolytic anaemias, thalassaemias and Porto-systemic shunts.**

Heart Rhythm Week



World Heart Rhythm Week is an annual event which will run between the 7th – 13th June in 2021. This is organised by the Arrhythmia Alliance, a coalition of patients, charities and professionals who work together to promote effective diagnosis and treatment of heart arrhythmia (a disorder affecting the rhythm of the heartbeat). The aim of World Heart Rhythm Week is to raise awareness of the symptoms of heart arrhythmia in both the public and medical profession.



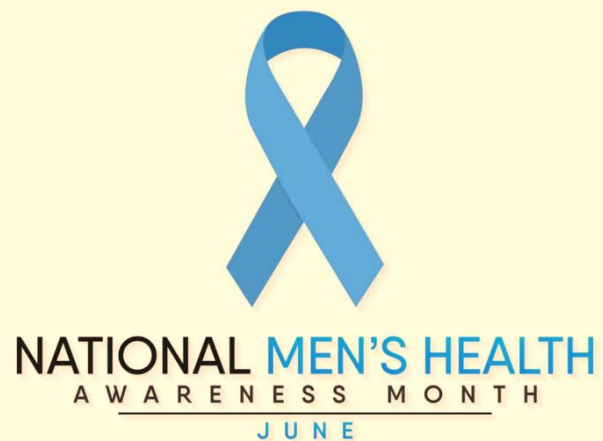
During the week, the Arrhythmia Alliance is asking its supporters to help spread the word by sharing information on social media, displaying information in public places, hosting awareness activities or simply donating.

<https://www.awarenessdays.com/awareness-days-calendar/world-heart-rhythm-week-2021/>



International Men's Health Week

International Men's Health Week is an international week celebrated in several countries the week preceding and including Father's Day to focus on issues facing men's health. International Men's Health Week began at an international level in 2002 when representatives from six men's health organizations around the world met in a meeting organized by Men's Health Network at the 2nd World Congress on Men's Health in Vienna, Austria and resolved to work together to launch International Men's Health Week (IMHW). This meeting followed preliminary discussions in 2001, at the first World Congress on Men's Health, about the need to coordinate awareness periods around the globe.



Observers of Men's Health Week are sometimes seen wearing a blue ribbon as a symbol of their support for the fight against prostate cancer. However, problems affecting men's health extend far beyond prostate cancer and other commonly recognized men's illnesses. Physicians and men's health activists mark Men's Health Week with awareness campaigns to highlight additional health concerns such as diabetes, osteoporosis, family health, workplace accidents, and men's higher likelihood of suicide or being a victim of homicide.



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World Allergy Week

World Allergy Awareness Week is an annual event that aims to raise awareness of allergic diseases and other related medical conditions. There is also a focus on advocating for the provision of training and resources about diagnosis, management, and ways that certain allergies can be prevented.

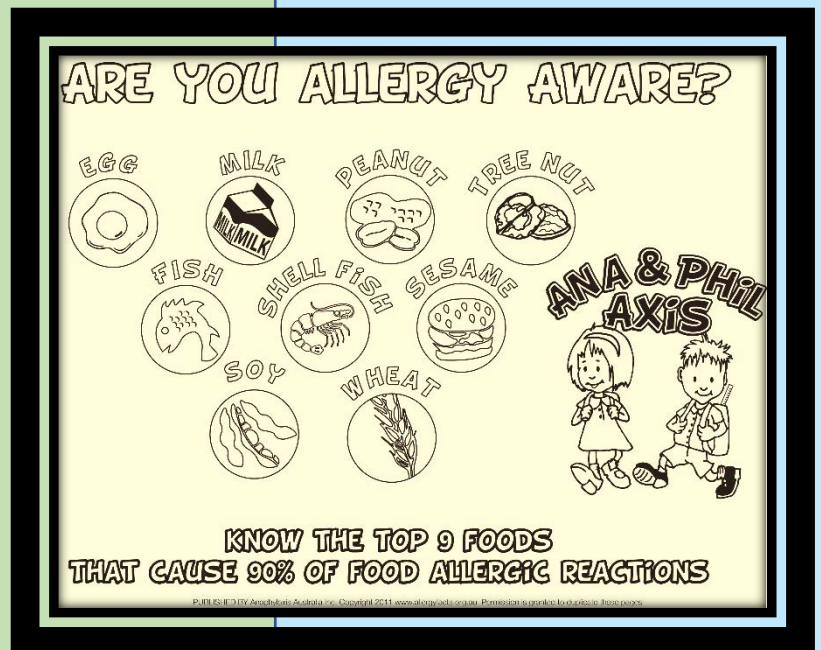
There is also a hope that World Allergy Awareness Week will bring people together.

In 2005 the first World Allergy Day was celebrated. After lots of discussion, it was decided that more time was needed to achieve all the aims of World Allergy Day, and in 2011 World Allergy Awareness Week was established.

The dates for this year's world allergy awareness week are 13th-19th June 2021.

The theme of the event this year is anaphylaxis. Each year the World Allergy Organisation chooses a different theme for the week with the aim of spreading awareness.

Throughout the week there will be webinars and information available to help educate people about the theme.



Anaphylaxis is an extreme reaction to venom, food, or medication. Most cases of anaphylaxis are caused by bee stings or food that is known to cause an allergic reaction, such as nuts. There are a series of symptoms related to anaphylaxis including a rash, low pulse, and anaphylactic shock. It is known to be fatal if not treated.

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Therefore, some allergy sufferers carry an EpiPen everywhere they go as it can prevent reactions from becoming fatal.

Previous themes of World Allergy Awareness Week include

- ▽ Allergy care does not stop with COVID-19
- ▽ The Global Problem of Food Allergy
- ▽ Atopic Dermatitis/Eczema: An Itch that Rashes
- ▽ The Agony of Hives - What to do when welts and swelling do not go away

<https://www.twinkl.com.au/event/world-allergy-awareness-week-2021>

World Blood Donor Day

Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary,



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unpaid blood donors for their life-saving gifts of blood.

A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system. The global theme of World Blood Donor Day changes each year in recognition of the selfless individuals who donate their blood for people unknown to them.

Safe blood saves lives

This year, World Blood Donor Day will once again be celebrated around the world on 14 June. The event serves to thank voluntary, unpaid blood donors for their life-saving gifts of blood. It also aims to raise awareness of the need for regular blood donations to ensure that all individuals and communities have access to affordable and timely supplies of safe and quality-assured blood and blood products, as an integral part of universal health coverage and a key component of effective health systems.

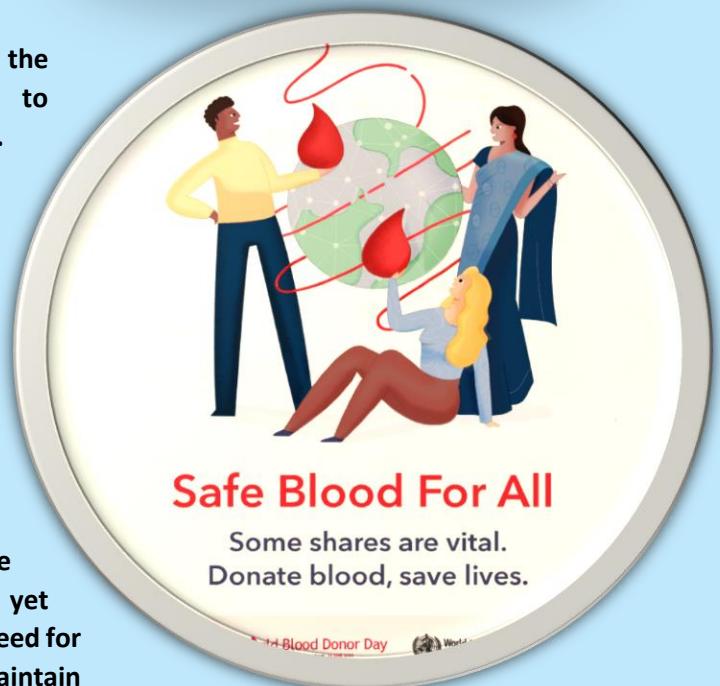
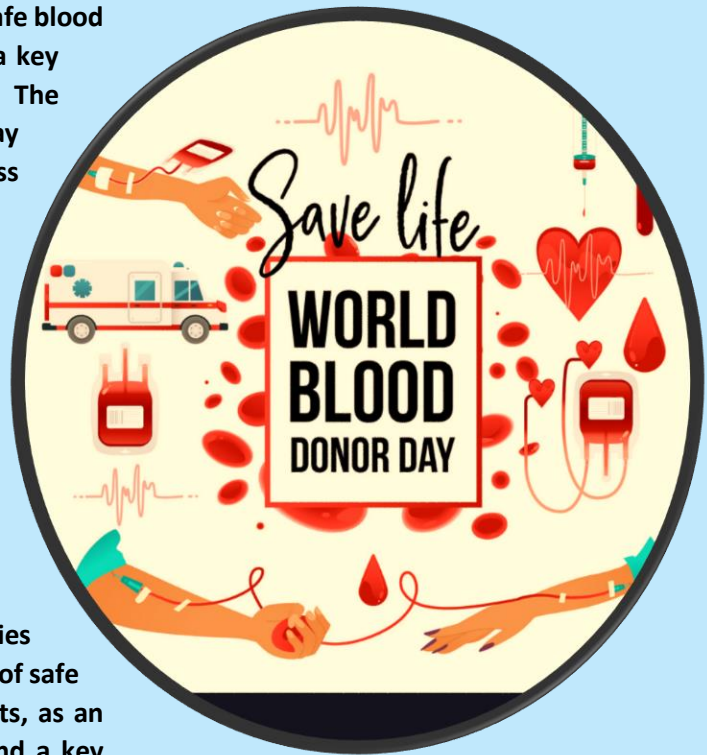
Focus of this year's campaign

The campaign theme for this year's World Blood Donor Day is "Safe blood saves lives" with the slogan "Give blood and make the world a healthier place". The idea is to focus on the contribution an individual giver can make to improve health of others in the community. Blood donations are needed all over the world to ensure individuals and communities have access to safe and quality-assured blood and blood products in both normal and emergency situations. Through the campaign, we call on more people all over the world to become lifesavers by volunteering to donate blood regularly.

The objectives of this year's campaign

Celebrate and thank individuals who donate blood and to encourage those who have not yet donated blood to start donating, highlight the need for committed, year-round blood donation, to maintain adequate supplies and achieve universal and timely access to safe blood transfusion.

focus attention on the contribution donors make to the entire community as a critical factor in improving



health, demonstrate the need for universal access to safe blood transfusion and provide advocacy on its role in the provision of effective health care and in achieving the goal of universal health coverage, mobilize support at national, regional, and global levels among governments and development partners to invest in, strengthen and sustain national blood programmes.

<https://www.who.int/campaigns/world-blood-donor-day>.

<https://www.who.int/westernpacific/news/events/detail/2020/06/14/western-pacific-events/world-blood-donor-day-2020>

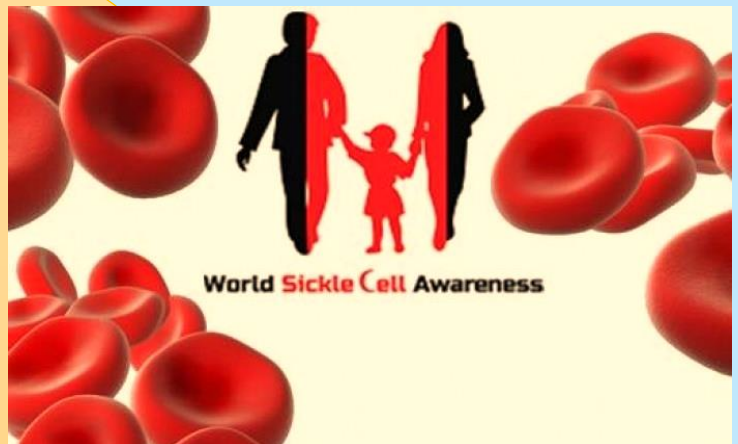


World Sickle Cell Day

The 19th of June is World Sickle Cell Day – a day of raising awareness!

World Sickle Cell Day is a United Nation's recognised day to raise awareness of sickle cell at a national and international level. On 22nd December 2008, the United Nations General Assembly adopted a resolution that recognises sickle cell disease as a public health problem and "one of the world's foremost genetic diseases." The resolution calls for members to raise awareness of sickle cell on June 19th of each year at national and international level.

Sickle cell disorders are a group of illnesses which affect your red blood cells. Sickle cell is a genetic condition, which means it is passed on from your parents and you are born with it; you cannot catch it from other people.



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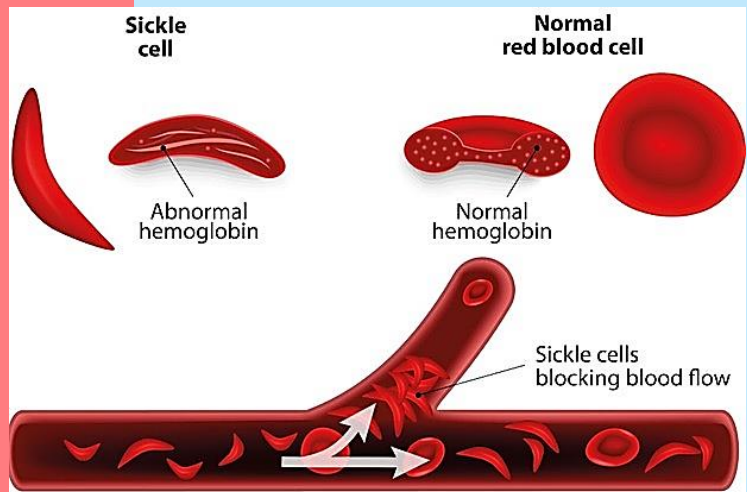


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Sickle cell disorders causes your normally round and flexible blood cells to become stiff and sickle shaped, stopping the blood cells, and the oxygen they carry, from being able to move freely around the body and causing pain. This can cause episodes of severe pain. These painful episodes are referred to as sickle cell crisis. They are treated with strong painkillers such as morphine to control the pain.



People with sickle cell are also at risk of complications stroke, acute chest syndrome, blindness, bone damage and priapism (a persistent, painful erection of the penis).

Over time people with sickle cell can experience damage to organs such as the liver, kidney, lungs, heart, and spleen. Death can also result from complications of the disorder. Treatment of sickle cell mostly focuses on preventing and treating complications.

[https://www.sicklecellsociety.org/wscd/#:~:text=World%20Sickle%20Cell%20Day%20\(2021,a%20national%20and%20international%20level.](https://www.sicklecellsociety.org/wscd/#:~:text=World%20Sickle%20Cell%20Day%20(2021,a%20national%20and%20international%20level.)

Health Awareness Week 2020



Any parent or carer with a baby is experiencing the world like never in our lifetime. Infant Mental Health Awareness Week (8th – 14th June) has the theme; 20:20 vision – seeing the world through babies' eyes. During a pandemic, Tweddle is asking how infants might be seeing the world right now and how we all can help.

Infant Mental Health Awareness invites government, industry, community, and families to consider the distinct needs of babies and toddlers. It highlights the need for investment in services like Tweddle, who strengthen relationships between parents and babies in the critical first 1000 days. We know that babies and toddlers rely on their carers for security in stressful times. COVID has seen parents, many of them first time mums and dads, struggle with conflict, sadness, job loss and loneliness without the expected support of social, community and family networks.

For parents, anxiety in response to COVID-19 may bring up specific memories and a heightened sense of vulnerability. Babies and toddlers may sense changes in their parents' stress levels. Some will respond to their changing environment through cues such as distress, unsettled behaviour, withdrawal, hitting or sleeplessness.

Babies may be experiencing parents who are unresponsive, scared or frightening. Some babies born during COVID-19 are experiencing their parents and carers with faces obscured by masks. Scientific research informs us that babies learn a lot about the world and relationships through facial expressions. This includes learning about what responses they prompt when they smile, cry or yawn. Mirroring of infant facial gestures is central to the development of a baby's neural matching pathways for these gestures.

Whether you are a parent wearing a mask, an isolated parent or a parent experiencing adversity, we make the following recommendations to help strengthen your baby or toddler's mental health today, tomorrow and for the future.

<https://www.tweddle.org.au/infant-mental-health-awareness-week/>

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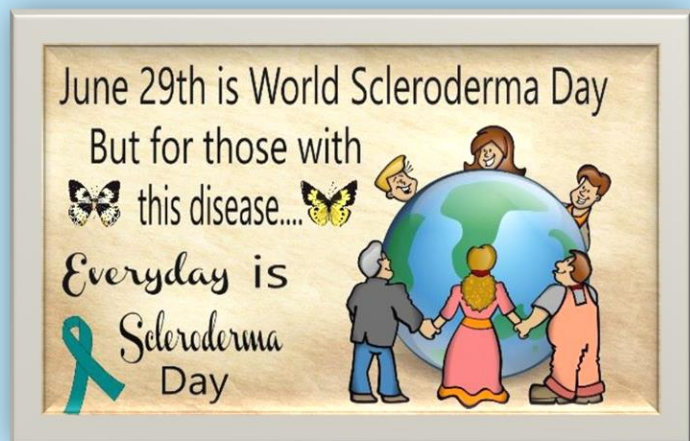
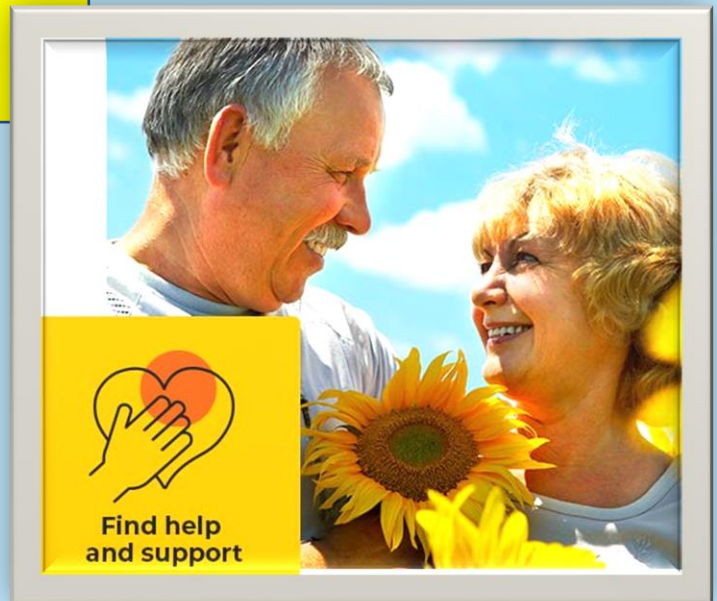
World Scleroderma Day

Having a disease that nobody has heard of is a lonely business. When even the doctors cannot recognise it, or tell you what is going to happen, it is lonelier still.

So, Scleroderma Awareness Day was created to tell people, including the medical community, what it means to have this disabling disease. June 29 is a day to recognise the bravery of those who live with scleroderma, and to demand equal treatment and equal care for people with scleroderma.

Scleroderma is the name given to a group of rare conditions that can damage the skin and internal organs through scarring and poor blood supply. A complex disease of the immune system, blood vessels, and connective tissue, it is hard to diagnose as its symptoms vary from person to person. But early diagnosis is critical to prevent the worst complications, and treatment is available.

Scleroderma (Systemic Sclerosis) can be treated early only if diagnosed early. The VEDOSS project, led by EUSTAR, calls for all GPs to refer people with two early symptoms to a rheumatologist for further investigation. While Raynaud's (lack of circulation in the fingers and toes when chilled, leading to white, numb digits) is a common, mild condition, it may prove to be the precursor of systemic scleroderma, and it is one of the symptoms that call for surveillance. A second symptom is hard puffy fingers. Where both symptoms are present, an ANA blood test should be conducted. Examination by a rheumatologist familiar with systemic sclerosis is the next step. This is best conducted in a specialist scleroderma clinic. Early diagnosis of



scleroderma saves lives and leads to control of the disease.

<https://fesca-scleroderma.eu/news-events/events/world-scleroderma-day/>

The concept of Qi in Traditional Chinese Medicine

One fundamental principle of Traditional Chinese Medicine is the concept of Qi, which can be loosely translated as energy, or life force. We can see a similarity with the concept of the breath, or "prana" in Ayurvedic Indian traditional medicine, as well as in Yoga, and several martial arts.

Qi not only warms the body but also provide the energy to drive the metabolic functions of the organs, and protect the body against external pathogens, thus keeping us healthy. There are several forms of Qi. According to this

Oriental concept, one gets a fundamental source of Qi from our parents when we are born, and another form of energy from breathing, and from the foods that we eat.

The Qi circulate throughout the body via channels, or pathways, which travel beneath the skin reaching the muscles, tissues, joints, and bones on a superficial level, as well as the different organs on a deeper level, so that every inch in the body is supplied by a specific form of Qi



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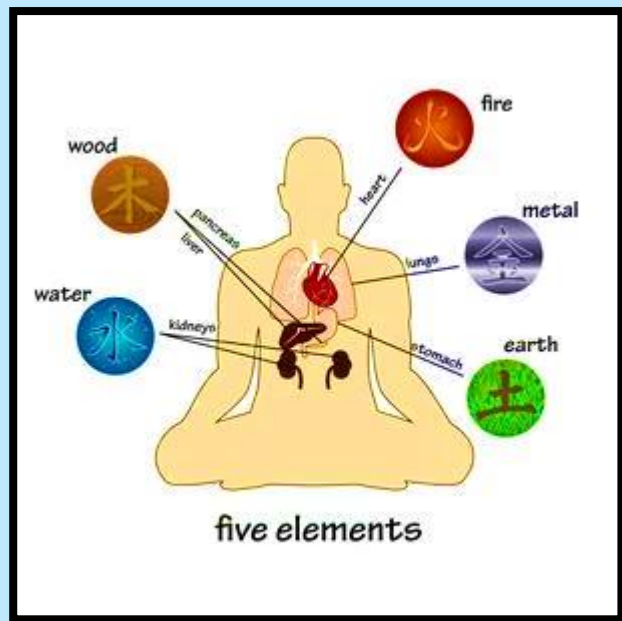
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There are twelve main channels within the body, each associated with a specific organ, and there many acupuncture points along these channels which can be stimulated to treat a disorder in that organ, or channel. Disharmonies can occur when the Qi is deficient, for example if a person is elderly, weak, overworked, or consuming a poor diet. The consequences of a deficient can be general fatigue, poor circulation, as well as specific symptoms in the organs which are affected.

The Qi can also get obstructed on its pathway, from emotional factors, climatic influences, dietary deficiencies, or injuries. In that case, we will see local pain and swelling, emotional imbalances, or digestive problems.

Finally, the Qi can become "rebellious" when it starts flowing in the wrong direction, with symptoms such as nausea, vomiting, wheezing, and coughing, varicose veins, or organ prolapse.

The role of the acupuncturist is to diagnose which channels, and organs are affected, before selecting out of more than 365 acupuncture points in the body, the most appropriate acupuncture point combination for that specific condition, and the overall constitution of the patient.



Olivier Lejus

MH SC, BH Sc. Lecturer.

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

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Ayurvedic Glow Boosting Bundle



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

- ♣ Cleanse your face twice a day with Silk splash Neem-Orange Rehydrant Ayurvedic Face Wash.
- ♣ Apply Insta-glow Almond Complexion Pack twice a week.
- ♣ On cleansed skin, use Fair'e Mulethi-Khus Skin Brightening Gel at night before going to bed.
- ♣ After applying Fair'e, gently Massage with 2-3 drops of Kimsukadi tail – glow boosting facial oil to boost its effect.



Silk-splash Rehydrant Face Wash



Most iconic face cleanser, Silk-splash, is a gentle Ayurvedic face wash with a faint herby aroma to remove the last traces of dust, grime, and make-up residue, yet retaining the inherent moisture of the skin.

How to USE

Apply the face wash on wet skin. Rinse with water and pat dry. Use twice a day. Follow by the next suggested product in your JH six step regime.

Sherry Gupta

Ayurvedic Beauty Therapist

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MARQUEE HEALTH MELDING WITH EQUUS

OSTEOPATHIC PROGRESSION VISCERAL SOMATIC DOMINANCE

Visceral Osteopathy emphasises the importance of assessing, understanding and therefore appreciating the benefit of manipulation of the viscera (organ).

Certain organs will tend to dominate and have higher influence on creating and maintaining physical torsions, spasmodic tissues, fascial distortions with patterns of metabolic dysfunctions. Therefore, resetting these target organs has vast efficacious outcomes in re-regulation and fluid dynamics systemically.

When one has the functional ability to reset visceral tissues, and the vascular restrictions, understanding whole body treatment sequencing comes into focus creating efficacy.

As a greater depth of biophysical knowledge is gained, understood, and applied through a vast array of adept techniques and principles, the process will simplify with a few core concepts and energetic streams guiding, maintaining, and nurturing the whole being.



By knowing the dominant energy flows, those natural patterns of direction, projection and currents that move throughout the body, one can assess, intervene, and therefore rebalance them. Equines have an incredible ability to illuminate these energy flow and sequences.

In osteopathy an understanding of "The Rule of the Artery" appreciates and respects those dominant path-oriented energy flows and dynamics where vascular, neural, fascial, endocrine, and diaphragmatic dynamic collaboration play a

major role in contribution to the subtle yet powerful flows that govern all.

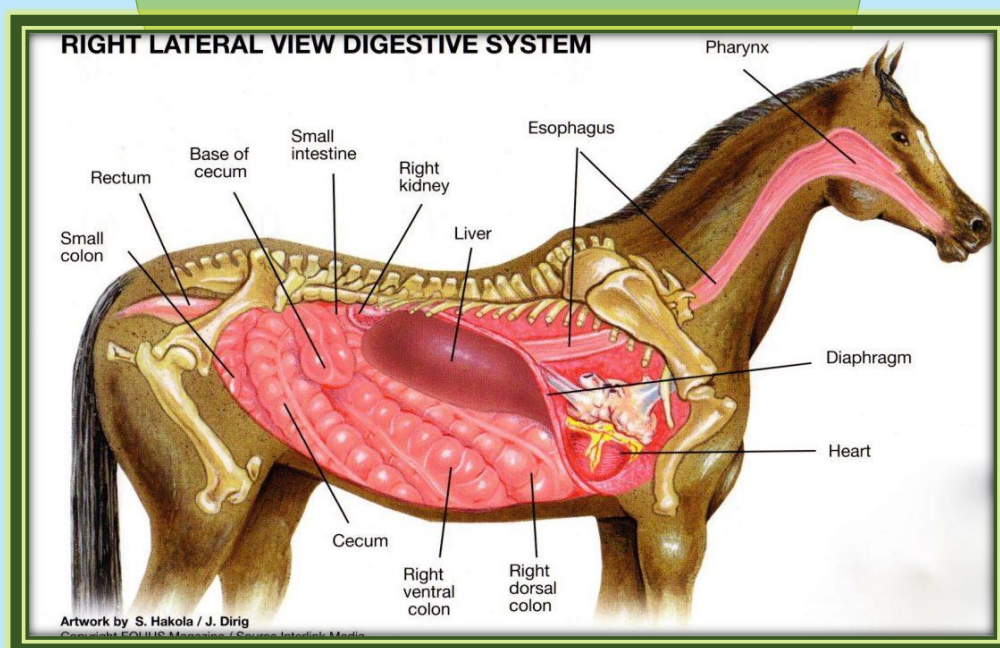
Transitional compartments such as the pelvic housing, abdominal cavity, thoracic cage, and the cranial vault often hold the key to unlocking dysfunction that exude systematic hold and therefore fluid dynamic, hormonal, enzymatic and neural flow on a consistent basis to revitalise, sustain and maintain. Essentially, no matter where the focus of dysfunction is over time they will permeate towards systemic hold.



When illuminating the sequencing from long term development to present compounding a broad view of vascular dynamics and pumps, the organ systems to the diverse neural pathways and the connective tissue that binds and supports to the structural enclosures and the functional muscle facilitation an immediate and medium-term projection in hypothesis will be necessary to either resolve, support or salvage.

The Equine approach relies on great integrity and consideration in listening and a major degree empathically to enter what may well be something held under high tolerance and great sensitivity therefore highly reactive.

The instinctive equine nature will be a true guiding force on what skill will pervade through the osteopathic hand, mind and heart spiritually imparting the required intervention.



James C. Phillips
Equine Osteopath

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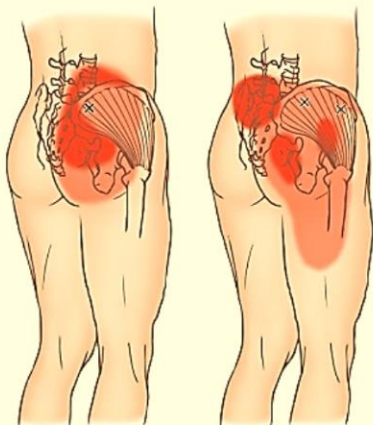
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MUSCLE OF THE MONTH

Gluteus Medius

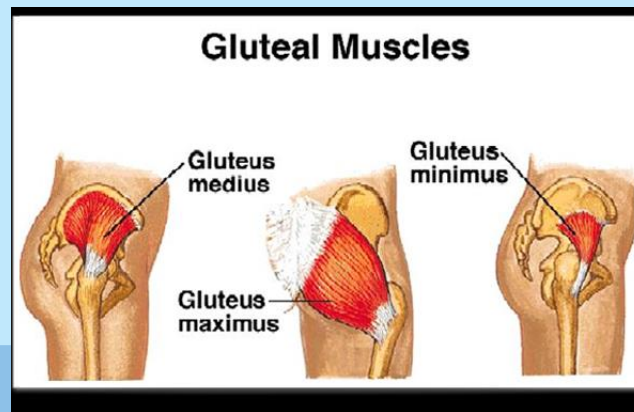
The gluteus Medius is located on the lateral aspect of the upper buttock, just below the iliac crest. The superior muscle is broad with the muscle narrowing towards its insertional tendon. The gluteus Medius muscle is partially covered on its lower-third part by the gluteus maximus muscle. This makes up what is commonly referred to as the buttocks. The gluteus Medius works to provide rotation of the thigh outward from the centre of the body, which enables a steady walking gait. The gluteus Medius attaches to the leg at the top of the femur (thigh bone), close to the hip joint, on a bony prominence called the greater trochanter. The greater trochanter is a ridge on the femur. The muscle attaches at the other end to the ilium, which is part of the pelvic bone.

SEATED GLUTEUS MEDIUS STRETCH



Gluteus medius trigger points & their referral patterns
(i.e. where pain can travel to when touching a certain tight area of the muscle)





Weakness in the muscle, nerve damage, or problems with the muscle can cause a limp to develop, such as the Trendelenburg gait. This is an abnormal walking form where a person's hip drops on the side opposite the damage, giving their gait a hobbled appearance.

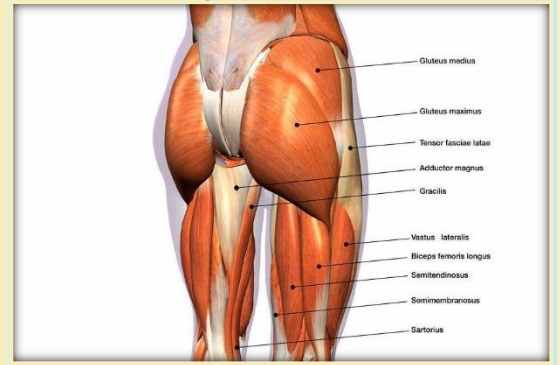
Taking the time to stretch out this muscle comes with many benefits, including loosening up tight hips. Tight hips can limit your range of motion and even lead to chronic back pain. It is important to warm up your muscles before stretching them, especially if they are tight.

You can engage in some light cardio with repetitive movements before commencement of challenging workouts such as:

- Jogging
- Walking
- Jumping jacks

Another idea is to stretch soon after taking a hot shower or bath. It is important to warm up the muscles first before stretching, it is never a good idea to stretch while your muscles are cold as it can lead to injury or strain. Taking the time to stretch out the glute Medius can help relieve pain in your lower back, hips, and knees.

Care for your glutes by getting a massage, a part of my lower back massage routine requires trigger points to the glute Medius and piriformis muscles which is great for alleviating pain and tension in the lower back and hamstrings. A deep tissue massage aims to provide effective treatment to physical dysfunction involving a multitude of approaches, tests, modalities, and techniques.



Deep Tissue Massage introduces the concept of Trigger Points. A Trigger Point is an area of local sensitivity and indicates a build-up of metabolic wastes. You use your glutes for everything, walking, running, etc. This can easily lead to hip tightness. So, it is important to look after it by getting regular massage, stretching them out and using a foam roller.

Key facts about gluteus Medius muscle

- **Origin:** Gluteal surface of ilium (between anterior and posterior gluteal lines).
- **Insertion:** Lateral aspect of greater trochanter of femur.
- **Action:** Hip joint - Thigh abduction, thigh internal rotation (anterior part); Pelvis stabilization.
- **Innervation:** Superior gluteal nerve.

Blood supply: Deep branch of superior gluteal artery, trochanteric anastomosis.



Ramon Tupac Perez
Remedial Massage Therapist



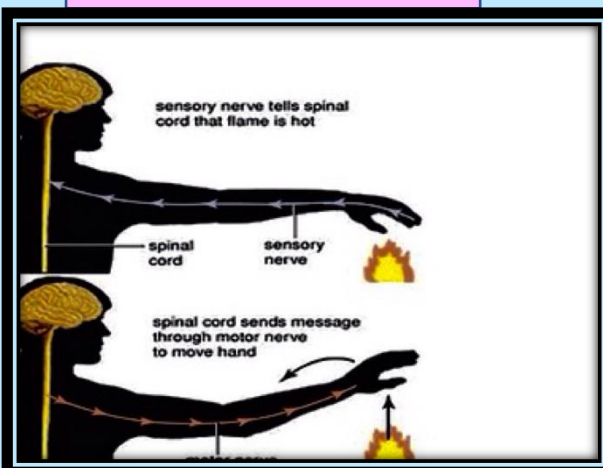
Human reflexes

A reflex, or reflex action, is an involuntary, unplanned sequence or action and nearly instantaneous movement in response to a stimulus. A reflex is made possible by neural pathways called reflex arcs which can act on an impulse before that impulse reaches the brain. The reflex is then an automatic response to a stimulus that does not receive or need conscious thought.



A few examples of reflex action are:

- When light acts as a stimulus, the pupil of the eye changes in size.
- Sudden jerky withdrawal of hand or leg when pricked by a pin.
- Coughing or sneezing, because of irritants in the nasal passages.
- Knees jerk in response to a blow or someone stamping the leg.
- The sudden removal of the hand from a sharp object.
- Sudden blinking when an insect comes extremely near to the eyes.



The knee jerk is a reflex action

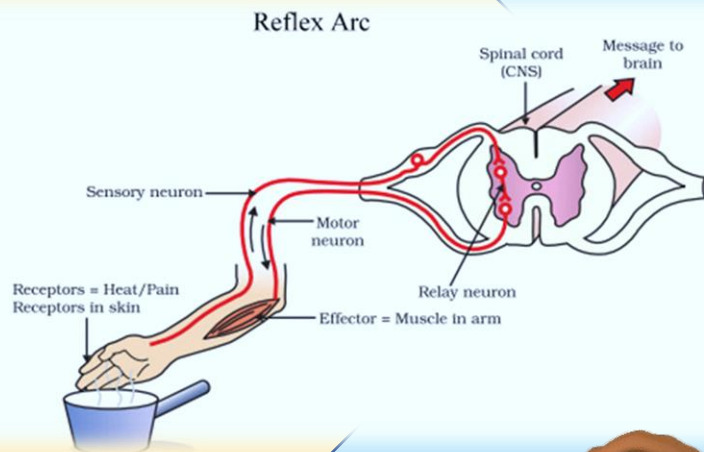


Reflex Arc

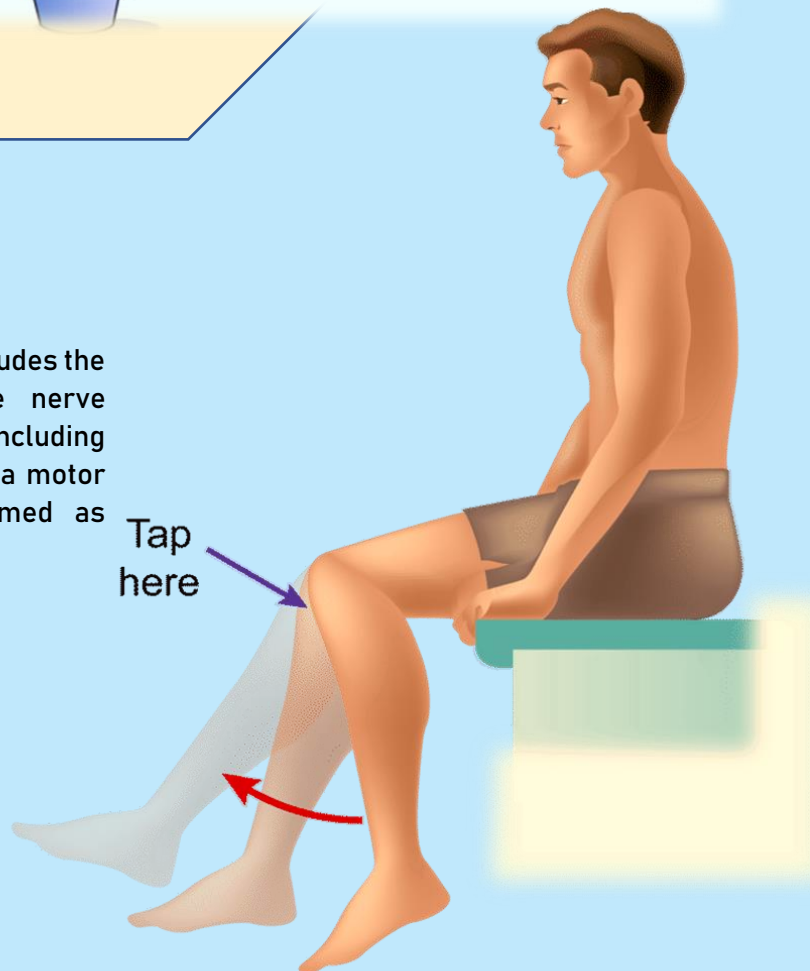
The neural pathway that controls the reflexes occurs through the reflex arc. It acts on an impulse even before it reaches the brain. There are some stimuli that require an automatic, instantaneous response without the need of conscious thought.

Two types of reflex arcs are the autonomic reflex arc that affects inner organs, and the other type is somatic reflex arc that affects muscles.

Following diagram shows the reflex arc pathway



Here the mechanism of reflex includes the roles of spinal cord and the nerve pathway, involved in this action including a sensory nerve, a synapse, and a motor nerve, which altogether is termed as reflex arc.



A knee jerk response when the knee is patted with reflex hammer.

Reflexive responses occur before you even have time to think because the spinal cord sends a message directly to your muscles, bypassing the brain.

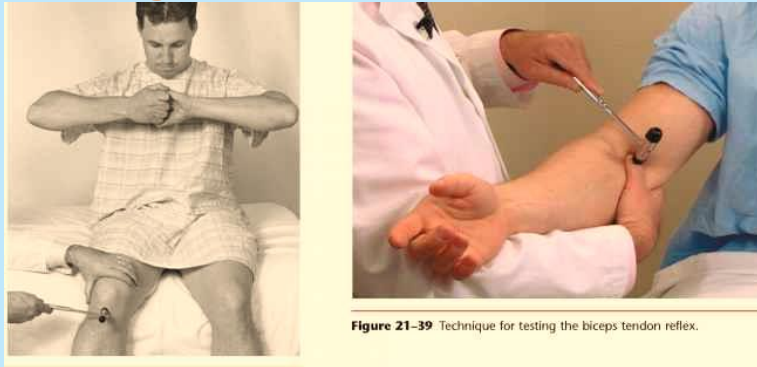


Figure 21-39 Technique for testing the biceps tendon reflex.

TYPE OF Reflexes

The different types of reflexes depend upon various factors such as type, function, degree of complexity, development, and response.

1. Based on the type or function

This is based on the movement of the organs or parts of the body that move due to the reflex. Some reflexes that move the skeletal muscles are extensor, flexor, locomotors and statokinetic. Reflexes that involve the function of internal organs include cardiovascular, digestive, secretory and excretory.

2. Based on the degree of Complexity

Reflexes can also be classified based on the degree of complexity of the neuron or nerve organization within the reflex arcs. Under this category, these can be monosynaptic or monosegmental reflexes that involve only one segment of the central nervous system and multisynaptic or intersegmental reflexes that involve more than one segment of the central nervous system.

3. Based on the Development

Reflexes can be innate reflexes and acquired reflexes where the former includes genetically determined and the latter type includes learned reflexes.

4. Based on the response

Reflexes can be somatic reflexes that control skeletal muscle contractions and include superficial and stretch reflexes; the other one includes visceral or autonomic reflexes.

Reflexes Self-examination

Since reflexes are involuntary, you can check them for yourself. If you find something amiss when you check your own reflexes, report your concerns immediately to your physician.

1. Sit on a table with your legs hanging freely over the edge to check your knee-jerk reflex. Gently tap your quadriceps tendon, which is located immediately below your kneecap, with a reflex hammer or a long straight tool like a yardstick. Look for a normal or brisk knee jerk that has one or two swings forward and backward, according to the New York University website. Repeat and compare responses in both legs.

2. Check your plantar or Babinski reflex by sitting on a table with your legs hanging over the edge and your socks removed. Rub the end of the reflex hammer or an object like a key, up and down your bare foot from heel to big toe. Look for a slight flexing of your toes. Note any abnormal response, such as your toes separating or extending.

3. Relax the fingers on your right hand completely to test the Hoffman response. Use the thumbnail on your left hand to press down on each of the fingernails of your right hand until your nail "clicks" over the end of each nail on your right hand. Repeat the exercise with the right thumbnail, checking each of the fingernails on the left hand. Note any discrepancies between fingers or hands. A lack of response is normal, according to the New York University website. Note an abnormal response, which is if your fingers flex after the click.

4. Check your pupillary reflex by looking at your pupils in a mirror, noting the size. Dim the lights for two to three minutes. Turn on the lights and re-examine your pupils in the mirror, noting their size. Normally, pupils get smaller when the lights are turned on because they contract to keep out excessive light that may temporarily blind you or damage your eyes.

5. Test your blink reflex by looking into a mirror. Bring your right palm toward your right eye quickly, stopping just short of contacting your face. Repeat with the left palm and the left eye. Note if you did not blink.



Importance of Reflexes

Different types of reflex actions are known which are involuntary responses of effectors to the stimulus. It aids us in protection from any sudden stimulus that may harm us and therefore takes care of the survival of an organism.

The function of each of the components of reflex arcs is explained below

Receptor

It receives the information and thus helps in generating impulses.

Sensory Nerve

It transmits information from the receptor to the interneurons in the spinal cord.

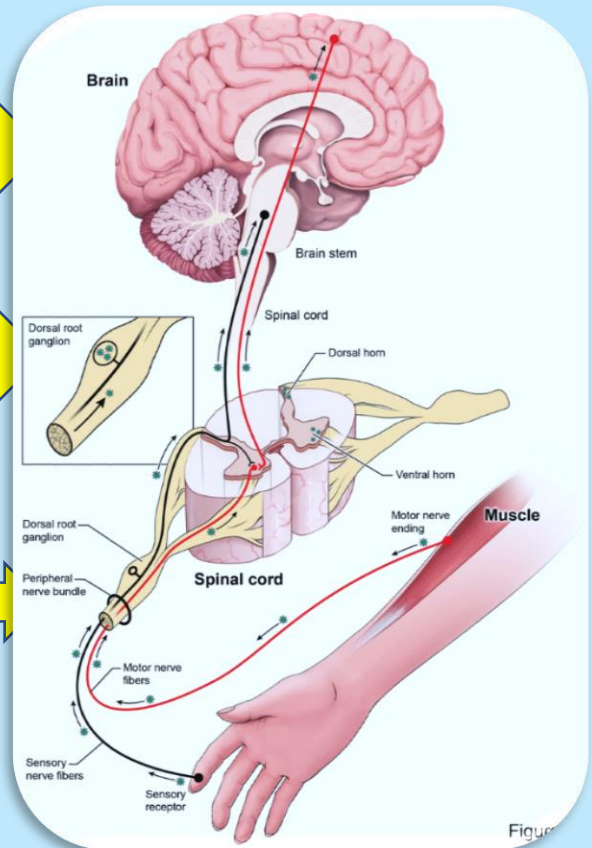
Interneuron

It generates effective responses by effectively processing the information.

Motor nerve
It carries the respective information from the spinal cord to the effector organ.

Effector organ

It receives information from effector neurons and helps in generating the appropriate response (reflex).



Akriti Kafle
Nursing Student & Receptionist of Marquee Health Clinic

Importance of communication at diverse workplace

Good communication is an essential tool in achieving productivity and maintaining strong working relationships at all levels of an organisation.

Employers who invest time and energy into delivering clear lines of communication will rapidly build trust among employees, leading to increases in productivity, output, and morale in general. Meanwhile, employees who communicate effectively with colleagues, managers and customers are always valuable assets to an organisation.

The influence of globalization, and it is not uncommon to work in an office with people whose gender, race, nationality, and sexual orientation is different from your own. Having cross-cultural communication skills in a diverse workplace are important. Having clear, effective communication between co-workers, managers and executives creates an equal opportunity workplace, in which a diverse set of individuals are empowered to excel. Inclusion and respect for everyone in the workplace stands to enhance performance and working conditions. Challenges of communication in a diverse workplace are common – but solvable.

Some ways to improve your communication with a diverse workforce are mentioned below:



Expand Your Cultural Understanding

One of the important steps in effectively communicating with others who are different from you is to understand their cultural norms and expectations. People from different backgrounds tend to vary in the ways they communicate and have different expectations for formality and politeness. We should be aware of the basic differences. Understanding those differences can help us to communicate in ways that avoid offending or confusing the co-workers.

Be Aware of Your Own Influences

The other side of understanding the cultures of others is being aware of our own cultural influences. While we think of our own style of communication as “normal,” we should identify that we are just as influenced by our own race, gender, nationality, etc., as anyone else. When you are aware of your influences, you are more capable of adjusting your communication style to best suit the situation.



Develop Listening Skills

Working in a diverse environment requires excellent listening skills. Every cultural group communicates differently, and great co-workers and managers will listen to each other before speaking.

To understand each other and communicate authentically, it is important to take the time to listen and to ask meaningful questions. This process is slower than communication between two people from the same cultural group and background, but the investment of time spent doing this can offer significant emotional rewards.

Listening develops the ability to communicate more clearly and to better understand

individuals and groups from different cultural groups. Ultimately, this saves time in the future, as problems are more easily resolved in an adaptive, responsive work environment.

Listening is a skill that requires time and patience. Pay close attention to others, take notes, and take the time to digest information before responding. Digesting the information first means that you can formulate an appropriate response that has accounted for different cultural groups and gender divisions in the workplace.





Communicating with Body Language

Even though a positive, outgoing attitude is great for communicating, using body language also should be considered. Our body language is especially important when interacting with different cultural groups.

Body language while speaking is great for making a point and expressing emotion. However, it is important to consider the context and comfort level of other co-workers involved while using the body language

Encourage Self- Expression

Self-expression is difficult for anybody at work, but this is especially true for minority groups in a workplace. Encouraging positive self-expression improves working conditions, by giving a voice to everyone.

This practice is inclusive and should apply to all workers. It is, however, more difficult for minority groups to always feel free to speak freely due to the fear of repercussions or of being judged. Common solutions to this problem include annual reviews, one-on-one meetings with managers that encourages communications.

Attitude Is Everything



Finding effective ways to communicate in a diverse workplace is often a simple matter attitude. Having a positive attitude toward co-workers is a great starting point.

Simply approaching communications with an open mind and a willingness to listen is often enough to gain respect and to have reciprocal communications at workplace. Positive attitudes are

infectious and are good for everyone involved. Taking the time to recognize great work – while building positive morale around the success of a diverse group – will build a team mindset.



Sumita Gurung
**Front Office Receptionist &
Social Support work**

MARQUEE HEALTH REMEMBERS

THOSE THAT MADE A DIFFERENCE

JOSEPHINE BAKER: (03/06/1906 – 12/04/1975).

Born Freda Josephine McDonald, Josephine Baker was an American born naturalised French entertainer, French resistance agent and civil rights activist. Her career was primarily in Europe, in her adopted France. She was the first black woman to star in a major motion picture, the 1927 silent film *Siren Of The Tropics*, directed by Mario Nalpas and Henri Etievant.

During her early career, Josephine was a renowned dancer and a celebrated performer headlining the revues of the Folies Bergere in Paris. One of her performances in the revue *Un Vent De Folie* in 1927 caused a sensation when her costume consisted of only a short skirt of artificial bananas and a beaded necklace becoming an iconic image of both the jazz age and Roaring Twenties.

Josephine was celebrated by artists

and intellectuals of the era who variably dubbed her 'Black Venus', 'The Black Pearl', "The Bronze Venus and 'The Creole Goddess'".

Born in St Louis, Missouri she renounced her U.S. Citizenship and became a French national after her marriage to French industrialist Jean Lion in 1937 where she raised her children.

She was known for aiding the French Resistance during World War II. After the war she was awarded the Resistance Medal by the French Committee of National Liberation, The Ccoix De Guerre by the French Military and was also named a Chevalier of the Legion D'honneur by General Charles De Gaulle. Josephine once stated "I have two loves, my country and Paris"

Josephine refused to perform for segregated audiences in the United States and is noted for

her contributions to the civil rights movement.



**Early life
Baker, c. 1908**

Josephine spent her early childhood years at Targee Street in the Mill creek valley neighbourhood of St. Louis, a racially mixed low-income area near Union Station, consisting of rooming houses and apartments without indoor plumbing. Josephine whose family were poor and often hungry had to develop street smarts from an early age playing in the railroad yards of Union Station.

Josephine's mother took in laundry to wash to make ends meet, and at eight years old, Josephine began working as a live-in domestic for white families in St.

Louis. By age 12, she had dropped out of school.

At 13, she worked as a waitress at the Old Chauffeur's Club Pine Street. It was at the Old Chauffeur's Club where Josephine met Willie Wells, and subsequently married him at age 13; however, the marriage lasted less than a year. Following her divorce from Wells, she found work with a street performance group called the Jones Family Band.



Baker in her banana costume in 1927

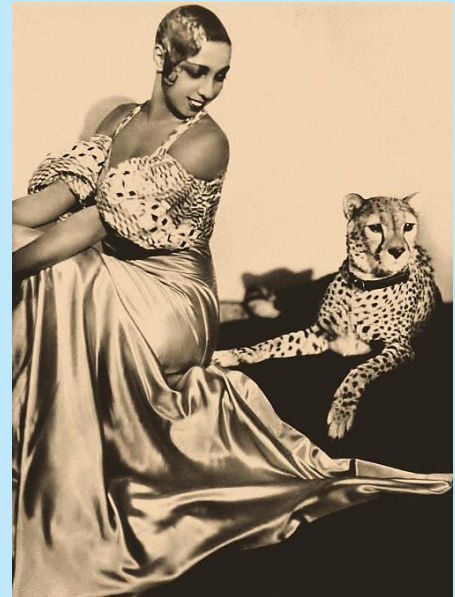
In Josephine's teen years she struggled to have a healthy relationship with her mother, who did not want Josephine to become an entertainer, and scolded her for not tending to her second husband, Willie Baker, whom she married in 1921 at the age of 15. She

left him when her vaudeville troupe was booked into a New York City venue and divorced in 1925; it was during this time she began to see significant career success, and she continued to use his last name professionally for the rest of her life. Though Baker travelled, she would return with gifts and money for her mother and younger half-sister, but the turmoil with her mother pushed her to make a trip to France.

Early years

Josephine was eventually recruited for the St. Louis Chorus Vaudeville show. At the age of 15, she headed to New York City during the Harlem Renaissance performing at the Plantation Club in the Chorus Lines of the ground-breaking and hugely successful Broadway revues *Shuffle Along* (1921) and *The Chocolate Dandies* (1924).

Baker performed as the last dancer on the end of the chorus line, where her act was to perform in a comic manner, as if she were unable to remember the dance, until the encore at which point, she would perform it not only correctly but with additional complexity. A term of the



time describes this part of the cast as "The Pony". Baker was billed at the time as "the highest-paid chorus girl in vaudeville."

Her career began with blackface comedy at local clubs; this was the "entertainment" of which her mother had disapproved; however, these performances landed Baker an opportunity to tour in Paris, which would become the place she called home until her final days.

Paris and rise to fame [Baker in her banana costume in 1927 Josephine sailed to Paris for a new venture, and opened in *La Revue Negre* on 2 October 1925, aged 19, at the Theatre Des Champs-Elysees.

In a 1974 interview Josephine explained: "No, I didn't get my first

break on Broadway. I was only in the chorus in 'Shuffle Along' and 'Chocolate Dandies'. I became famous first in France in the twenties. I could not stand America and I was one of the first Coloured Americans to move to Paris.

In Paris, she became an instant success for her dancing, and for appearing practically nude onstage. After a successful tour of Europe, she broke her contract and returned to France in 1926 to star at the Folliors Bergere, setting the standard for her future acts.

Arrival of Baker in The Hague in 1928

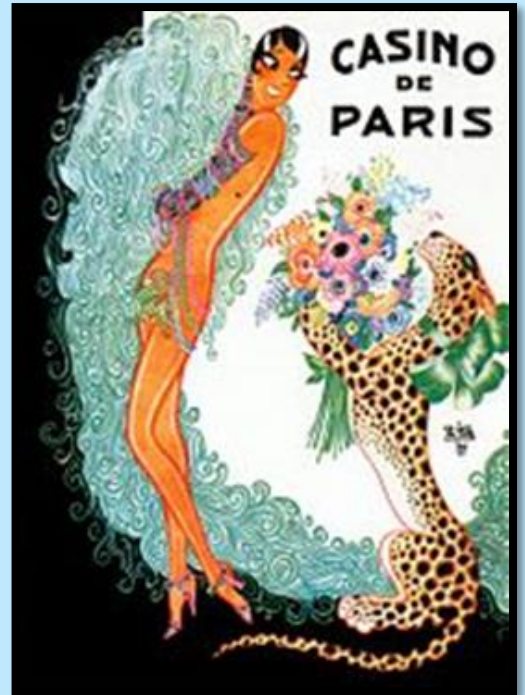
Josephine performed the "Danse Sauvage" wearing a costume consisting of a skirt made of a string of artificial bananas. Her success coincided (1925) with the Exposition des Arts Decoratifs which gave birth to the term Art Deco.



Josephine represented one aspect of this fashion. In later shows in Paris, she was often accompanied on stage by her pet Cheetah "Chiquita,". The cheetah frequently escaped into the orchestra pit where it terrorized the musicians, adding another element of excitement to the show.

In 1929, Josephine became the first African American star to visit Yugoslavia, while on tour via the Orient Express. In Belgrade, she performed at Luxor Balkanska, the most luxurious venue in the city at the time. She included Pirot Kilim into her routine, as a nod to the local culture, and she donated some of the show's proceeds to poor children of Serbia.

During this period, she scored her most successful song, "J'ai deux amours" (1931). Baker starred in three films which found success only in Europe: the silent film Siren of the



Tropics (1927), Zouzou (1934) and Princesse Tam Tam (1935). She starred in Fausse Alerte in 1940.

In the words of Shirley Bassey, who has cited Baker as her primary influence, "... she went from a 'petite danseuse sauvage' with a decent voice to 'la grande diva magnifique' ... I swear in all my life I have never seen, and probably never shall see again, such a spectacular singer and performer."

Despite her popularity in France, Baker never attained the equivalent reputation in America. Her star turns in a 1936 revival of Ziegfeld Follies on Broadway generated less than impressive box office numbers, and later in the run, she was

replaced. After some less than flattering attention and comments from revues and several magazines she returned to Europe heartbroken. This contributed to Josephine becoming a legal citizen of France and giving up her American citizenship.

Baker returned to Paris in 1937, married the French industrialist Jean Lion, and became a French citizen.

Work during World War II



Baker in uniform in 1948. Following World War II, Baker was awarded the Croix de guerre and the Rosette de la Résistance and made a Chevalier of the Légion d'honneur by General Charles de Gaulle

In September 1939, when France declared war on Germany in response to the invasion of Poland, Baker was recruited by the Deuxieme Bureau, the French military intelligence agency, as an "honourable correspondent". Baker collected what information she could about German troop locations from officials she met at parties. She specialized in gatherings at embassies and ministries, charming people as she had always done, while gathering information. Her café-society fame enabled her to rub shoulders with those in the know, from high-ranking Japanese officials to Italian bureaucrats, and to report back what she heard. She attended parties and gathered information at the Italian embassy without raising suspicion.

When the Germans invaded France, Josephine left Paris and went to south of France. She housed people who were eager to help the Free French effort led by Charles De Gaulle and supplied them with visas. As an entertainer, Baker had an excuse for moving around Europe, visiting

neutral nations such as Portugal, as well as some in South America. She carried information for transmission to England, about airfields, harbors, and German troop concentrations in the West of France. Notes were written in invisible ink on Josephine's sheet music.

Later in 1941, she and her entourage went to the French Colonies in North Africa. The stated reason was Baker's health, she was recovering from another case of pneumonia, but the real reason was to continue helping the Resistance. From a base in Morocco, she made tours of Spain. She pinned notes with the information she gathered inside her underwear counting on her celebrity to avoid a strip search. She met the Pasha Marrakech, whose support helped her through a miscarriage. After the miscarriage, she developed an infection so severe it required a Hysterectomy. The infection spread and she developed Peritonitis and then Sepsis. After her recovery, she started touring to entertain British, French, and American soldiers in North Africa. The Free French had no organized entertainment network

for their troops, so Baker and her entourage managed for the most part on their own. They allowed no civilians and charged no admission.

Josephine's last marriage, to French composer and conductor Jo Bouillon, ended around the time Baker opted to adopt her 11th child.

Later career

Baker in Havana, Cuba in 1950

Baker in Amsterdam, 1954

In 1949, a reinvented Josephine Baker returned in triumph to the Folies Bergère. Bolstered by recognition of her wartime heroics, Baker the performer assumed a new gravitas, unafraid to take on serious music or subject matter. The engagement was a rousing success and re-established Josephine as one of Paris' pre-eminent entertainers. In 1951 Baker was invited back to the United States for a nightclub engagement in Miami. After winning a public battle over desegregating the club's audience, Baker followed up her sold-out run at the club with a national tour. Rave reviews and enthusiastic audiences accompanied her everywhere, climaxed by

a parade in front of 100,000 people in Harlem in honour of her new title: NAACP's "Woman of the Year."

In 1952 Josephine Baker was hired to crown the Queen of the Cavalcade of Jazz for the famed eighth Cavalcade of Jazz concert held at Wrigley Field in Los Angeles. Also featured to perform that day were Roy Brown and His Mighty Men, Anna Mae Winburn and Her Sweethearts, Toni Harper, Louis Jordan, Jimmy Witherspoon, and Jerry Wallace.

An incident at the Stork Club in October 1951 interrupted and overturned her plans. Josephine criticized the club's unwritten policy of discouraging Black patrons, then scolded columnist Walter Winchell, an old ally, for not rising to her defence. Winchell responded swiftly with a series of harsh public rebukes, including accusations of Communist sympathies, a serious charge at the time. The ensuing publicity resulted in the termination of Baker's work visa, forcing her to cancel all her engagements and return to France. It was almost a decade before U.S. officials allowed her back into the country.

In January 1966, Fidel Castro invited Josephine to perform at the Teatro Musical de La Habana in Havana Cuba, at the 7th-anniversary celebrations of his revolution. Her spectacular show in April broke attendance records. In 1973 she performed at Carnegie Hall to a standing ovation.

The following year, she appeared in a Royal Variety Performance at the London Palladium, and then at the Monegasque Red Cross Gala, celebrating her 50 years in French show business. She continued to captivate audiences of all ages.

Civil rights activism

Although based in France, Baker supported the Civil Rights Movement during the 1950s. When she arrived in New York with her husband Jo, they were refused reservations at 36 hotels because of racial discrimination. She was so upset by this treatment that she wrote articles about the segregation in the United States. She also began traveling into the South. She gave a talk at Fisk University, a Historically Black College in Nashville Tennessee, on "France,



North Africa and the Equality of the Races in France."

She refused to perform for segregated audiences in the United States, although she was offered \$10,000 by a Miami club. The club eventually met her demands. Her insistence on mixed audiences helped to integrate live entertainment shows in Las Vegas Nevada.

Josephine worked with the NAACP, her reputation as a crusader grew to such an extent that the NAACP had Sunday, 20 May 1951 declared "Josephine Baker Day."

In 1963, she spoke at the March on Washington at the side of Rev. Martin Luther King Jr. Josephine Baker was the only official female speaker. While wearing her Free French uniform emblazoned with her medal of the Légion d'honneur, she introduced the "Negro Women for Civil Rights." Not everyone involved wanted Josephine Baker present at the March; some thought her time overseas had made her a woman of France, one who was disconnected from the Civil Rights issues going on in America. In her powerful speech, one of the things Baker notably said was:

I have walked into the palaces of kings and queens and into the houses of presidents. And much more.

But I could not walk into a hotel in America and get a cup of coffee, and that made me mad. And when I get mad, you know that I open my big mouth. And then look out, 'cause when Josephine opens her mouth, they hear it all over the world.

After Martin Luther King's assassination, his widow Coretta Scott King approached Josephine Baker in the Netherlands to ask if she would take her husband's place as leader of the Civil Rights Movement. After many days of thinking it over, Baker declined, saying her children were "too young to lose their mother."

Personal life Relationships

Baker with ten of her adopted children, 1964

Children

During Baker's work with the Civil Rights Movement, she began adopting children, forming a family she often referred to as "The Rainbow Tribe." Baker wanted to prove that "children of different ethnicities and religions could still be brothers." She often took the children with her cross-country, and when they were at Chateau des Milandes, she arranged tours so visitors could walk the grounds and see how natural and happy the children in "The Rainbow Tribe" were. Her

estate featured hotels, a farm, rides, and the children singing and dancing for the audience. She charged admission for visitors to enter and partake in the activities, which included watching the children play. She created dramatic backstories for them, picking with clear intent in mind: at one point she wanted and planned to get a Jewish baby, but settled for a French one instead. She also raised them as different religions to further her model for the world, taking two children from Algeria and raising one Muslim and the other Catholic.



Josephine Baker raised

two daughters, French-born Marianne and Moroccan-born Stellina, and 10 sons, Korean-born Jeannot (or Janot), Japanese-born Akio, Colombian-born Luis, Finnish-born Jari, French-born Jean Claude and Noël, Israeli-born Moïse, Algerian-born Brahim, Ivorian-born Koffi, and Venezuelan-born Mara. For some time, Baker lived with her children and an enormous staff in the château in Dordogne, France, with her fourth husband, Jo Bouillon.

Later years and death

In her later years, Baker converted to Roman Catholicism. In 1968, Baker lost her castle owing to unpaid debts; afterwards Princess Grace of Monaco offered her an apartment in Roquebrune, near Monaco.

Baker was back on stage at the Olympia in Paris in 1968, in Balgrade and at Carnegie Hall in 1973, and at the Royal Variety Performance at the London Palladium and at the Gala du Cirque in Paris in 1974. On 8 April 1975, Baker starred in a retrospective revue at the Bobino in Paris, *Joséphine à Bobino 1975*, celebrating her 50 years in show business. The

revue, financed notably by Prince Rainier, Princess Grace, and Jacqueline Kennedy Onassis, opened to rave reviews. Demand for seating was such that fold-out chairs had to be added to accommodate spectators. The opening night audience included Sophia Loren, Mick Jagger, Shirley Bassey, Dianna Ross, and Liza Minnelli.

Four days later, Baker was found lying peacefully in her bed surrounded by newspapers with glowing reviews of her performance. She was in a coma after suffering a Cerebral Haemorrhage. She was taken to Pitié-Salpêtrière Hospital, where she died, aged 68, on 12 April 1975.

She received a full Roman Catholic funeral that was held at L'Eglise de la Madeleine, the only American-born woman to receive full French military honours at her funeral, Baker's funeral was the occasion of a huge procession. After a family service at Saint-Charles Church in Monte Carlo, Josephine Baker was interred at Monaco's Cimetière de Monaco.

Legacy

Place Joséphine Baker in the Montparnasse



Quarter of Paris was named in her honour. She has also been inducted into the St Louis Walk of Fame and on 29 March 1995, into the Hall of Famous Missourians. St. Louis's Channing Avenue was renamed Josephine Baker Boulevard and a wax sculpture of Baker is on permanent display at The Grioy Museum of Black History.



In 2015 she was inducted into the Legacy Walk in Chicago Illinois. The Piscine Joséphine Baker is a swimming pool along the banks of the Seine in Paris named after her.



MARQUEE HEALTH

ORGAN OF IMPORTANCE THE KIDNEY AND THE RENAL SYSTEM

INTRODUCTION

The organs of the renal system include the kidneys, ureters, urinary bladder, and urethra.

The kidneys are paired organs 11-14 cm in length, 5-6 cm in width and 3-4 cm in depth in adults. They lie retroperitoneally on either side of the vertebral column at the level of T12-L3. The parenchyma or tissue of the kidney comprises an outer cortex and an inner medulla with the functional unit being the nephron each made up of a glomerulus, proximal tubule, loop of Henle, distal tubule and collecting duct. The renal capsule and ureters are innervated via T10-12

and L1 nerve roots, with renal pain felt over the corresponding dermatomes.

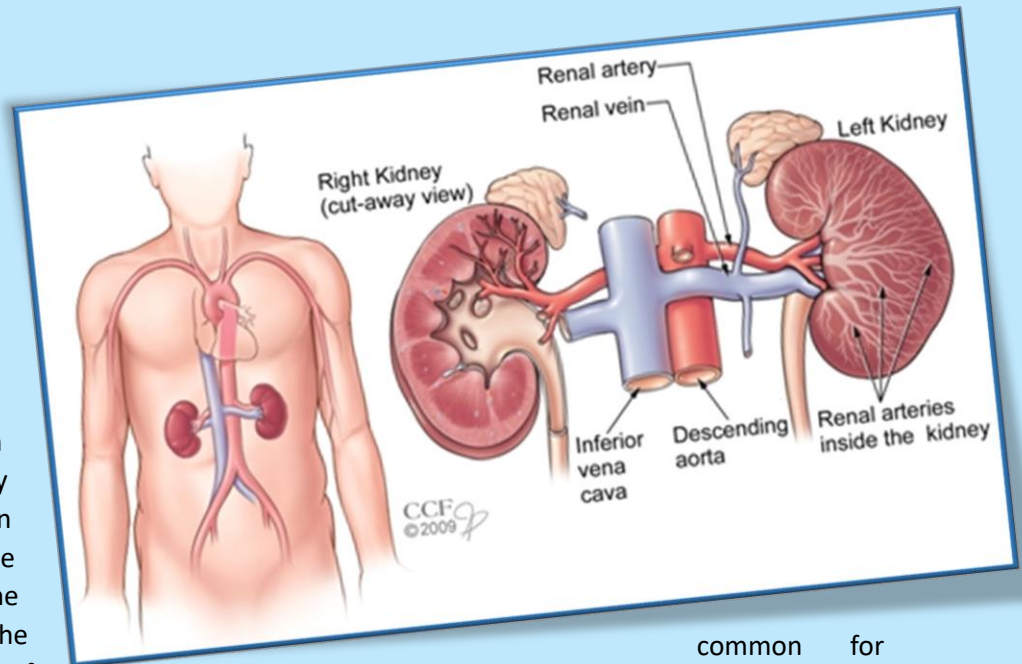
Arterial blood is supplied to the kidneys via the renal arteries, which branch off the abdominal aorta, with venous blood conveyed to the inferior vena cava via the renal veins. It can be

common for humans to possess multiple renal arteries on one or both sides. The left renal vein is longer due to the passage to the inferior vena cava on the right and is generally chosen in a donor transplant nephrectomy.

FUNCTIONS

The kidneys provide the major work of the urinary system. The other parts which include the ureter, bladder and urethra are primarily passageways and storage areas.

In filtering blood and forming urine the kidneys contribute to homeostasis of body fluids in several ways.



URINARY SYSTEM

Responsible for eliminating waste, this system includes the kidneys, ureter, urinary bladder, and urethra.



The regulation of blood ionic composition most importantly sodium, potassium, calcium, chloride, and phosphate.

The kidneys maintain blood osmolarity through separately regulating loss of water and loss of solutes in the urine.

The kidneys regulate blood volume by conserving or eliminating water, they adjust blood volume and in effect regulate the volume of

pressure vice-versa with a decrease.

The kidneys regulate blood pressure through the secretion of the enzyme renin which activates the renin-angiotensin pathway and



by adjusting renal resistance encountered by blood flowing through the kidney which in turn affects vascular resistance.

The kidneys regulate blood Ph through the excretion of variable amounts of H^+ into the urine while

conserving

bicarbonate ions an important buffer for H^+ both activities contribute to the regulation of blood PH.

The kidneys release calcitriol, the active form of vitamin D which helps regulate calcium homeostasis and erythropoietin

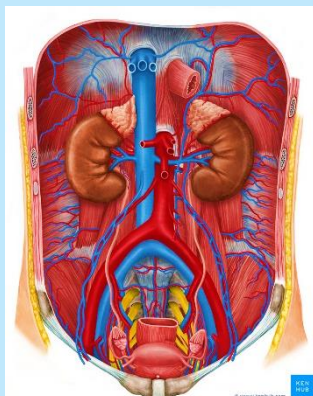
which stimulates the production of red blood cells.

The kidneys deaminate the amino acid glutamine and use it for gluconeogenesis releasing glucose into the blood.

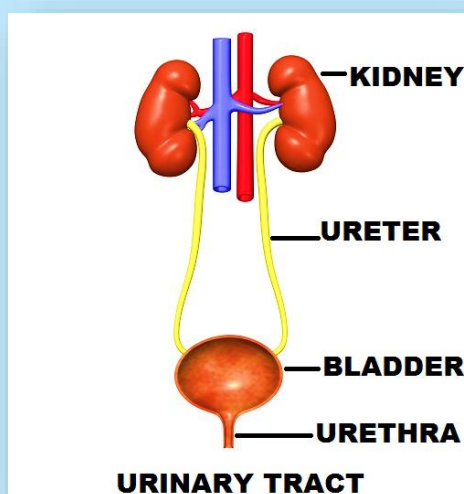
By forming urine, the kidneys help excrete waste and substances with no useful function on the body. Some waste excreted in urine results from metabolic reactions in the body such as ammonia and urea from the deamination of amino acids; bilirubin from the catabolism of haemoglobin; creatinine from the breakdown of creatine phosphate in muscle fibres, and uric acid from catabolism of nucleic acids. Also included are waste excreted from foreign substances, drugs, and environmental toxins.

ANATOMY AND HISTOLOGY

The kidneys attach to the posterior wall of the abdominal cavity. There are three layers of tissue that surround the kidney; the renal capsule, adipose capsule, and renal fascia. Internally the kidneys consist of a renal cortex, medulla, renal pyramids, papillae, renal columns and



interstitial fluid. An increase in blood volume correlates with an increase in blood



calyces, and a renal pelvis.

Blood flows into the kidney via the renal artery and successively into segmental, interlobular, arcuate, afferent arterioles, glomerular capillaries, efferent arterioles, peritubular capillaries, and vasa recta, then through segmental interlobular veins before flowing out of the kidney via renal veins.

Vasomotor nerves from the sympathetic division of the autonomic nervous system supply kidney blood vessels by regulating the flow of blood.

The nephron is the functional unit of the kidney.

A renal tubule consists of a proximal convoluted tubule, a loop of Henle and a distal convoluted tubule, which drains into a collecting duct shared by several nephrons.

The wall of the entire glomerular capsule, renal tubule, and ducts consists of a single layer of epithelial cells. The epithelium has distinctive histological features in different parts of the tubule.

RENAL PHYSIOLOGY

Nephrons perform glomerular filtration, tubular secretion, and tubular reabsorption. Fluid that enters the filter except blood cells and most proteins.

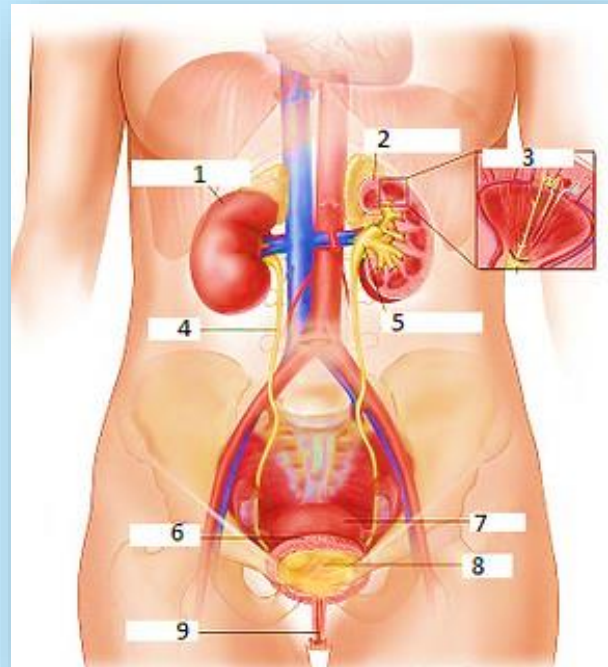
Glomerular filtrate amounts to up to 180 litres of fluid per day. The large amount of fluid is filtered because the filter is porous and thin, the glomerular capillaries are long, and the capillary blood pressure is high.

Glomerular blood hydrostatic pressure promotes filtration, whereas capsular hydrostatic pressure and blood colloid osmotic pressure oppose filtration. Glomerular filtration rate is the amount of filtrate formed in both kidneys per minute, normally 105-125. Glomerular filtration rate depends on renal autoregulation, neural regulation, and hormonal regulation.

EVALUATION OF KIDNEY FUNCTION

a urinalysis consists of an assessment of the

volume and physical, chemical, and microscopic properties of a urine sample. Chemically, normal urine contains about 95% water and 5% solutes.



The solutes normally consist of urea, creatinine, uric acid, urobilinogen, and various ions. The abnormal substances that can be detected in a urinalysis include, albumin, glucose, red and white blood cells, ketone bodies, bilirubin, excessive bilinogen, casts and microbes.

URINE TRANSPORTATION, STORAGE AND ELIMINATION

The ureters are retroperitoneal and consist of a mucosa, muscularis and adventitia. They transport urine from the renal pelvis to the urinary bladder, primarily through peristalsis. The urinary bladder is in the pelvic cavity posterior to the pubic symphysis, its function is to store urine prior to micturition. The micturition reflex discharges urine from the urinary bladder via parasympathetic impulses that cause contraction of the detrusor muscle and relaxation of the internal urethral sphincter muscle and via inhibition of impulses in somatic motor neurons to the external urethral sphincter. The urethra is a tube leading from the floor of the urinary bladder to the exterior.

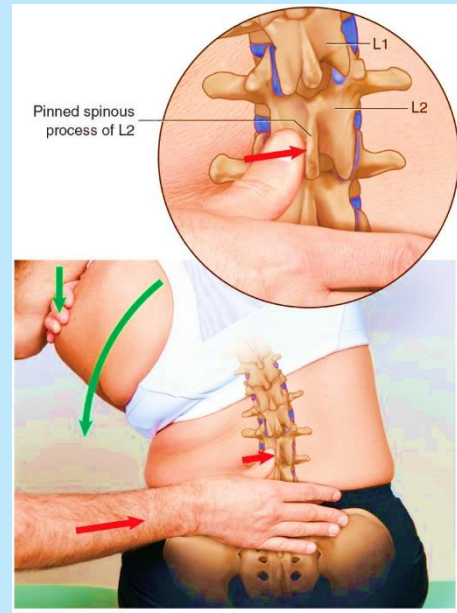
AGING AND THE URINARY SYSTEM

with aging the kidneys shrink in size, have lowered blood flow, and therefore filter less blood. Common problems related to aging include infection of the urinary tract, increased frequency of urination, retention or incontinence and renal calculi.

OSTEOPATHIC PERSPECTIVE

The critical area of maintenance and preservation for renal motility, circulation and regulation relies on positive intervention through central formatting of the pelvic housing and the abdominal cavity. Maintaining potential space within the pelvis and the abdominal infrastructure can reduce spasm on the detrusor muscle of the bladder, formulating improved micturition cycles, and assist in better regulation of organ motility through improved respiratory mechanics enhanced through the thoracic cage. The maintenance or restoration of potential space can increase circulation with the reduction of static pressure, reinstalling dynamic flow through autonomic neural regulation. The removal of congestive influence commonly from interstitial fluid, lymphatic labour and compressive forces from mechanical dysfunction greatly assist in the finite

regulation from the autonomic sympathetic and parasympathetic divisions producing the required obligation of the renal system.



The reduction or elimination of vasospasm from the formulation of static pressure delivers better circulation and drainage to the neural system which in turn supplies or provides improved innervation to the viscera or organs. The potential space for organ motility can be provided through a balanced pelvic housing, open abdominal cavity and expansive thoracic cage, imperative for optimal respiratory mechanics and expansion that maintain the dynamic flow and circulation.

MARQUEE HEALTH

EXERCISE PRINCIPLES

EXERCISES AND AGILITY METHODS AND PRINCIPLES FOR THE FEET



When designing or advocating exercises and agility methods specifically for the feet a good starting point can be the purpose, inclusion and attributes the feet provide and co-ordinate with relative to the rest of the system.

The feet provide the linkages at the end of the Kinetic chain (hip, knee, and ankle joints) for weight placement, navigation, and assessment of terrain amongst other things.

The feet can not only eliminate problems if properly attended to but can also be prevalent to various mechanical / functional injuries and circulatory disorders being at the end of the periphery if neglected.

The feet make up a conglomerate of intrinsic muscles, diverse connective tissue, nerve endings and a bed of micro circulation that relies on pressure to function effectively.

The complex mechanical structure comprising 33 joints from 26 bones with approximately 100 muscles, tendons and ligaments have the task to co-ordinate to transmit force, bear weight to allow for locomotion.

To care for the feet daily three approaches can bring significant benefits. The passive hands on of rolling the joints through the hands and bending, flexing, gapping, and stretching the structure and function can be a good way to start.



The active approach that can be effective can include running the longitudinal arch over a rolling pin to break up adhesions, stimulate circulation and loosen connective tissue to mobilise freely and effectively.

The active resistive approach can be through intricate exercises such as picking things up with your toes such as pens / pencils, curling up of towels or small clothe and the weight bearing activity that becomes more of a gross movement from moving up over the toes, to small jumps measuring how you land down through the toes through the arch and onto the flat and base of the foot.

There are multiple exercises that can be beneficial for the feet integrated with the lower extremity such as kicking, running, and dancing which bring in different positions of weight bearing and movement creating diversity, improved proprioception, and spatial awareness.

A good way to approach the condition of the leg is through the feet. The feet can be a good measuring stick for

the resonance in transmission of power and the effect that comes back in the gauge of reactive force.

The feet like the hands can be a good monitor for dexterity and effectiveness in co-ordination of movement and tactile reception that comes with handling or contacting various surfaces and handling different environment.

The also provide multiple pressure points that resonate with various systems, structures, and organs of the system relative to reflexology a form of treatment intervention dealing with residual stress, compounding compression and congestion, reflexive from micro neural / circulation.



*James C Phillips -
Osteopath*

Director of Marquee Health Clinic



Marquee Health Magazine

Winter Celebrations

Perception is strong and sight weak. In strategy it is important to see distant things as if they were close and to take a distanced view of close things.

- Miyamoto Musashi

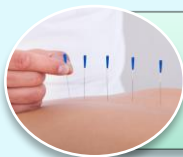


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MARQUEE HEALTH CLINIC

DIRECTION & SERVICES



Acupuncture



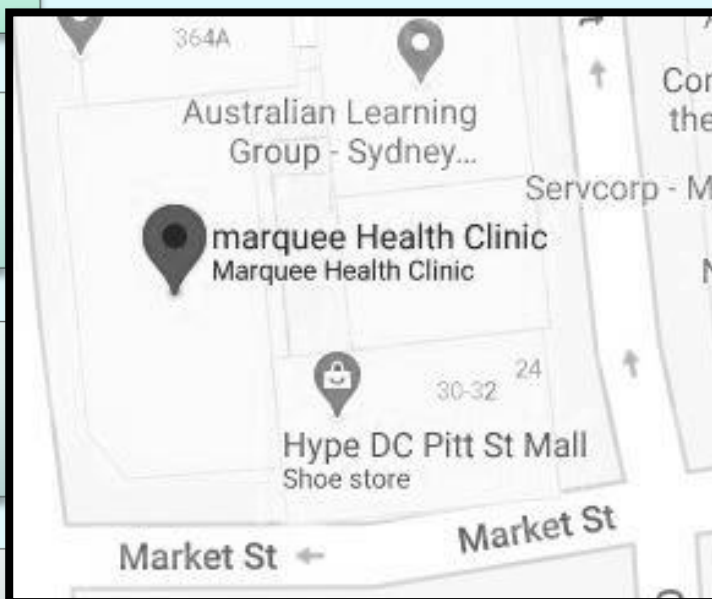
Ayurvedic
Beauty
Therapy/Skin
Care



Remedial
Massage
Therapy



Osteopathy



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