

# Matrix-Wellbeing Newsletter

Spring 2020

## Hello and welcome to our first newsletter!

We have been meaning to start this a lot earlier... the intention is to keep you updated with any news about Matrix-Wellbeing.

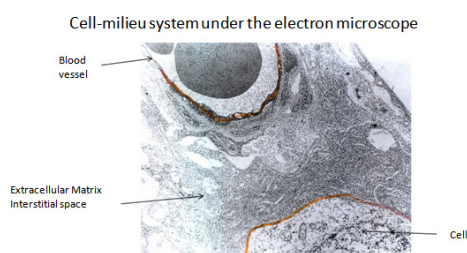
Now that we are in lock-down, we definitely had enough time to sit down and get typing. So here it is!

We hope you will find it useful and any feedback is appreciated.

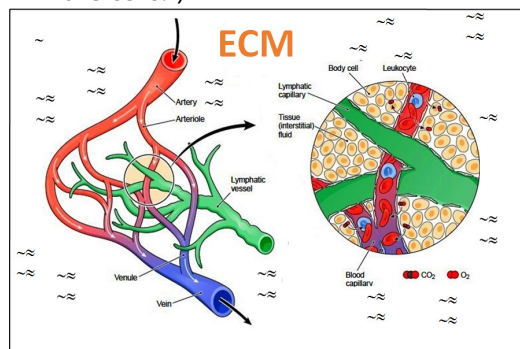
Since everything we do at Matrix-Wellbeing involves the extracellular matrix (ECM), this first newsletter is dedicated to a brief introduction to this very vast subject.

The extracellular matrix is the ground substance of our body and surrounds every single cell.

(In this picture you can see a blood vessel at the top and a cell at the bottom, in-between is the ECM. As early as in 1845 C.B: Reichert stated



that "At no point in the body do the capillaries and nerves directly touch the cells.")



## But why is a healthy ECM important for our body?

The human body consists roughly of 5 litres of blood, 40 litres of intercellular space and 16-18 litres of extracellular space. It consists of approx. 80 trillion cells and they are all surrounded by the extracellular matrix. Every exchange and communication, all transport to and from the cells happens through this matrix. The wellbeing of each cell depends on its surroundings and therefore the state and quality of the ECM is a determining factor for our health. The main pillars of the regulation of the ECM are:

The autonomic nervous system, the cardiovascular system, the immune system and the hormonal system.

Consequently, we will talk about the factors contributing to a healthy ECM with regards to exercise, nutrition, mental health and beauty.

## Exercises.

Please do not hesitate to contact us if you have questions regarding stretching routines and exercises for pain relief. As an existing client, we are here to help you and advise you for free. It might be easier over WhatsApp to assure we are talking about the same movement and to visualize what to do.



We can highly recommend you subscribe to the youtube channel of Motivationaldoc. The channel is truly inspirational and a good source of exercises and explanations.

<http://motivationaldoc.com/>



## Apropos treatment frequency for anyone without specific problems:

For best results in your overall health, we highly recommend you see us once a month, as most bodily cells renew themselves every 30 days.

The next big cell-renewal cycle is 60 days, so every three months is almost a minimum of sessions required to stay overall flexible and fit.

Without regular treatment, we are just fire-fighting and tackling one problem after another, which is fine, but not the point of wellbeing!

As John Lennon said: "Life is what happens when you are busy making other plans." In this sense, make a regular treatment a priority for less bodily pain and more energy in your everyday life.

## Mental health.

Interestingly enough, the focus on mental health during this crisis has increased tremendously!

We are pleased to see this as the extracellular matrix plays a big part in the hormonal balance of our bodies and our therapy aims to support this.

It has been said again and again: But this is important. Go for a walk! Take a regular walk even if you can only manage a short one to the bottom of your garden.

You may know the word for the pleasant smell that frequently accompanies the first rain after a long spell of warm, dry weather: 'petrichor' (pronounced - petriko). So go outside, take deep breaths, air your brain and reconnect with nature.



## Nutrition.

Eating healthily has become more important than ever as Covid-19 outcomes are directly linked to your metabolic health.

There has never been a better time than now to pick a few weeds. Simply take a glove and some scissors and cut some intact and aphid-free nettle leaves; once home, give them a rinse and add them to your soup or vegetables whilst cooking or make an infusion with them. They are high in vitamin D and have a gentle diuretic effect, helping the body to process and flush away toxins.

If you are interested in more wild recipes and ideas, I can highly recommend Robin Harford's "Foraging in Spring" which covers the fifteen most common wild plants found through March and May.

<https://community.eatweeds.co.uk/spring/2v1xt>

## Beauty.

The ethos of Annemarie Börlind reflects our own philosophy of supporting the body in the most natural and sustainable way possible.

Their product range offers a wide selection for any skin condition. Free of mineral oil derivatives.

At the moment we have a special 20% discount if you quote MATRIX20 on your online order over our website or when ordering directly with us:

<https://matrixwellbeing.nordicvms.com/default.aspx>



## Enzyme Peeling

Clarifying. Refining. Gentle.

Place a small amount of powder into your cupped hand and put your forefinger in water, then mix with the finger until it becomes a light paste, adding more water if needed.

Apply to the whole face (neck and chest if you like) avoiding your eyes.

Leave to dry and remove with warm water. You will feel the wonderful luxurious silky feel immediately.

Continue with your usual day care routine.

## Rose Blossom Vital Care

Firming, Revitalizing, Regenerating.

Exclusive Black Forest rose stem cells counteract collagen breakdown. Jojoba and macadamia nut oils encourage a firmer complexion, giving it new vitality. 2-phase anti-aging care for a youthful radiance. Leaves skin energized and tightened.

Use: After cleansing and toning in the morning and evening, apply to your skin. Continue with your regular day or night skin care routine. Shake the bottle well before using to mix the content well.



## Hand Balm

Moisturizing. Nourishing. Smoothing.

Corn oil nourishes and smooths rough hands. Calendula extract has a soothing effect. Protects and supplies moisture to the skin. Absorbed quickly; leaves skin feeling silky.

Use: as required, apply to hands and massage in lightly.

Don't forget we have a special 20% discount if you quote MATRIX20 on your online order over our website or when ordering directly with us:

<https://matrixwellbeing.nordicvms.com/default.aspx>

All that is left for us now to say is: We sure hope we will be opening soon again and until then, stay safe!

Contact us if you feel you need to chat, we are still here for you.

(Un)fortunately, our business is hands-on and cannot be moved online!



ANNEMARIE  
BÖRLIND

NATURAL BEAUTY

MADE IN  
THE BLACK FOREST

EST. 1959

Thank you for your custom and patience reading this and in Cicero's words:

Dum spiro, spero (While I breathe, I hope).