

# Matrix-Wellbeing Newsletter

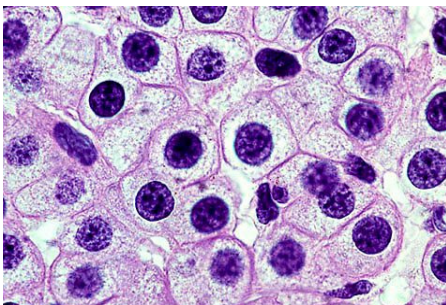
Summer 2020

## Hello and welcome to our summer newsletter!

"First consider the environment when your cells are ailing." This statement by Irv Konigsberg - the first cell biologist to master the art of cloning stem cells is fundamental to our therapy where we work directly upon the cells environment: the extracellular matrix (ECM).

Those clients that come on a regular basis and have had six or more treatments are really starting to directly feel the benefits of a healthier ECM. Autophagy, the natural, regulated mechanism of the cell that removes unnecessary or dysfunctional components, causes cellular debris which ends in the extracellular matrix and needs to ideally be flushed out with the help of biomechanical stimulation.

The term cell goes as far back as 1665 when Robert Hooke discovered the minuscule defined structures with



boundaries in bottle corks and later in fern leaves under the microscope. These looked like the small chambers in which monks lived. That is why Hooke coined the Latin term cellula (Latin for little room), from which the current term "cell" is derived.

## Deus ex machina (God out of a machine)

Once in a while we see clients who are under the impression that simply because we work with high-tech machines, their problems will go away instantly with one treatment – a little like "deus ex machina" which goes back to ancient Greek and Roman plays. When the plot would become too tangled or confusing, the writers would simply bring in God, lowered in via a pulley system (the machine) and he would wrap it all up. The problem with this is that most conditions we see are accumulated long-term consequences of over-use, natural aging processes, unhealthy diet or lifestyle which cannot be undone with a simple "flick of the wand". Luckily most bodily tangles are reversible over time with regular treatment and tweaks in lifestyle. You can start by implementing the following easy to follow tips and tricks.

## Exercises

Most of us involuntarily spend a lot of time hunching over laptops, iPads and mobile phones, use this pectoralis major stretch to free up the chest and get more air into your lungs. Try and make it a daily routine for example after your shower.

Stand in the middle of a doorway with one foot in front of the other. Bend your elbows to a 90-degree angle and place your forearms on each side of the doorway. Shift your weight onto your front leg, leaning forward, until you feel a slight stretch in your chest muscles.



Take deep breaths and count to 10 then switch sides.



## Mental Health

Kinesiology is a very effective therapy which can address symptoms of mental and emotional distress: Anxiety, stress, PTSD, Depression, learning difficulties and coordination difficulties to name a few... It is very effective for both adults and children alike!

It is clear that this lockdown has put a lot of stress on us all, and many find it difficult to 'think straight' or focus, sleep is hard to find and the mind gets in a loop of worries for the future. A kinesiologist can help you with identifying, talking about and releasing excessive worries, and teach you daily self-help techniques to maintain your balance.



Kinesiology is now available at Matrix-Wellbeing as Mylène Chiron joins our team.

[Click here for more information.](#)

## Nutrition

Intermittent fasting (IF) is key to good cellular health. As you are aware, all parts of the body (muscles, brain, heart, liver etc.) need energy to work. This energy comes from the food we eat which is broken down by enzymes in our gut and eventually ends up as molecules in our bloodstream. Carbohydrates, particularly sugars and refined grains (think potatoes, white flours and breakfast cereals), are quickly broken down into glucose, which our cells use for energy. If our cells don't use it all, we store it in our fat cells as fat. But glucose can only enter our cells with insulin, a hormone made in the pancreas. Insulin turns the extra food into larger packages of glucose called glycogen, which is stored in fat cells mainly in the liver and muscles.



Between meals, our insulin levels will go down and our fat cells can then release their stored "sugar", to be used as energy. The entire idea of IF is to allow the insulin levels to go down far enough and for long enough that we burn off our fat and lose unnecessary weight.

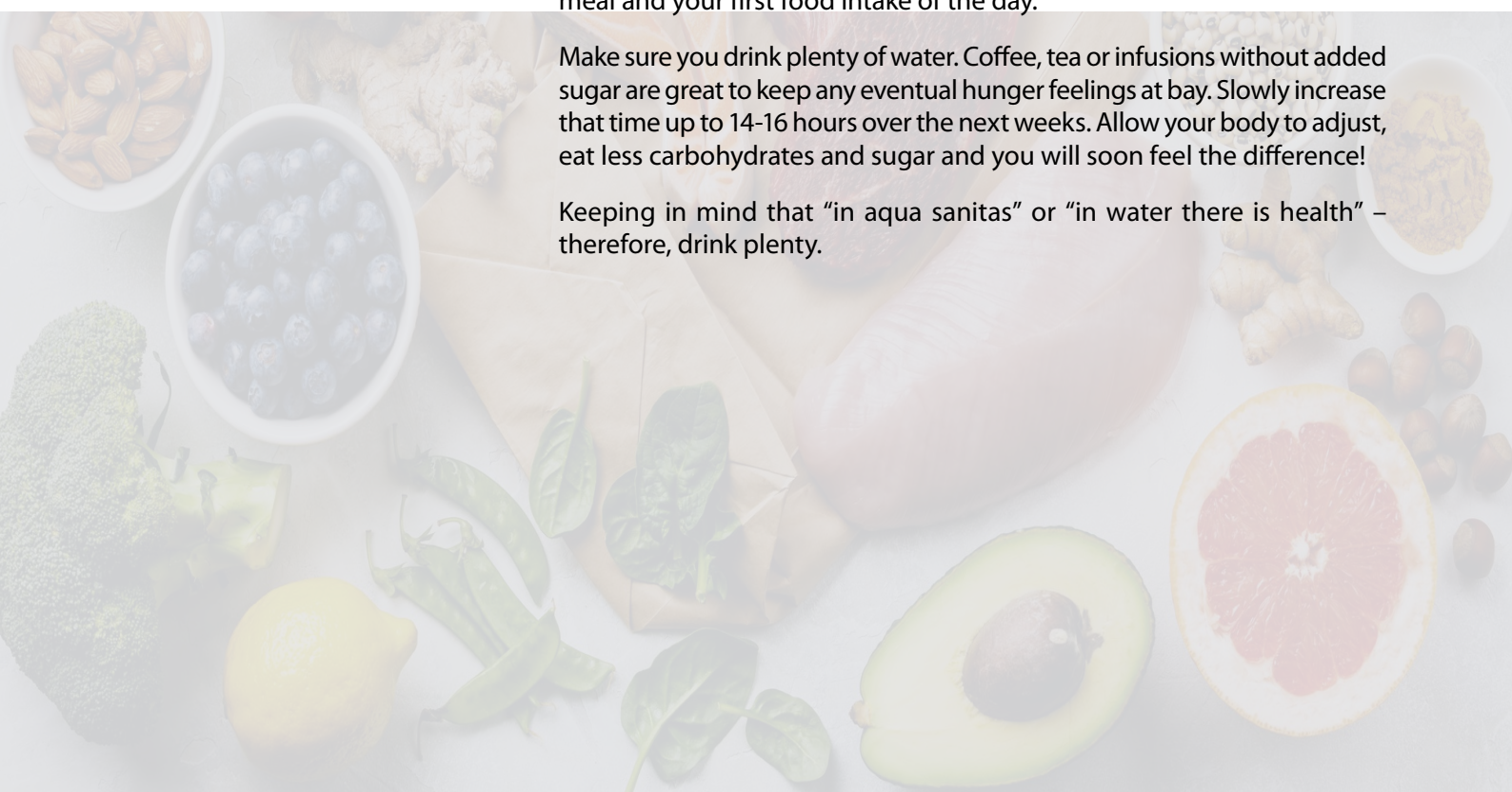
Daily fasting activates autophagy, during which components inside of cells, including proteins, are degraded and recycled. For example, autophagy can protect brain cells against accumulation of "bad" protein clumps that cause neurodegeneration.

A new study conducted by researchers at the Pennington Biomedical Research Center in Louisiana and the University of Alabama suggests that just 16 hours of daily intermittent fasting can up-regulate cellular recycling processes.

With this in mind, the easiest way to go about intermittent fasting is to make sure that you start with a gap of 12 hours between your last evening meal and your first food intake of the day.

Make sure you drink plenty of water. Coffee, tea or infusions without added sugar are great to keep any eventual hunger feelings at bay. Slowly increase that time up to 14-16 hours over the next weeks. Allow your body to adjust, eat less carbohydrates and sugar and you will soon feel the difference!

Keeping in mind that "in aqua sanitas" or "in water there is health" – therefore, drink plenty.



## Beauty

Divine Aromatics handmade products inspired by the power & beauty of nature are now available in our practice. The philosophy behind the products ties in well with our therapy and their use enhances our treatments and supports your wellbeing.

**Divine Aromatic's bath salts** are handmade with Epsom salts, Pink Himalayan salts & a blend of carefully selected essential oils. All of which will have relaxing and regenerating effects on the body.

Epsom salts are a naturally occurring pure mineral compound of magnesium and sulfate. These minerals have health benefits including enhancing the detoxification capabilities of the body.



After a long day relax into a warm bath and surround yourself with the aroma of Relax & Unwind. The carefully blended oils of Patchouli, Bergamot and Geranium are designed to ease feelings of anxiety and tension and promote a sense of relaxation and sedation.

**Divine Aromatic's natural deodorant** contains essential oils, shea butter, sodium bicarbonate and coconut oil

Allows your skin to breathe naturally and does not block your sweat glands. Packaged in an easy push up cardboard tube. 80g.



This fantastic natural deodorant is good for you and good for our planet, what's not to love about that?

**Divine Aromatic's balms** have been hand crafted with carefully selected essential oils designed to enhance your state of mind. They contain skin nourishing Jojoba, Shea Butter and Vitamin E.

Feel Beautiful Balm is designed to lift your mood and enhance your self esteem. Rose oil boosts, confidence, and mental strength, bringing positively to the forefront. Ylang Ylang oil may be one of the most useful of all the essential oils when it comes to improving your emotional well being.

It is known to lift your mood and helps to balance hormones. Use the balm on your pulse points (for example on your wrist), as required throughout the day.



Apropos home-made, all-natural products: Why not give it a try and make your own?  
Head over to <https://www.udemy.com/>

There are plenty of aromatherapy courses for natural living there.  
I can highly recommend the ones by Mark Perren-Jones of Isla Verda Spa.  
The home made bath bombs are a big hit in our house.

We have been open for almost one month now and luckily - although many of our clients are, very understandably, still self-isolating - we are busy enough to keep our doors open.

A big thank you to all of our regular clients that make it possible for us to do so!  
The team of Matrix-Wellbeing is grateful indeed to be working with such lovely people.  
Please continue to look after yourselves and enjoy the end of summer.

Thank you for your custom and carpe diem! Seize the day and make the most of it.