

UniMed Brisbane News June 2018

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## Welcome

Dear Friends,

Our theme this time around is very much in line with the onset of winter and the need to keep ourselves nourished and warm, but also to remind (or enlighten) you of the opportunity to rejuvenate yourself, naturally through rest and the ability to sleep more deeply throughout these colder months. Why do we say this? Read on to find out...

This edition is in acknowledgment of the fact we live in and are responsive to constantly repeating cycles. Most of us live busy and often-stressful lives, and the quality and depth of our sleep is often insufficient to have us waking with vigor for the day ahead. And so our natural cycle of rejuvenation, one the body undergoes every night as we sleep, is not able to adequately restore us for our day, and as a result, we naturally resort to an array of foods, drinks and behaviours that support us to get up, get going, stay up and stay going, and to sustain that until we hit the couch or our beds again at the end of the day.

Generally speaking it is those sustaining foods, drinks and behaviours that are the detrimental ones to our longer term vitality and health. But we won't sustainably change those habits until we address the underlying state of our bodies.

This merry-go-round is one we see commonly in many attending UMB for appointments and from observation, appears to have become the new norm when it comes to society in general. We run on empty – day, week, month and year in and out, and the impact and the pressure on our sleep to restore us adequately is great.

We no longer do-life and feel healthy and great for it! We now attempt to do-health as a necessary counter to living life and the ill-health our current way of life delivers us into.

At UMB we're all about supporting with that and this edition is dedicated to one vital aspect... our sleep and our ability to

rejuvenate in full... every single day!

Read on for end-of-financial-year health tips, some great winter-warmer recipes, supportive offers from our practitioners, an update on our recent and very successful Client-Practitioner Retreat in Bellbowrie, and an article that enlightens you further as to your body's natural sleep cycle and how to ensure you're getting the best out of your zeds.

Enjoy and keep warm

With kind regards

The UniMed Brisbane Team

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## **In the newsletter:**

### **From our Practitioners**

Jennifer Ellis  
Steffen Messerschmidt  
Annie Tran  
Introducing Raegan Cairney

### **Client-Practitioner Retreat Update**

#### **Article**

Cycles, Winter and Deeply restful sleep: Do you get it?

#### **Upcoming Events**

Wellbeing For Women - Brisbane  
Women In Livingness Workshop - Brisbane  
Sacred Esoteric Healing Level 1

#### **Recipes**

Victoria's famous Slow-Cooked Lamb  
with 2 delicious variations

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## **From our Practitioners**



### **Jennifer Ellis**

Jenny is offering the following bodywork programs throughout the months of June – August:

**Chakra-Puncture** Detox Program (12 sessions/12 weeks) \$50/session

**Chakra-Puncture** Programs (4-10 sessions) \$60/session

**EBM** Programs (4-6 sessions) \$75/session

**ECTT** or **Massage** Programs (4-6 sessions) \$75/session

Programs can support:

- Deepening your connection to stillness and your sense of whole-ness
- Deepening the relationship with yourself, your body, your self-worth, your ability to self-love
- Developing your rhythm, your sense of work-life balance, the quality of your movements.
- Addressing anxiety, poor sleep, mild depression, exhaustion, overwhelm, lower back issues, stress
- Supporting specific ill-health conditions such as diabetes, thyroid disorders, adrenal fatigue, women's health issues.

For further enquires or to book appointments phone: 0424 053 305 or email [jenny@jennifer-ellis.com](mailto:jenny@jennifer-ellis.com)

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## Raegan Cairney



### Introducing Raegan Cairney to the UniMed Brisbane Team.

Raegan will be offering Esoteric Chakra-puncture, Sacred Esoteric Healing and the Energetic Facial Release from Sat 28th July.

These modalities all support during times of stress, anxiety or overwhelm or if you feel the need to simply relax.

Please contact her should you have any questions or would like to book a session.

Email: [raegankcairney@gmail.com](mailto:raegankcairney@gmail.com)

Mobile: 0422 463 616

**More to come about Raegen in our next edition.**

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## Annie & Steffen's winter support tips



## Staying warm and strong in winter

### Ways to beat the 'Winter Blues'

It is common to experience low energy, sluggishness, muscle aches, low mood and vitality in the colder months.

You can support yourself by:

- Getting some sun on your skin in the warmer times of the day
- Drinking plenty of warm water
- Drinking warming and caffeine-free teas, such as liquorice, lemongrass, turmeric and fennel.
- Having nurturing soups
- Eating less cold, raw foods and more steamed, wok-fried and baked foods
- Wearing socks and closed in shoes to prevent cold feet
- Having warm epsom salt and lavender baths
- Taking Cod Liver Oil to support and maintain healthy Vitamin D levels
- Using Olive Leaf Extract and Vitamin C as maintenance, prevention and to treat any immune system weakness

### Chakra-puncture support

Clients report that our Chakra-puncture programs are supportive when dealing with immune system issues, colds, flus and low energy. They share feeling more rejuvenated, energised and restored.

Enquires or bookings please contact **Steffen** or **Annie**

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UMB's Client-Practitioner Retreat Update

Two weekends ago a team of 13 practitioners and staff undertook to offer 11 current clients of UniMed Brisbane the opportunity to experience 2 days of presentations and bodywork, supporting them to understand what it means to connect more deeply to who they are, to their essence, and from this to establish a more solid foundation from which to live life from.

It was a wonderful weekend enjoyed immensely by all, with a great deal shared and discussed, and many deeply nurturing sessions from our dedicated practitioners.

Some feedback we have permission to share:

*“Absolutely amazing! The whole weekend flowed, it really was a wonderful experience.... and I would love the privilege to participate again” Lee-Anne*

*“I learnt a lot about relaxing, sleeping and energy.” Anon*

*“Uplifting, positive, comfortable, appropriate to what I was wanting” Oliver*

Our next Retreat is due to be held on the weekend of November 24-25 - to read more visit the website link below.

Visit [www.unimedbrisbane.com](http://www.unimedbrisbane.com)

## Article

### Cycles, Winter and Deeply restful sleep: Do you get it?



**There is no avoiding the fact that we live in and are responsive to constantly repeating cycles, not just the obvious 24-hour cycle we live on a daily basis, but its existence within a weekly, monthly, yearly cycle and so on.**

Every 24-hours, our body undergoes a natural rejuvenation cycle, with most of the night-time marking a part of that cycle in which the body's ability to rejuvenate us is key to the way we will feel the next day.

Within each 24-hour period we have times when we are naturally inclined to be active and productive. When we honour these times and go about doing what's needed, our bodies are responsive and appreciative of this activity. In that sense we will get to the end of our 'work day' and feel good about the day, satisfied and pleased with what we achieved.

If we pay careful attention however there is a distinction between achieving a lot in a day, which can be done by driving ourselves without break or care for it's impact, and staying active and responsive to what presents itself TO BE DONE that

day, and doing it... [read more](#)

## Upcoming Events



### Understanding Self-Worth – your key to unlocking the confident you Sunday 8<sup>th</sup> July 10am – 3pm

Lack of self-worth and self-doubt are the all too well known terrible twins that sabotage women from an otherwise steady confidence and inner authority.

Why has it become so normal to not feel good enough in who we are and what we can do? Are we coping with 'this new norm'? Is it possible to change?

Join Natalie Benhayon (founder of Esoteric Women's Health) for an in-depth yet practical view on how we can support ourselves to break free of this cycle and re-establish a consistent sense of settlement in ourselves which is not a push of one's mind over the body, rather a wholesome approach to our physical, mental and emotional wellness.

**Venue:** Little Tokyo 2 at The Capitol Level 2, 155 Queen St. Brisbane

**Cost:** \$80 Concession \$65 (plus booking fee)

**Bookings essential as seating is limited.**

**BYO Lunch. Teas provided.**

**For Bookings or more information:** [www.womeninlivingness.com/events](http://www.womeninlivingness.com/events)

Find out  
more



## SACRED ESOTERIC HEALING LEVEL 1

Presented by Universal Medicine

Sacred Esoteric Healing® Advanced Level 1 -- This course will suit those who are interested in energy work for the healing of self through its expression and through bringing such clarity and love into one's family.

*It is available to ALL, from those with experiences in other modalities to the lay with no experience. In general, it is available for those who are willing to make life a living truth and thus enhance their true way through fiery expression.*

*This course is a profound introduction to the living fires that lay within.*

## **2 DAY INTENSIVE**

### **EVENT DETAILS**

**Saturday 28th JULY:** 9am - 5pm

**Sunday 29th JULY:** 9am - 3pm

**Registration:** Saturday from 8.00am - 8.50am

**Investment:** \$350 (incl. GST)

*Upgrade price: \$300 (incl GST)*

**VENUE: VENUE DETAILS WILL BE PROVIDED UPON CONFIRMATION OF BOOKING**

***Morning tea and lunch provided (no dinner).***

*Please bring your own means of hydration, a pillow/cushion and blanket for your own comfort and **bring your massage table if you have one and or can borrow one (or more).***

**Find out  
more**



### **Wellbeing for Women Wednesday 20<sup>th</sup> June 6.30pm – 8pm**

Monthly presentations offering women an opportunity to delve deeper into aspects of the way we live and the choices that impact our health and well-being.

**In this month's theme we plan to open Pandora's box with the age-old topic of diet, food and our health.**

What IS the relationship we have with food and dieting, what impact does it have, why do we do it and does it play out in our cycle of never feeling good enough?

Does our relationship come from discipline, from ideals about how we should be eating, or how we should look, or does it come from a true care and love for ourselves, a genuine sense of the value we are nourishing in ourselves when we choose what and when to eat and drink?

**Venue:** Level 4, PACE Building, 20 Cornwall St, Woolloongabba

**Parking:** Underneath via Kent St, 1st driveway on right, lifts to Level 4

**Investment:** \$15

**Bookings:** Online through the link below

[Find out more and book online](#)

## Recipes

### Nourishing Winter fare

#### Victoria's Slow-cooked Lamb (with variations)

The most delicious, fall-off-the-bone lamb you'll ever eat, this super-simple recipe is a winner with everyone. The combination of baking and steaming works its magic, with the final crisp-up at the end restoring roasty goodness. Cook it during the day for dinner, or overnight if you're serving it for lunch.

Note: some ovens run cooler or hotter than others – to ensure the meat falls off the bone when done, use your judgement to decide if the lamb needs a slightly higher temperature than recommended, or longer in the oven. If in doubt, go for a little longer and hotter.

You can also use half-shoulders or legs – these will need less cooking time, perhaps 6 or so hours rather than 8.

The amount shown here will serve 6-8 people, appetites depending!

#### Ingredients

3kg lamb shoulder or leg  
\*Turmeric  
\*Ground cumin  
\*Ground coriander  
6-8 sprigs fresh rosemary  
Boiling water

\*\*\*Alternately you can use the UMB Fish Spice Blend as a rub, making for a delicious middle eastern twist to the end result.

#### You'll also need

Disposable gloves  
Alfoil

#### Method

1. Pre-heat oven to 180C.
2. Place lamb in a baking tray and (with gloved hands) rub generous amounts of the dried herbs and spices over each side of the meat.
3. Roast for 1.5-2 hours until the lamb has browned.
4. Remove lamb from oven and add approx. 2cms of boiling water to the tray.
5. Add the fresh rosemary and cover the tray with alfoil, sealing well.
6. Reduce oven temperature to 140C and return lamb to cook for a further 6 hours
7. Check the lamb once or twice during this time and add more boiling water if required.
8. Before serving turn the oven back up to 180C, remove the alfoil from the tray and crisp the meat for 30 minutes. If there's not a lot of pan juices in the tray and you'd like more, now's the time to add a little extra boiling water.
9. Remove from oven, slice lamb in the pan and serve.

Note: If you're cooking the lamb overnight, omit the initial roasting step, add slightly more water and the rosemary, herbs and spices all at once. In the morning, remove the foil, add more water if necessary, and roast at 180C until the lamb is crispy. Or if you're not eating 'til later, keep the lamb in the oven on warm (no less than 100C) until needed and turn up the heat to crisp before serving.

## **Variations**

### **Slow-cooked Lamb with Rosemary, Onion and Garlic**

Classic additions to already classic dish.

#### **Method**

- As above, adding 8-10 red onion halves to the tray 1.5 hours before serving, and 4-6 whole bulbs of garlic 45 mins before serving.
- Trim the tops off the garlic bulbs before adding to the baking tray so the cloves are able to start to 'pop out' of their skins as they cook.

Both vegetables will be well-cooked with a 'glassy' appearance.

If doing this version overnight you'll need to add the vegetables the next morning. If the lamb is in danger of being over-cooked, remove it from the tray whilst cooking the onion and garlic then return to the tray for the final half hour.

### **Slow-cooked Lamb with Beetroot, Red Banana Chilli, Lemon and Lime**

Yes, baked lemon and lime – delicious. The citrus adds a wonderful tang, the beetroot a gentle sweetness. The chilli? It's more for colour and a little extra interest. If you and your guests enjoy a spicier approach, you can opt to add a hotter variety.

#### **Method**

- As for Slow-cooked Lamb, omitting the rosemary, and adding 8-10 lemons and or limes (halved or quartered to a uniform size) to the tray *skin-side down* 2 hours before serving – the trick to this dish lies in ensuring the lemons and limes are thoroughly cooked and softened in the pan juices prior to a little baking.
- Add the trimmed and peeled beetroots (halved or quartered if large) to the tray 1.5 hours before serving
- Add the halved and seeded red banana chillis 40 minutes before serving. They can cook quickly so keep an eye on them.
- Once the lemon and lime skins have softened, perhaps at around the hour or so mark, turn them skin-side up for a while to caramelise. Keep an eye on them to make sure they don't get too tough – flip them over again if needed.
- You will need slightly less water at the end with this version as the lemons and limes will contribute to the liquid in the tray.



*Personal, Family & Specialised Care*

We hope you have enjoyed our newsletter

Please feel free to share!

We look forward to providing you with more great information regarding health and well-being in our next newsletter

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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.

[www.unimedbrisbane.com](http://www.unimedbrisbane.com)



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