



EVER EVOLVING

MARQUEE HEALTH MAGAZINE



EVER EVOLVING

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Editor: Iffat Ara

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MARQUEE HEALTH CLINIC

MONTHLY EDITION OF FEBRUARY



As we reach into the month of February a few dates and events are recognised. The world health organisation WHO, raises certain conditions and afflictions to bring attention to what may be a general or specific plight regarding health in mainstream or remote populations.

At marquee health we intend to stay and keep abreast for those that enter our / your clinic by highlighting some of these that may go unresolved or are an indefinite period of maintenance.

It can be a good thing to maintain health by increasing one's awareness of the potential and imminent threats that may appear suddenly or over time. The strategies and educational values combined are integral in formulation of clear thoroughfare for effective execution towards positive goals and milestones creating certainty and projection from such threats.

February 2021 marks attention to REDFEB which constitutes part of heart research month. This also combines elements that retain connection to those that are close and invigorates nuclear ties to family, friends, associates and of course our fellow human being that may be befallen or upon hard times. We also should not forget those of passing that helped shape our lives.

The research of the heart and the many elements that it connects makes it a special piece of practical ongoing investment. To those that invest their time, educational capacity through what can only be described as ultimate dedication, a moment's thought of respect or fundamental contribution can always bring encouragement and a fulfilling degree of gratitude.

The other important date in the month of February, valentine's day, also connected to the heart, let your feelings show in every way, shape and form. The heart thrives on expression, punctuated by genuine spirited generosity.

So, from myself and the dedicated professionals and staff at marquee health we hope to see you well or help you back on your feet.

*"Don't be pushed around by the fears in your mind,
Be led by the dreams in your heart "
Roy t. bennet.*

**Best Regards
James Phillips**





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.

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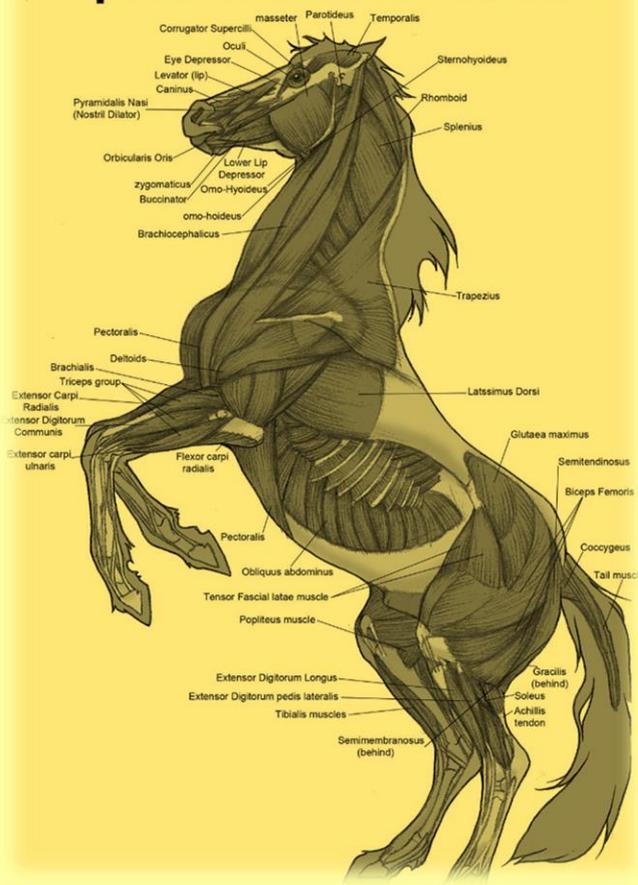
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MELDING WITH EQUUS

THE HORSE AND OSTEOPATHIC PROGRESSION

Equus Caballus - Lipizzan



When working with equine as an osteopath you are granted a privilege beyond no other. The opportunity to uncover and discover is indefinite attributed to the intuition instilled. The shift in paradigm, level of frequency and character of specie and therefore the attention required will encourage oneself to disengage from the parameters previously employed and be encouraged on a journey of potential fulfilment.

The horse is a great educator of man, and if you listen and learn your ability to obtain results in the art of healing can be infinite. The position of purpose will be magnified, illuminating the directed intent as signified by the horse and allowance with the bond forged.

The osteopathic intervention and the projected intent can work both ways. The horse will often direct once an understanding is met allowing the physician to practice unbiased treatment learning every step on how to medically intervene without predetermined ideas or formula.

The great entry points equine osteopathically are the cranial vault, vascular lineage, visceral compositions, and connective tissue transections. The foundation base of osteopathy from a human perspective multiplies once entering the world of Equus.

The merging and connecting to the rhythm of the horse through osteopathic techniques blended and adapted ultimately incurs a realisation and prevalence that is unique in the capacity to remove blockage and stagnant thought in approach which brings a progressive projection like no other.



The Oriental medical approach to treating infertility

We are genetically born to reproduce. Starting a family as always been one of the most important goals in people's life. Unfortunately, when women are finally ready to conceive, they often have great difficulties getting pregnant. Being told that your body is infertile, and you



taxing. Of course, when a physical obstruction is stopping a woman, getting pregnant, and a surgical procedure is required, Western medicine should always be the first port of call. Otherwise, many couples are now considering a highly effective, natural, and much cheaper alternative which had been able to

will never be able to have a child can be devastating. Although amazing progress has been made in the field of modern reproductive medicine in the past 40 years, many couples have discovered, at great physical, emotional, and financial cost, that spending tens of thousands of dollars in Assisted Reproductive Technology (ART) is not always a guarantee of success.

According to the latest figures from Australia, and New Zealand, (the conversation.com.au 27/7/2014) in 2011, the success rate (live birth) per In Vitro Fertilization (IVF) cycle was only 17%. It is quite common for women to have up to seven cycles of IVF before they either succeed, or finally give up the procedure which can cost up to \$10,000 per cycle. In addition, the required constant hormonal treatments can be very physically and mentally

produce hundreds of millions of healthy babies for many centuries.

Traditional Chinese Medicine has been treating gynaecological dysfunctions for over 2500 years. One of the earliest Chinese medical text from the Han period (475-221BCE) features description of Chinese herbal medicine for the treatment of infertility, and gynaecological writings have been found on 3000 years old tortoise shells dating back to the Shang dynasty (1500-1000 BCE).

In Traditional Chinese medicine, beyond the principles of Qi (energy), and Yin and Yang lays the fundamental concept of harmony. Any medical problem is the result of an imbalance in the body. A Western doctor will investigate the cause of your stomach pain by sending you for a test and giving you a painkiller.

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An Oriental practitioner will look for the cause of the imbalance which is creating that symptom. He will ask you questions about your eating habits, your lifestyle. Is there too much cold inside your body causing the blood to stagnate? Is there an excess amount of heat? Is your diet causing fluid retention in your system? He will look at your tongue and check your pulse to locate the source of the dysfunctions in the meridians. Based on these observations a diagnosis will be made of either, a deficiency, or an excess condition in some of these areas. The acupuncture or herbal treatments will be aimed at restoring the balance into the body. Diet being an integral part of Oriental medicine, you will be given dietary advice with recommendations on which types of food should be avoided or eaten in

greater quantities. Once that internal harmony is restored, your stomach pain will stop, and your overall mental and physical health will have significantly improved as well.

In the field of reproductive medicine, hormonal problems are the reflection of an imbalance which is affecting the body's capacity of producing a child. The Oriental treatment is aimed at treating the case of the dysfunction. The Chinese herbal medicine, taken in capsule form, is classified according to its qualities, and actions on the different organs of the body. Some of the herbs act on the secretion of cervical mucus to facilitate the sperm journey to the fallopian tubes; others stimulate the uterus or increase the production of the hormone progesterone in the luteal phase.

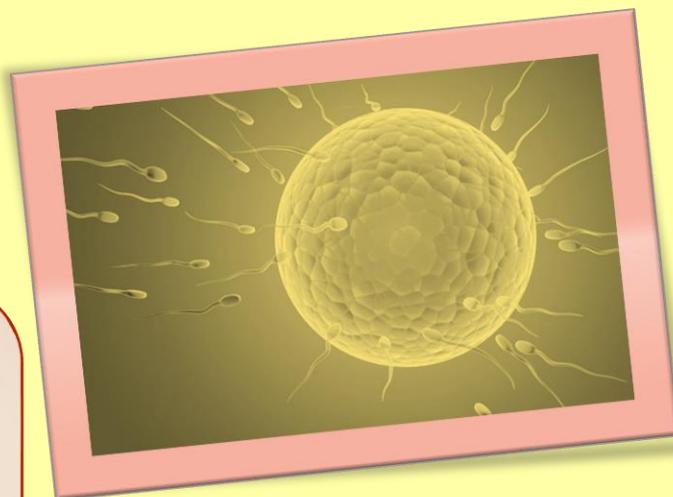


In contrast, Western reproductive medicine has an incredible amount of technology at its disposal. It is very skilled at navigating the obstacles which are stopping the pregnancy, without attempting to resolve the cause of these dysfunctions. As an example, if a woman is unable to produce enough of the hormone estrogen in her ovaries, modern medical technology can introduce synthetic estrogen into her body, but that synthetic estrogen does not have the same composition as the naturally produced estrogen, so it does not provide the same protection from

disease. This can increase the risk of breast, and uterine cancers. Also, by pumping artificial hormones into the body, we are not treating the body's inability to produce that specific hormone. In fact, introducing extra supply of artificial estrogen sends a message to the brain that producing these natural hormones is no longer needed. So, the body's ability to produce gradually decreases and more synthetic estrogen must be injected to keep the system working.

In contrast, the Chinese herbs used in medications for estrogen deficiency stimulate the brain to increase the production of these natural hormones.

This approach to treating infertility affects the many part of the reproductive system by regulating the body's normal response. While the process is a lot slower, and a minimum of three months of weekly treatments is often required to achieve pregnancy. It is a lot gentler, cost effective, and in many cases a lot more effective.



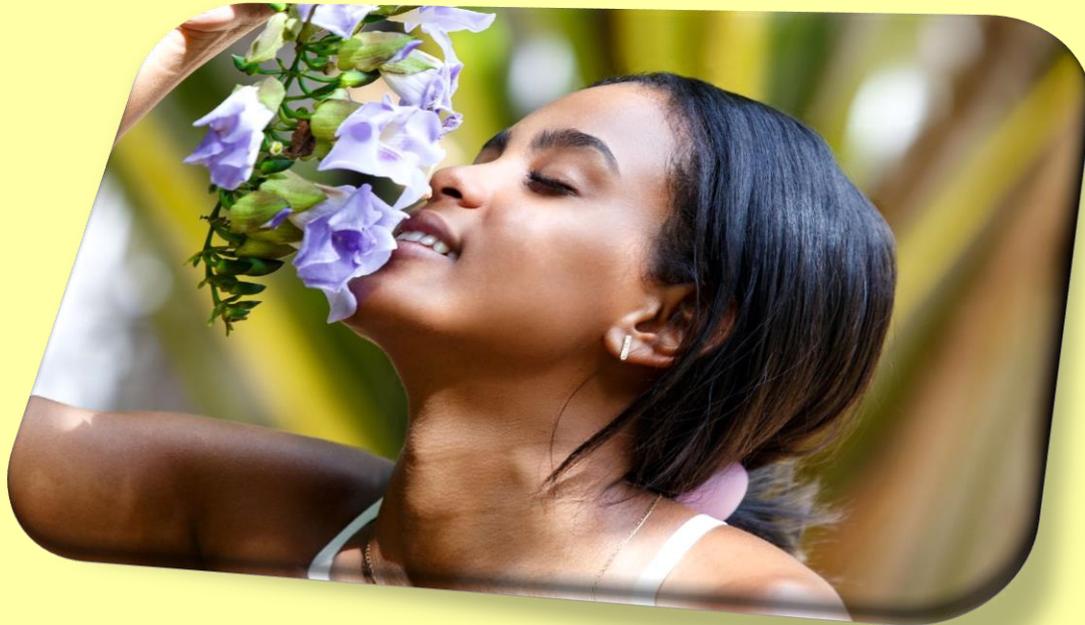
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Chinese Herbalist

MARQUEE AYURVEDA & SKINCARE CLINIC

Glowing, beautiful skin makes everybody happy and confident to face the world. But how to reach that 'radiant goal'? Yes, Ayurveda can help you in that pursuit with its scientific natural concoctions and scientific managing, writes Vaidya Lakshmi Lakshmanan going deep into its various finer aspects. Read on to learn the nitty-gritty.

Beauty cosmetics have become an essential commodity in the present era. It is the most popular and highest selling consumer goods in the FMCG sector. Cosmetics are understood as external preparations which are mostly applied to

the skin, hair, nails, lips for beautification and protection from damage due to climatic changes, pollution, etc. Although several herbs are mentioned in Ayurveda classics, about 200 herbs are specifically mentioned for healthy and glowing skin. Nowadays people are preferring herbal and natural skin care products because of the reduced side-effects and improved functional benefits. The biologically active ingredients of Ayurveda herbs are infused into the creams, moisturizers, etc. to obtain enhanced results. The 5000-year-old Ayurveda holds good even today and it fits well into modern models of holistic living.



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Ayurvedic Glow Boosting Bundle

A complete Glow Boosting Set

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 most-dull, ageing and/or pigmented skin. 'The Ayurvedic Glow Boosting Bundle' contains best sellers including Silk-splash Neem-Orange Rehydrant Ayurvedic Face Wash (100 ml), Insta-glow Almond Complexion Pack (150 gm), Fair'e Mulethi-Khus Skin Brightening Gel (50 gm).



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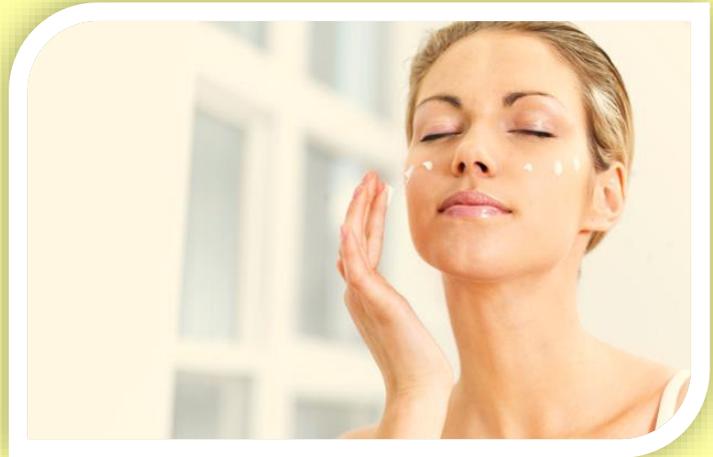


Instagram



Contains

- 1 pc Silksplash Neem-Orange Rehydrant Ayurvedic Face Wash - 100 ml
- 1 pc Instaglow Almond Complexion Pack – 150 g
- 1 pc Fair'e Mulethi-Khus Skin Brightening Gel – 50 g
- 1 pc Kimsukadi tail-glow boosting facial oil – 15 ml



How to Use the product

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

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

Sherry Gupta
Beauty Therapist



TRADITIONAL FRENCH RECIPE

FOR

COQ AU VIN

Ingredients

- ▽ 1 large free-range chicken cut into 8 pieces with skin removed.
- ▽ 1 large onion
- ▽ 2 cloves of garlic,
- ▽ 2 tablespoons of olive oil,
- ▽ and 2 table spoons of butter/
- ▽ 150 grams of quality bacon, or speck, cut into cubes/

- ▽ 3 peeled, and sliced carrots/
- ▽ 250 grams of sliced mushrooms
- ▽ 1 can of tomatoes
- ▽ 3 glasses of wine
- ▽ 1 tablespoon of combined herbs mixture (thyme, parsley, oregano)
- ▽ 2 tablespoons of flour
- ▽ 2 tablespoons of fresh parsley.



Garlic ,
Onion



Chicken cut
into 8 pieces



Olive Oil



Butter



Bacon 150gm



Carrot



Mashroom



wine



Tomatto



Oregano



Parsley



Flour



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- ❖ Heat 2 tablespoons of olive oil, and 2 table spoons soft butter in a large cast iron, or stainless-steel pot., add the sliced onion and cook until soft, add 2 cloves of garlic thinly sliced. with sliced bacon or speck, cook on low heat for 5 minutes. Remove bacon and onion mixture to a plate with a slotted spoon.
- ❖ sprinkle the chicken pieces with salt and pepper, before adding to the pot, brown the chicken pieces evenly in batches. while stirring.
- ❖ Add the onion garlic and bacon mixture to the pot, with one can of tomatoes, 3 large glasses of red wine, 1 tablespoon of herbs mixture. (thyme, parsley, oregano), and the sliced carrots.
- ❖ Cook for 45 min. on low heat with a closed lid, before adding the sliced mushrooms. Cook for another 15 -20 min until the chicken pieces are tender.
- ❖ Remove the chicken pieces from the pot, and slowly dissolve 2-3 tablespoons of flour to thicken the sauce on low heat. Put the chicken pieces back into the pot. Season to taste, and sprinkle 2 tablespoons of parsley before serving.

In France, this dish is traditionally served with mashed potatoes, or rice.



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Muscle of the Month

The serratus anterior is a fan-shaped muscle that facilitates shoulder position. It is a broad muscle that wraps around the outside of the rib cage and attaches beneath the shoulder blade/scapula. The main part of the muscle lies deep under the scapula and the pectoral muscles.

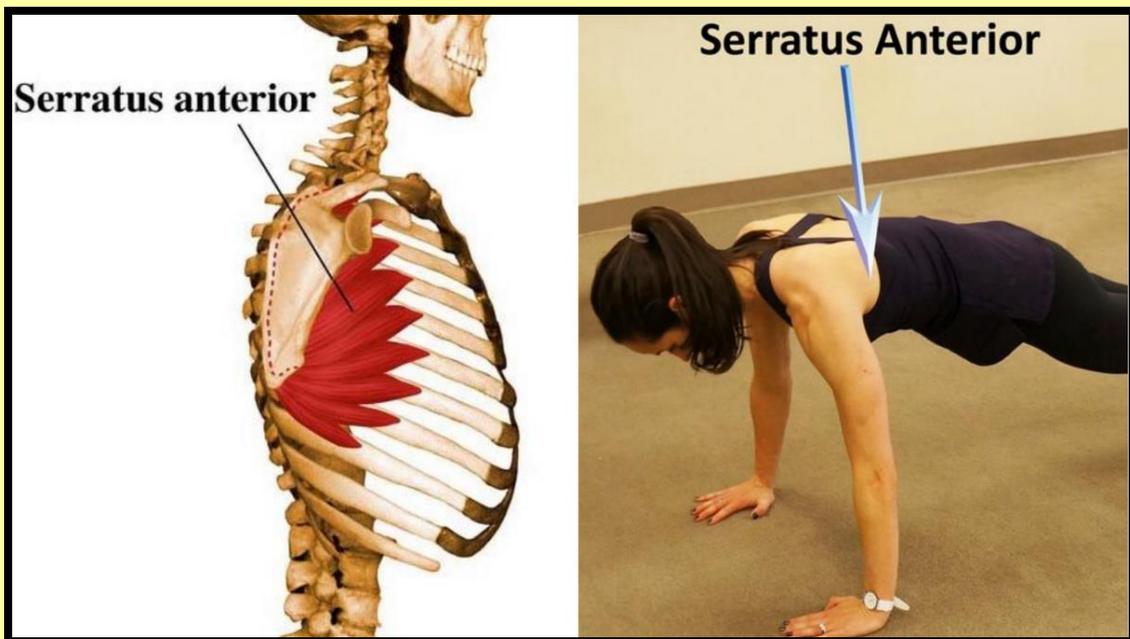
It is easy to palpate between the pectoralis major and latissimus dorsi muscles. In athletic bodies the muscle may be visible along the ribs underneath the axilla.

The serratus anterior muscle originates from the 1st to 10th rib and inserts at the anterior surface of the scapula.

The most common causes of muscle pain with the serratus anterior can be due to stress, tension, overuse, and minor injuries. There are

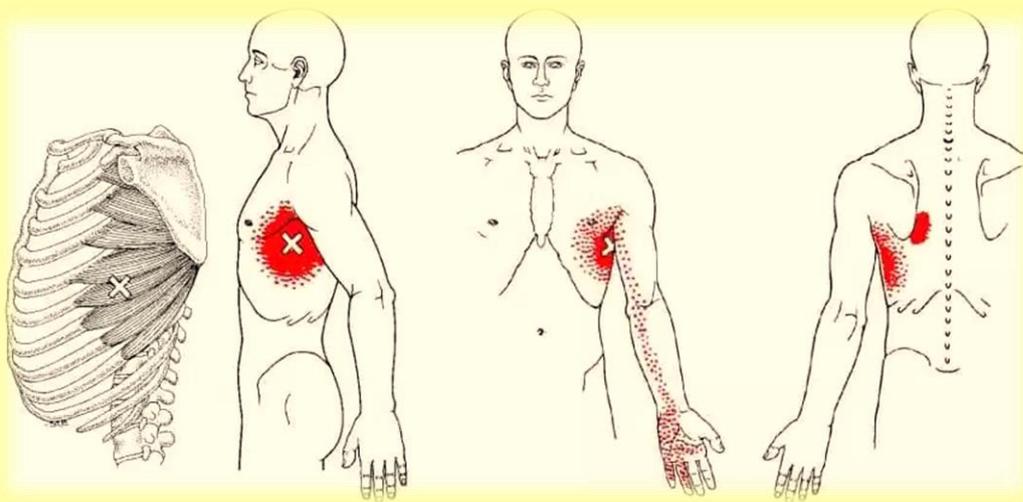
also several medical conditions that can cause pain to the serratus anterior such as pleurisy (inflammation or infection of the lung and chest tissues), ankylosing spondylitis (a type of arthritis that affects the spine), rib and spinal joint this function and upper respiratory conditions such as emphysema or asthma.

It works in conjunction with other body systems such as the respiratory system. The reason why this muscle is so important is because the serratus anterior opens the rib cage, working in conjunction with your respiratory system to aid its function with air flow and increase oxygen. If you have problems with your breathing, then this is something you could look to assess and facilitate to assist with airflow.



The serratus anterior muscle works of your shoulder blade/scapula, it functions alongside the rhomboids to keep your shoulder blades/scapula in place. Your serratus anterior also plays a major role in your basic ability to raise your arms above your shoulders. Finally, your serratus anterior is a significant muscle to maintain good functional form.

There are many ways to activate and efficiently strengthen your serratus anterior muscle. You can even do some simple exercises at the comfort of your own home, such as, push ups, planks, shadow boxing with some lightweight dumbbells or working the boxing bags. It is important to engage this muscle as you will notice the difference with support in your arms.



Key facts about the Serratus Anterior muscle

Origin



Insertion

Superior part

Anterior and posterior surface of superior angle of scapula

Middle part

Anterior surface of entire medial border of scapula

Inferior part

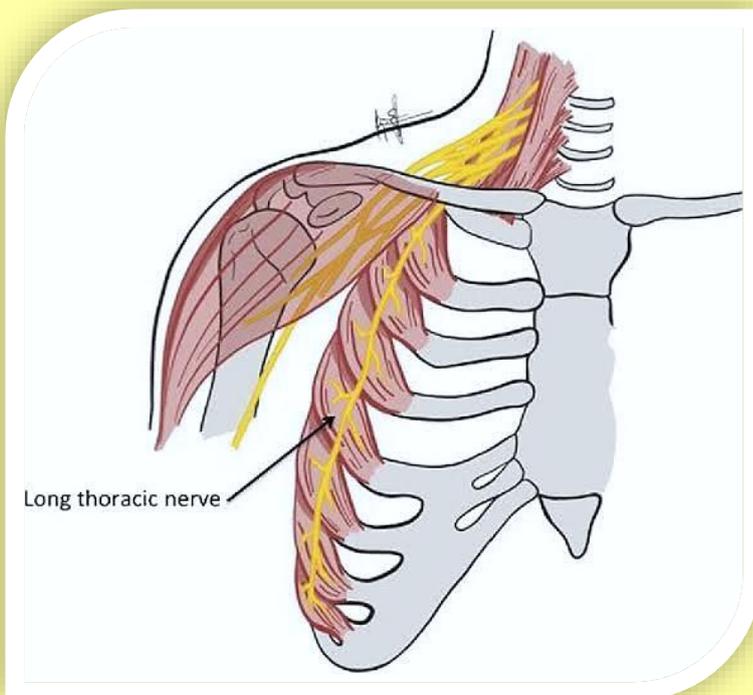
Anterior and posterior surface of inferior angle of scapula

Blood Supply

Superior and lateral thoracic arteries, thoracodorsal artery branches

Scapulothoracic joint

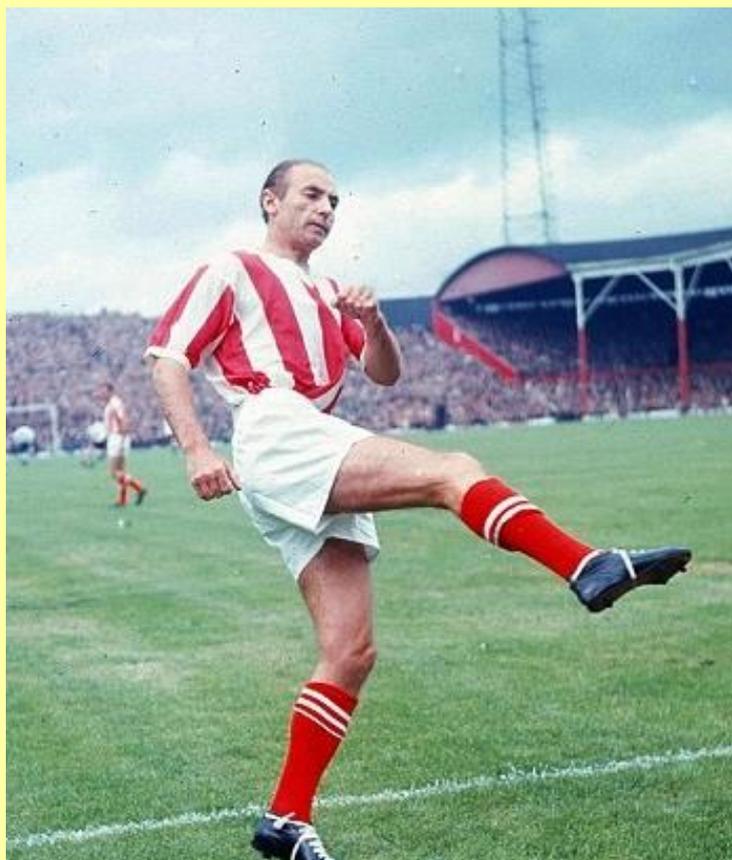
Draws scapula anterolaterally,
Suspends scapular on thoracic wall,
Rotates scapula (draws inferior angle laterally)



Ramon Tupac Perez
Massage Therapist

MARQUEE HEALTH REMEMBERS
IN HONOUR OF THOSE THAT MADE A DIFFERENCE

SIR STANLEY MATTHEWS
01/02/1915 - 23/02/2000



SIR STANLEY MATTHEWS
01/02/1915 – 23/02/2000

Early life

Sir Stanley Matthews was an English footballer born in Hanley, Stoke on Trent, Staffordshire, England to Jack and Elizabeth Matthews the 3rd of four sons. Jack Matthews a local boxer called “the fighting barber of Hanley” was adamant that young Stanley should follow in his footsteps and become a boxer, however Stanley’s passion was football and his father conceded if he were to make the English schoolboy’s team, which he did, playing against Wales in 1929 at Dean Court, Bournemouth in front of 20,000 spectators.

Matthews described himself as a model pupil and said the kickabout games the children played helped to improve his dribbling and prepared the children for future life by giving them a focus, a purpose, discipline and in many respects an escape. At home he also spent countless hours dribbling around kitchen chairs in his backyard.

CAREER

In the wake of his appearance for the England schoolboys Matthews drew a lot of interest from several prominent clubs but ending up signing as a professional for Stoke City on his 17th birthday for the maximum 5 pounds a week (3 pounds in the summer break).



Sir Stanley Matthews with his Footballer of the Year trophy in 1948

Matthews played 22 reserve grade games in the 1931-32 season as an outside right. he shunned the social scene and worked hard on his game and techniques where he developed the ability to persuade defenders to attack him where his deft swerve would work a treat making him successful in creating opportunities and scoring goals.

Matthews first team debut was against bury at Gigg lane 19/03/1932, the "potters" won the game and young Stanley quickly found out how physical the opposition could be. He spent 19 years with stoke city, playing for the potters from 1932 to 1947, and again from 1961 to 1965. He helped stoke to the second division title in 1932-33 and 1962-63. Between these two spells he spent 14 years with Blackpool, where he won the fa cup with a formidable

performance in what was described as the "Matthews final" in 1953. In 1956, he was named the winner of the inaugural Ballon d'or, a prize given to the best European footballer each year.

Matthews career was one of longevity, loyalty, and consistency across a broad spectrum of teams with distinction for club and country widely recognised. With 259 appearances and 51 goals for stoke city between 1932-1947 and 379 appearances with 17 goals for the "seasiders" Blackpool between 1947-1961 followed by a return to stoke between 1961-1965 with a further 59 appearances and 3 goals. A loan to Toronto city in 1961 and 1965 resulted in 20 appearances. National team honours began in 1929 with the England schoolboys which continued with the football league xi between 1934 - 1956

resulting in 13 appearances with 2 goals, 54 England caps between 1934-1957 with 11 goals including 2 appearances for Great Britain between 1947-1955.

WARTIME- CAREER

After the 1938-39 season there would not be another full season of football league action until 1946. The war cost Matthews his career from the age of 24 to the age of 30. He joined the royal air force and was based just outside Blackpool. He rose to the rank of corporal, later admitting he was one of the most lenient and easy-going NCOs in the forces. He played 69 wartime league and cup games for stoke and 87 guest appearances for blackpool.in addition to these he played a handful of games for Scottish sides Airdrieonians and played 29 times for England with no caps awarded as the games status was unofficial

POST-WAR RESUMPTION WITH STOKE

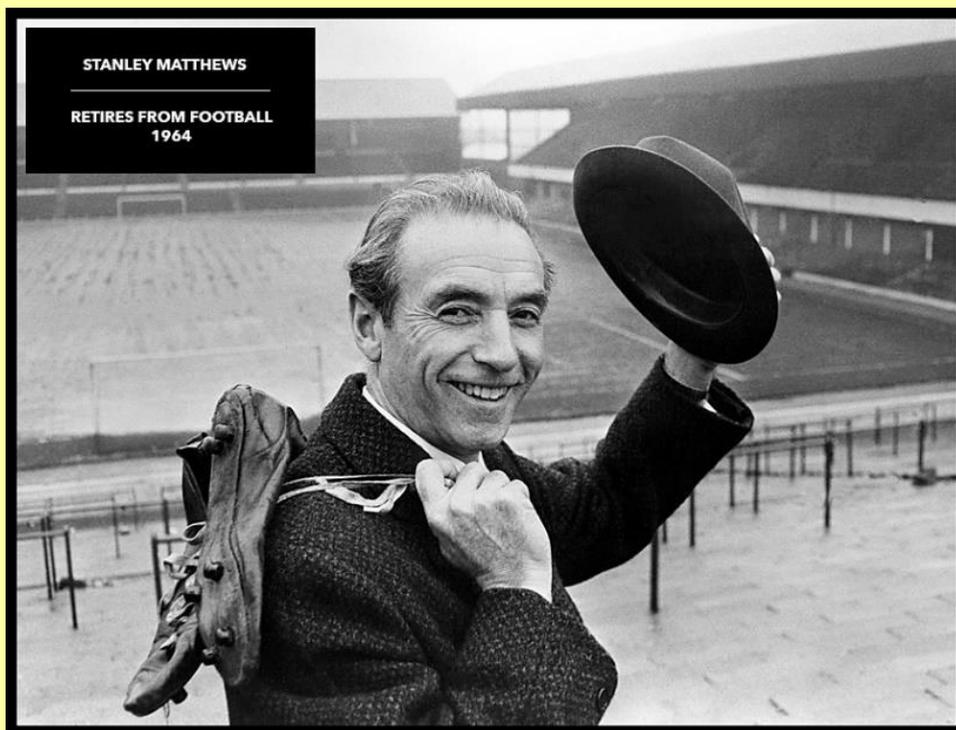
The regular football league returned in time for the 1946-47 season, Matthews played 23 league games and was a major contributor to 30 of the clubs 41 league goals. Stoke city figured prominently in the league, however when Matthews was returning from injury and was not chosen in the xi relationships between the manager McGrory and the stoke city board which had often been sour further deteriorated and Matthews requested a transfer which the stoke board eventually accepted. He selected Blackpool as his next club as he still lived in the area following his service in the RAF.

BLACKPOOL

Joe smith, the Blackpool manager in 1947, asked Matthews when transferred, "you're 32, do you think you can make it for another couple of years?" Then went on to tell Matthews, "there are no shackles here, express yourself, play your own game and whatever you do on the pitch, do it in the knowledge that you have my full support". Smith assembled a talented frontline with an emphasis on entertaining football which included Matthews, stan Mortensen, jimmy McIntosh and Alex Munro. Blackpool went on to reach the fa cup final in 1948, despite reaching the lead twice only to go down to matt Busbys Manchester united 4-2. Despite incurring injury through the ensuring years, smith assured Matthews at the age of 37 "a lot of people think I am mad, but even at 37, I believe your best football is still to come". Despite spending some

three months of the season out with a muscle injury, the 1952-53 campaign proved smiths' words to be accurate, as a 38-year-old Matthews won a fa cup winners medal in a match which was, despite Mortensens hat-trick, subsequently dubbed the "Matthews final". Bolton were leading 3-1 with 35 minutes to go, but Matthews had the game of his life in the greatest ever fa cup final and spurred his team on to a last gasp 4-3 victory.

After joe smith left the club Matthews was not as valued by his replacement and along with various niggling injuries and finding himself down the pecking order only getting his place back through injury, a transfer back to stoke where his close friend Jackie Mudie and tony Waddington the manager was keen to see him back home where they thought he belonged. in the 1962/63 season a transfer was finalised for 3,500 pounds which Matthews was not impressed, especially after one of the directors told him "you forgot, as a player, we made you".



RETURN TO STOKE

Matthews found himself playing second division football for the first time in 28 years. Despite stoke being strapped for cash, tony Waddington gave him a two-year contract at 50 pounds a week double the wages he received at Blackpool on return Waddington whispered in his ear “welcome home stan, for years this club has been going nowhere, now we are on our way”. Waddington delayed his return for a home game against huddles field town at Victoria ground, the attendance was 35,974 – more than treble the previous game – with Matthews setting up a goal in a 3-0 win. Waddington signed hardman Eddie clamp to protect Matthews and the two became close friends.

off the pitch. Waddington had assembled the oldest team in the football league but went onto become second division premiers and gain promotion into the topflight. Matthews was named FWA footballer of the year for the second time in his career, some 15 years after he was made the inaugural winner of the award. Aged 48 when he picked up the award, he became the oldest winner by a wide margin.

On the 1st of January 1965 he became the only footballer to be knighted for services to football while still an active professional player, though he never thought himself worthy of such an honour. Matthews played his last professional game of football on

the 6th of February 1965, just after his 50th birthday.

Stoke city arranged a testimonial match in honour of Matthews, as it was much needed as he had spent most of his career constricted to the tight maximum wage that had been enforced upon the English game and only abolished a few years following his retirement. In the main game itself, two teams of legends were formed, a stan’s xi, consisting of football league players and an international xi, including the likes of Ferenc Puskas, alfredo di Stefano, Josef Masopust and lev Yashin. The international side won 6-4, and Matthews was carried shoulder-high from the field at full time by Puskás and Yashin.



ENGLAND INTERNATIONAL CAREER

Matthews made his England debut in 1934 at Ninians park where he scored in a 4-0 win over

Reinhold Munzenberg and was jeered by the supporters and condemned by the press. He would later turn the tables on Munzenberg in 1938 in berlin where he got on the scoreboard with England winning 6-3.

He would witness firsthand the foreboding devotion the people showed the Fuhrer when his motorcade drove past a café the England team were dining in

wales. In his second cap against the current world champions Italy, dubbed the infamous battle of Highbury he set up a goal for a 3-2 win, the Italians turned the game into a bloodbath, Matthews later describing it as the most game became infamous as the FA, themselves under instructions from the British government, informed the England team that they had to perform the Nazi salute as part of the strategy of appeasement. Matthews often became physically sick before big games and recalled one of the worst occasions was at Hampden park against Scotland in front of 149,000 fans where the

violent game he was involved in. his third cap came against Germany in 1935 at white hart lane, Matthews was outplayed by his opposite number

“Hampden roar” played a big factor. Matthews would go onto record 54 caps for England for 11 goals playing in the 1950 and 1954 FIFA World Cups. In 1956 against Northern Ireland, aged 41 and 248 days, he became the oldest England player to score an international goal. After 23 years, nobody would enjoy a longer career with the national team.



LAMPTEY MILLS, SIR STANLEY MATTHEWS AND ACCRA HEARTS OF OAK SPORTING CLUB PHYSIO, FRIENDLY MATCH, ACCRA SPORTS STADIUM, 19571

STYLE OF PLAY

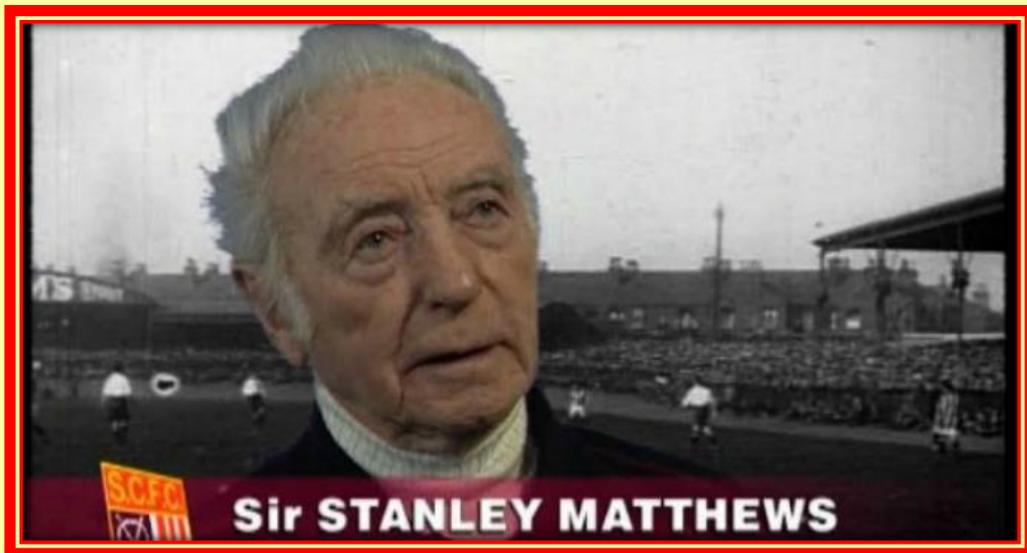
The great Franz Becken Bauer of Germany said of Matthews, “the speed and skill Matthews possessed meant that almost no one in the game could stop him. John Charles noted, “he was the best crosser i have seen and had to contend with the heavy ball”. Johnny Giles said, “he had everything- good close control, great dribbling ability and he was lightning quick”. His daughter Jean Gough recalled how he would wear lead in his shoes walking to the ground, so that when

Etonians that were conservative with innovation and progressive expansion of the game, He was never booked or sent off throughout his entire career, and teammate jimmy Armfield noted that Matthews would never retaliate to the many extremely physical challenges opponents would often make to try

he put his football boots on, they felt like ballerina shoes. He trained to a level of fitness second to none, was conscious of his diet and never smoked shunning the social scene.

An avid student of the game he would remain at tournaments such as the FIFA World Cup in 1950 when England were eliminated to watch such teams as Brazil and Uruguay compete. Matthews would often condemn the “blazer brigade” for burying their heads in the sand and stressed that many of them were old.

and take him out of the game. Indeed, he ran the full gauntlet of emotions that all footballers run, but always retained a level head on the pitch, never losing his temper or allowing his emotions to affect his game.



COACHING-AND MANAGEMNET CAREER

Matthews was appointed alongside good friend Jackie Mudie as general manager of port vale, stoke city’s rival. They had developed a good system given the financial picture in developing the local youth and trading when players showed promise for the top league. However, in 1967, Matthews could not guide the club to success and the club was fined 4000 pounds for financial irregularities where the club was expelled. Matthews was forced to plead with the other clubs to re-elect port vale, which they did. The experience left “a sour taste in his mouth” and was enough to convince him never to try his hand as manager in English football again.

Matthews gave up his summers every year between 1953 and 1978 to coach poor children in south Africa, Nigeria, Ghana, Uganda, and Tanzania. He ignored apartheid in south Africa in 1975 to form a team of black schoolboys in Soweto called “stans men” a term Matthews played his final game of football for an England veteran xi against brazil veterans xi in brazil in 1985 at the age of 70, the English lost 6-1 to the likes of Amarillo, Tostao and Jairzinho. He damaged his

coined by the to be captain Gilbert Moilola. The members expressed to stan, it was their dream to play in brazil, so Matthews organised a trip there, they were the first black team ever to tour outside of south Africa. He arranged the funding through connections that gained sponsorship with coca cola and the Johannesburg Sunday times newspaper. The south African authorities did not want to cause an international incident, so did not prevent stan’s men from boarding the plane to Rio de Janeiro, where they would meet the legendary Zico. It was on this trip that he also met infamous bank robber Ronnie Biggs exiled in brazil. On the way back from the trip, the stan’s men captain gilbert Moilola called Matthews, “black man with the white face”. In the 2017 documentary on Matthews life the film crew travel to south Africa to interview stan’s men.

Cartilage during the game, later remarking in his autobiography “a promising career cut tragically short”.



RETIREMENT

Having toured the world coaching in Australia, United states, Canada and especially Africa, Matthews returned to Stoke-on-Trent with wife Mila 1989. He later served as president of stoke city and honorary vice president of Blackpool.

Matthews died on 23rd February 200, aged 85 12 months after his wife Mila after suffering a recurrent illness. His death was announced just before the start of an England v Argentina friendly. His funeral was attended by many of his fellow footballers, as the cortege wound its way along the 12-mile route,

employees downed tools and schoolchildren stood motionless to witness the final passing. After his death dozens of footballers paid tribute. Pele said he was “the man who taught us the way football should be played”. Brian Clough added that “he was a true gentleman, and we shall never see his like again”. Legendary English goalkeeper said, “I don’t think anyone since had a name so synonymous with football in England” whilst world cup winning German defender Berti Vogt’s commented “it not just in England where his name is famous, all over the world he is regarded as a true football genius”

LEGACY

Sir Stanley Matthews was inducted into the Ontario sports hall of fame in 1995. He was made an inaugural inductee of

the football hall of fame in 2002. The international federation of football and statistics voted him the 11th greatest footballer of the 20th century. Matthews was place 17th in the world soccer magazine’s 100 greatest players of the 20th century list published in 1999. He was inducted into the Blackpool F.C. hall of fame at Bloomfield road when officially opened by Jimmy Armfield in 2000. The west stand at Blackpool’s Bloomfield road is named in his honour. He was

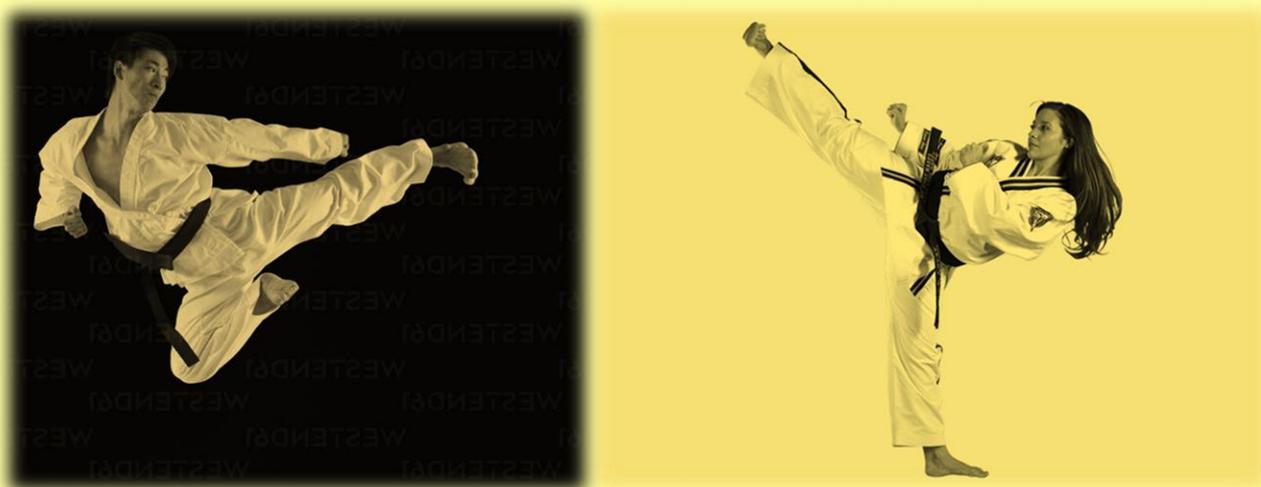
inducted into the Stoke-on-Trent hall of fame when it was opened in 2011. There is a statue of Matthews outside Stoke City’s Britannia stadium and another in the centre of Hanley. The dedication reads: “his name is symbolic of the beauty of the game, his fame timeless and international, his sportsmanship and modesty universally acclaimed. A magical player, of the people, for the people.

The epilogue in his autobiography describes Sir Stanley Matthews as,

“self-willed, strong minded, humorous, generous of spirit and, for all of his fame, as down to earth as the folk who once adorned the terraces in the hopes of seeing him sparkle, gold dust on to their harsh working lives”.

Exercise Principles
Training & Development
For Trunk & Lower Extremity

One of the most effective processes for trunk, pelvic and lower extremity, leg dynamic development can come through the exercise principles of explosive high velocity running and multidimensional kicking. This can lead to expansion and space throughout the pelvic housing potentially eliminating compression and congestion and other forms of stasis that can bring elements of resistance to movement and prevalence to injury.



The principle of kicking often associated with martial arts and other forms of sport plays a considerable role in condition and development of range of movement, therefore expansion.



The high velocity explosive form of running instigates the anaerobic /metabolic cycle using the fast twitch fibres in the muscle group to augment a greater capacity in activity response with expansion in vascular / blood dynamic flow.

This can lead to a reduction in the oxidative accumulation from aerobic activity that, dominates most human activity and lifestyles.



This can not only eliminate pressure but plays a major role in developing- potential space in the pelvic housing to facilitate circulation and neural innervation.

- Running Biomechanics/ Functional Expression
- Fluid Dynamics
- Respiratory Mechanic Cycle
- Heart Rate Contraction Cycle
- Connective Tissue Capacity
- Shape Form Effectiveness
- Control Resistance Through Movement
- Multi-Dimensional Coordination
- Recovery Constitutional Bio-physical.
- Aerodynamics
- Trunk Dynamics
- Torso Control

✚ Upper Lower Extremity Coordination

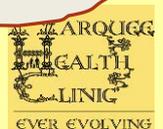
The two principles combined make for dynamic, reflexive, and responsive development that will serve to compose the carriage through transport and provide the legs as potential potent weapons if called upon.



James Phillips
Osteopath-Director,
Marquee Health Clinic



Instagram



MARQUEE HEALTH CLINIC

DIRECTION & SERVICES



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Therapy/Skin
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**Massage
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Osteopathy



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IN THE INTEREST OF BETTER HEALTH CARE & PREVENTION