

# NEWSLETTER

*The latest news and updates from Exmouth Wellness Centre and  
Margaret River Wellness Centre*

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## NEW RESEARCH INTO FASCIA AND CANCER

BY GEORGINA DUNCAN

Fascia is the biological fabric that literally holds us together. If you took away all your bones, you would still have a shape, a cobwebby outline made up of strong and flexible fascia fibres. It keeps our 70 trillion cells in order, surrounds muscles, moves through organs, creates sinews, and acts as the base layer of skin (Myers, 2018). Each muscle group, down to the smallest muscle fibre has its own layer of fascia. Proper functioning of this network greatly influences our health, movement abilities and communication of the bodily systems, resulting in quicker response time, sensory acuity and increased mental clarity.

Put simply, fascia is connective tissue, the packing material of the body. It organizes and separates body structures and joins them together creating networks within networks. The health of our fascia is integral to our overall health - when we have dense areas of fascia, inflammation occurs, as the cells cannot access the fluids and nutrients from the blood and lymphatic vessels.



## NEW RESEARCH INTO FASCIA AND CANCER CONTINUED...

And so how does fascia connect to cancer?

Well, fascia, literally acting as a road map for the whole body, cannot help but be involved in the development of cancer, and therefore also, can be implicated in the prevention, and possibly an adjunctive treatment. All cancers begin from inflammation and incorrect cell signalling. Fascia itself is a cell signaller. New research is pointing to inflammation and fascia 'denseness' as a driving factor to tumour growth and spread (Langevin et al., 2016; Schierling, 2017).

I love how American Physicist, Andrew Still (1828-1917) and the founder of osteopathic medicine states his four basic principles: (1) The human body functions as a total biologic unit, (2) the body possesses self-healing and self-regulatory mechanisms, (3) structure and function are interrelated, and (4) abnormal pressure in one part of the body produces abnormal pressures and strains upon other parts of the body. His research was early, but even then, he linked fascia to cellular health, disease and cancer (Findley & Shalwala, 2013).

Dr Helene Langevin, a professor at Harvard medicine and University of Vermont, and author of multiple research papers investigating fascia and cancer states that connective tissue is really the home of the immune system and that cancer is not just a collection of tumour cells growing out of control - they need a base and that base is the connective tissue, which they then take hostage (Thomas, 2016).

Animal studies indicate a 3 fold increase in breast tumour and tumour metastasis when there is dense breast tissue (Berrueta, Muskaj, Olenich et al., 2015; Corey, Vizzard, Bouffard, et al., 2012). Research carried out from the University of Wisconsin-Madison has also come to similar findings, stating that dense breasts and inflammation carries a poorer prognosis for breast cancer patients due to the interaction between the extra-cellular matrix, the collagen and the immune cells (Dense breasts, inflammation linked to cancer risk, 2018).

A loss of cell to cell adhesion (which occurs in densification) is often found in advanced tumours and that maintaining cell adhesion - that is the 'slipperiness' of fascia may be an important prevention strategy as it is crucial for normal cell physiology, organization and growth (Schierling, 2017).

*Connective tissue is really the home of the immune system and cancer is not just a collection of cells growing out of control - they need a base.*

Furthermore, as the lymphatic channels run through fascia, when fascia is 'slippery', the lymph fluid moves through easily and the immune cells within the lymph fluid are able to fight infections and subsequently, reduce inflammation. But in the case of dense fascia, the flow of lymph slows or stagnates. Hence the fluid is not effectively filtered, and waste products build up, further driving inflammation and switching on genes in the cells to mutate.

### WHAT IF THERE IS ALREADY A TUMOUR?

However – it is all well and good to talk about the importance of body work for prevention, But what if one already has a malignant growth? The research is debatable, but there remains the concern that body work could potentially dislodge tumours and encourage migration (Langevin, et al., 2016). More research needs to be done in this area for any conclusive statements.

### HOW CAN WE IMPROVE OUR FASCIA HEALTH?

So all of this information is building up to the point of this blog – which is to STRETCH! Move your body! Do not let areas of denseness proliferate or become worse. By the time you have a pain, or even if you just wake up feeling stiff in the mornings, or unloading the dishwasher is becoming a chore you avoid, then the inflammation process has begun and needs to be reversed as soon as possible.

Recent (animal) based studies have shown significant improvements in inflammatory mediators and pain in connective tissue when 10 minutes of stretching was done twice daily (Berrueta et al., 2016). Trampolining, yoga (especially yin and fascia yoga), LIGHT foam rolling and LIGHT massage are all excellent ways to get in that fascia goodness (I have capitalised LIGHT because sometimes we think that the harder the better – not true for fascia work, as anything that causes too much tension is counter-productive).

### DANCE IT OFF

But my favourite way is by a good all fashioned dance off. My yoga teacher who taught the fascia yoga course said it herself – the all time best way to move fascia is to just dance – not all serious like, or having to follow choreographed moves (although if this is your thing, than its all good too) but moving your body freely, in a way that feels nice for you, because not only does fascia love to move, it likes to do so in all different directions and new ways.

I used to go for a run through the bush back in Sydney, and at the top of a hill, there was a view over the river and valley, almost hidden from the track. When I got to this point, I would stop my (continued next page)

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run, and spend 10, 15, 20 minutes just shaking and kicking and jumping around. If anyone was watching, they would have had a great laugh, but it felt amazing, and my running – and head space – ALWAYS felt better after this.

But you don't need these sorts of stories, or even studies and scientific based research to tell you that a healthy fascia is a healthy body and a healthy mind.

Most of us know that feeling of having a really good stretch, or release. That bliss feeling after a massage, yoga practise, a sense of relief or release after an adjustment, and that satisfying feeling after a hard bout of physical activity. The benefits of movement and fascia integrity are so numerous they are beyond the scope of this blog post, but I think it's safe to say that the more we can move our fascia, consistently and freely, the more we can promote the overall health of our physical, emotional and mental well-being and perhaps help prevent inflammatory driven diseases such as certain cancers.

**SO - SEE YOU AROUND TOWN EVERYONE -  
MAYBE AT A YOGA CLASS, MAYBE OUT IN THE  
SURF, OR MAYBE HIDDEN BEHIND SOME  
BUSHES, SHAKING YOUR BOOTY!**



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EXERCISE - BY MASAMI KAJI

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## RELIEVING NECK AND SHOULDER PAIN

**THE PECTORAL AND LATISSIMUS DORSI MUSCLES TEND TO GET TIGHT EASILY IN USUAL LIFE DUE TO REPETITIVE MOVEMENTS OF THE ARMS AND SHOULDERS, AS WELL AS POOR POSTURE. STRETCHING THESE MUSCLES HELPS TO RELIEF AND PREVENT PAIN IN THE UPPER BACK AND NECK.**

### FOR THE PECTORAL MUSCLES:

A, Find a doorway. Bend your elbow 90 degrees and elevate your shoulder 90 degrees.

Put your elbow and hands on the frame of the door, and lean forward through the doorway to feel the stretching in the front of your shoulder and chest ( for pectoral Major).

B, Raise your shoulder higher so that your elbow is in your chin or at face level. Lean through the doorway to stretch closer to your collarbone ( for pectoral minor)







## FOR THE LATISSIMUS DORSI MUSCLES:

Kneel and bend forward reaching out with your hands. Keep your buttocks resting on your feet and lower your head to the ground. Move one arm toward to the other side to feel stretching latissimus Dorsi.

## NUTRITION

### BOOK OF THE MONTH

#### WHOLE: RETHINKING THE SCIENCE OF NUTRITION

BY DR COLIN CAMPBELL

Dr. Colin Campbell has dedicated his life to nutritional research. He is a Cornell University graduate (M.S., Ph.D.) and MIT (Research Associate) with experience in nutrition, biochemistry and toxicology. He has conducted “original research both in laboratory experiments and in large-scale human studies; received over 70 grant-years of peer-reviewed research funding (mostly with NIH), served on grant review panels of multiple funding agencies, actively participated in the development of national and international nutrition policy, authored over 300 research papers and given hundreds of lectures around the world.” - (Centre for Nutrition Studies, 2018)

In his book ‘Whole’ Campbell incorporates his work in nutritional biochemistry and research explaining his reasoning for advocating a ‘Whole Food Plant Based diet’ (WFPB) for prevention and reversal of most disease as well as touching on the environmental aspects. In the first chapter Campbell writes that if the WFPB diet were promoted as a medication, it would sound something like this;” prevents 95% of all cancers, nearly all heart attack and stroke (reversing even severe heart disease), prevents and reverses type 2 diabetes so quickly (days) that medication must be monitored and stopped”! The core message can be summarised into a quote I love by author Michael Pollan in his book ‘In Defence of Food’ “Eat food. Not too much. Mostly plants.”.

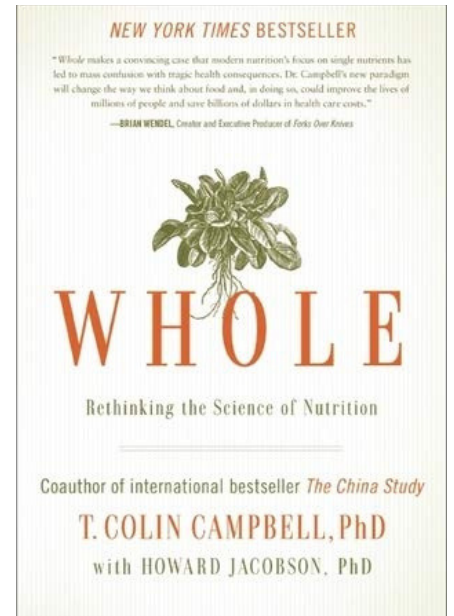
Campbell's concept that we can't measure nutrients the way we have been lead to believe is new. Put simply two identically sized apples from the same tree can have a nutritional value that differ significantly. In addition to this the way our body utilises it (bioavailability) also varies greatly from person to person depending on requirements. Campbell goes on to explain that our bodies are well equipped to get exactly what is required at any given time from quality foods within reason, and without any need to count and measure nutrients!

I found myself with a non-fiction book that I was unable to put down while on holiday recently. I'll finish by leaving you with a few quotes from the book.

**“Nutrition is the master key to human health. What most of us think of as proper nutrition—isn't.”**

**“It's never too late to start eating well. A good diet can reverse many of those conditions as well. In short: change the way you eat and you can transform your health for the better.”**

**“What you eat every day is a far more powerful determinant of your health than your DNA or most of the nasty chemicals lurking in your environment.”**



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## ANTI -INFLAMMATORY TURMERIC LATTE, BULLET PROOF STYLE

### Ingredients

- 1 ½ cups of liquid (I like to use a mix of water and either full fat coconut or almond milk, or just water and maybe extra oil and butter at the end)
- ½ tsp ground turmeric
- A few grinds of cracked black pepper
- 1 small knob of fresh ginger, finely chopped or grated
- ¼ tsp ground cardamom
- ½ tsp ground cinnamon
- ¼ tsp raw honey
- 1 tsp coconut oil
- 1 tsp full cream organic butter

### Method

Place everything except the honey, oil and butter into a small saucepan and bring to a gentle simmer for 10 minutes or so to let the ginger steep into the liquid.

Remove off the heat, add the honey, oil and butter, and then pour everything into a blender. Whiz it up until frothy.

Pour into your favourite mug (I heat my mug with boiling water first, as the drink loses some heat while being blended), top with a sprinkle of extra cinnamon, or coconut sugar, and sip by the fire, reading a good book! Better than wine! (Sometimes).

Turmeric and ginger are the king and queen of anti-inflammatory foods, but all spices are pretty potent little bombs of antioxidants. This combination is particularly warming, so great for these rainy winter days. The honey and coconut oil add some anti-microbial benefits, and the oil and organic butter add a whole lot of healthy fats.



## SERVICES

# FEATURED PRODUCT



### **BioMedica Curcuforte\***

A highly concentrated and clinically trialled extract of Curcuma longa, to help relieve inflammation, and oxidative stress; support liver and gallbladder function; maintain digestion and decrease blood stasis.

\*Practitioner Only

## CLINIC NEWS

### **Margaret River Wellness Centre**

#### **Yin Yoga Classes**



Georgie, our Naturopath and Yoga teacher, is offering Yin classes on Wednesday and Friday nights at 6:00pm.

Classes are kept to 6 people maximum of make sure to book in at the front desk!  
Cost is \$20 per class.

Yin is ideal for anyone looking to improve the integrity of their fascia (so everyone yes?), their joint and bone health, increase flexibility and mobility and decrease stress. It is also an excellent entry into meditation.

### **Exmouth Wellness Centre**

#### **Going Barefoot**



Exmouth Wellness centre is a no shoes zone!  
Everyone is encourage to get the shoes off, and feel the ground under the feet.

There is so much fascinating research about how shoes can be potentially damaging not just for our feet, but also, our propensity for injury, our bone structure and posture, and our nervous and endocrine systems.

Plus - great excuse for pedicures!

### **Exmouth Wellness Centre**

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