

UniMed Brisbane Newsletter May 2019

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"Live the life you want reflected back to you –
Live like you want others to live like."
~Serge Benhayon~

Welcome

Dear Friends,

Now that the New Year is in full swing, we felt to bring some focus to **what it takes to keep up with life and its intensity** these days, that is, how do we *not* end up exhausted and hanging out for a break by mid-year.

We know full well how hard it can be to make real and lasting changes to your lifestyle, as opposed to the emergency stop we draw on when things get desperate. Yet, the changes are what we need most to manage the constant demands and stresses of life.

Here at UniMed Brisbane, if there's one thing the practitioners have mastered, it's the ability to make changes that support vitality and wellbeing, and to sustain them without effort...

So, when it comes to making changes to your lifestyle, there is a process to do so successfully and for the long run, which we would like to share...

Read our article, events and recipes below to learn more.

Article



Making Lifestyle Changes that Last

By Jennifer Ellis

Typically, the impetus for making changes to the way we live, comes when we find ourselves reaching a critical point of tension or discomfort in life. Something is not right, and often the body tells us in clear ways that things are not working – *our body tells us change is needed.*

[Click to read more](#)

Self-care – the gift of you



Taking care of yourself is something most people do every day. You eat when you are hungry, sleep when you are tired, clean your teeth and shower, and you go out into the world dressed for the occasion.

[Click to read more](#)

Practitioner Spotlight



Annette Baker and Gabrielle Caplice will be offering **Relationship Counselling** sessions at UniMed Brisbane on **Saturday 18th May**.

As relationship counsellors, Annette and Gabe hold a strong commitment in supporting clients coming to greater clarity and awareness on their developing path in relationships. These sessions offer support in **Relationship with Self, Partners, Families, Work and Households**.

Contact gabeandandy@bigpond.com to make a booking.



Free Your True Voice with Chris James

Private Sessions at UniMed Brisbane - Saturday 15th June

'It's easy when you re-connect to your natural voice and authority'
Singing – Speaking – Expression

Reclaim the natural authority of your voice and expression

- Let go of self-judgement and the internal critic
- Develop the natural presence in your voice and body
- Discover your naturally resonant body – make expression effortless
- Reduce stress and anxiousness and increase general well-being
- Experience the health benefits of singing, speaking, expressing with confidence.

Contact msheldrake35@gmail.com or 0411 896 107 to make a booking.

Events



UniMed Brisbane Client-Practitioner Retreat

UniMed Brisbane is pleased to announce the next retreat to be held over the weekend of 22-23 June, 2019.

Over this weekend, clients are offered the opportunity to experience 2-days of presentations and bodywork with 10 of our regular and visiting practitioners.

This is a way that the practitioners at UniMed Brisbane give back, providing their services free of charge for the weekend, with only a small contribution asked to cover administrative costs.

The location is a beautiful and tranquil setting in Bellbowrie, lending itself magnificently to the purpose of the Retreat – supporting each client to deepen their awareness and foundation of connection from which they can live.

"The Retreat itself was such a relaxing experience...I really felt empowered by what was said... and really felt rewarded for having the opportunity to be there.

I felt like I was a positive person before this retreat and now I am even more, but in a different way. It was truly life changing and something I now think about throughout every day." ~ Vanya

"It was amazing, and I learnt so much about connecting to myself, and how to keep the connection... and to deepen it."~
Pascale

If you are a current client and feel this is something you would benefit from, please discuss with your practitioner or contact Jenny on 0424 053 305 or jenny@jenny-ellis.com. Past participants are welcome to apply.



Well-being for WOMEN

— B R I S B A N E —

Well-being for Women 25 May 2019

The first Well-being for Women presentation for 2019 was held last month, the topic explored was *Dealing with Life's Intensity*.

Our second presentation will be held on **Saturday 25th May**
Some things we will cover:

- What is the significance of self-care and self-love?
- How do we deal with other people's dramas?
- What does it mean to observe life rather than 'absorb' it? How do we observe life around us and not be attached, without shutting ourselves down or shutting others out?
- Do sympathy and empathy help or hinder us?
- What does your body have to do with any of it?

Join us for another insightful presentation where you will have the opportunity to hear the wisdom of other women's experiences, as well as learn tools to support building a solid foundation for yourself in daily life. All women are welcome.

EVENT DETAILS:

Date: Saturday 25th May 2019

Venue: Woolloongabba*

Time: 3pm – 5pm Registration from 2.30pm

Investment: \$20 Concession \$15

BOOKINGS ONLY VIA [EVENTBRITE](#)

*Venue address details will be provided upon completing your booking.

Click to book your

Brisbane 1 day Workshop Sunday 16th June

the natural joy of speaking & singing with confidence

Express Yourself with Chris James

St Lucia, Brisbane Workshop - Sunday 16th June

Experience the vibration, presence and power of your voice and how your expression can release stress, enhance relationships and benefit your quality of life. This course empowers you in all aspects of life as the ability to communicate, express and listen from a foundation for health and vitality in personal and professional relationships.

Everyone welcome – it's easy and fun!

Cost: \$140 or \$110 early bird/repeats by 1st June

Contact msheldrake35@gmail.com or 0411 896 107 to make a booking.



**WOMEN IN LIVINGNESS WORKSHOP
PRESENTED BY
NATALIE BENHAYON**

~ Save the Date ~

SUNDAY 21st JULY 2019, BRISBANE

Bookings open soon



Chef extraordinaire **Janine Whitling** of [Janine's Gluten Free Kitchen](#) hosted a cooking class in conjunction with UniMed Brisbane in April, featuring 7 delectable dishes.

Sounds yummy? More cooking classes will be announced soon.

Register your expression of
interest



Practitioners Steffen Messerschmidt and Annie Tran of *Total Health* will be hosting a 14-day health and well-being retreat in **Hoi An, Vietnam, 12-28 August 2019**. Topics such as *supporting your daily rhythm, sleep, diet, nutrition, exercise, weight management, physical, emotional and psychological health*, will be covered.

The retreat package includes:

- Accommodation and meals
- Flights (booked upon request)
- Initial natural medicine & lifestyle consultation and support plan
- Group presentations and talks
- Esoteric Yoga
- Gentle exercise program
- Body work and healing sessions
- Vitamin C therapy
- Time to explore the beautiful ancient town of Hoi An and surroundings

For bookings, contact clinic@total-health.com.au or 0405 845 753.

Recipes

Warm up with some wintery delights...



Lamb curry

Feel like spicing up your life? This gluten and dairy free lamb curry recipe brings classic spinach leaves and lamb together with magical combinations of spices creating a nourishing flavoursome meal.

[Go to
recipe](#)



A very yummy green soup

Ingredients:

- 3 x heads of broccoli and stems or 2 x bags frozen broccoli

- 1 x bunch of kale
- 1 x bunch of silver beet
- 1 x large bag of fresh baby spinach or 3 x bags frozen spinach
- olive oil for cooking the herbs and spices
- 2 x gloves of garlic
- 1 x fresh chilli deseeded -optional
- 1 x bunch of spring onions or an onion –optional
- 1 & 1/2 tablespoons fennel seeds
- 1/2 tablespoon of cumin
- 2 x tablespoons of coriander powder
- 1 x tablespoon of turmeric powder
- 6 to 8 tablespoons of olive oil for cooking the spices
- 1 litre boiling water

Preparation:

1. Wash and drain the broccoli, cut into pieces with the stem (trim the bottom of the stem off if needed) and set aside.
2. Wash and drain the silver beet, cut into pieces and set aside.
3. Wash and drain the kale, removing the spine/stem, and set aside.
4. Finely chop garlic and chilli.
5. If using spring onion or an onion wash, peel skin and dice.

Method:

1. Place a generous amount of olive oil, with garlic, chilli and spices into a large, deep saucepan and lightly fry together until a slight brown colour.
2. Add the broccoli, kale and silverbeet to the spices and add the boiling hot water. Bring to the boil, then simmer on low with the lid on.
3. Add fresh spinach and simmer until cooked.
4. If using frozen broccoli and spinach, add these defrosted to the pot when the kale and silverbeet are cooked or soft. Simmer until cooked.
5. Turn the heat off and carefully blend the hot soup with a stick blender.

Can be frozen in portions.

Recipe by Karen Cooper



Sweet Potato, Pumpkin & Zucchini Rosti

Ingredients:

- 2 zucchinis
- 1 quarter pumpkin
- 1 medium sweet potato
- 2 cloves minced garlic
- 2 tbsp extra virgin olive oil
- 2 tbsp besan (chickpea) flour (or other GF flour)
- 2 tsp Italian herbs (or to taste)
- Pepper to taste

Method:

1. Wash and remove all skin off from pumpkin, zucchini and sweet potato.
2. Grate pumpkin, zucchini and sweet potato.
3. Using a cheese cloth or thin material (tea-towel) place all grated vegetables on the cloth and squeeze the liquid from the grated mix.
4. Place remaining mixture in large bowl.
5. Add minced garlic, olive oil, Italian herbs, besan flour and mix together.
6. Using a large fry pan, add a drizzle of olive oil and place on a medium heat.
7. Add a heaped tablespoon of the mixture to the fry pan and flatten with spoon and cover with lid (this will help to cook evenly and faster, and stop oil spitting).
8. Cook 3 to 4 in the pan at a time – if you would like crispier, add a little more oil to fry pan.
9. Once golden-brown flip onto other side.
10. When both sides are both golden-brown remove from fry pan and place onto paper towel to cool.

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UniMed Brisbane is a health and wellbeing clinic offering an all-round approach for true vitality, health and wellbeing through an array of modalities offered by practitioners and professionals from many different areas of life supporting people to live their full potential.



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