

UniMed Brisbane News September 2018

[View this email in your browser](#)



Welcome

Dear Friends,

The theme for this current edition of our newsletter is one pertinent to us all... that of **True Well-Being**.

Here at UniMed Brisbane there's no mistaking the fact we've nailed what it means to be truly WELL – just look at the vibrant, clear faces of our practitioners, the quality and consistency of how they conduct themselves in the clinic and it is obvious that no matter their age or their past, you are seeing what is possible when an understanding of how to truly support ourselves to stay well, is applied.

When it comes to you as a client, we are not the usual health-clinic or wellness-centre as I'm sure most of you know from your experiences here and so we thought we'd share some secrets...

So where do we start?

Well...

**1. With the understanding that true Well-Being is an all-encompassing state, meaning it is reflected in every aspect of your life and not just with certain blood or health markers
AND...**

2. That a true sense of Well-Being comes first from a connection to something key within us, and not from 'doing' health as a way to remedy the lifestyle habits that have left us feeling less than our best.

True well-being is a result of you bringing a connection to the true *being in you*, into every aspect of your life... and *that's* what makes you feel well!

In this issue we have members of the UMB team outline something key about one of the modalities they apply, or something they have put in place in their own lives that supports that connection, and hence supports restoring the fundamental sense of well-being we all want.

We have an article for you on the topic if you want to read more.

We have an update on upcoming events and the UniMed Brisbane Client-Practitioner Retreat in November and we'd like to introduce you to our latest member of the UMB team... Elijah Cavanagh.

AND amidst all this we're busy compiling a UniMed Brisbane Recipe book, to share with you a range of simple, clean and delicious meals, tried and tested by us and part of our everyday diets. We're busy compiling and are about to begin cooking and photographing so watch this space for further announcements.

We trust you'll enjoy and feel inspired to *be well!*

With warm regards

The UniMed Brisbane Team

In the newsletter:

From our Practitioners

On Wellness

UniMed Brisbane Client-Practitioner Retreat

Update

Spotlight

Elijah Cavanagh

Article

Video

Understanding True Well-being

Upcoming Events

Wellbeing For Women - Brisbane

Recipes

Coriander and cumin spiced nuts

Moroccan inspired marinated chicken

On Wellness... from our Practitioners

Tanya Curtis says...



Anxiety and wellness are directly related.

"The symptoms of anxiety occur in our body when we 'perceive' we do not have the required skills to respond to life. In this sense it is therefore our perception that contributes to the quality of WELL-being we feel at any given moment.

If we perceive we DO have the skills to respond to life, we contribute to our own increased sense of wellness... we in fact have an endless array of resources both within ourselves and then from outside of us that ensures we DO ALREADY have all that is required to respond to whatever life offers us."

Jenny Ellis says...



Be still!

"Something pretty key I've learnt is that most of us rarely stop long enough to become truly still. And without connecting to the deeper inner stillness we have, we aren't connecting to the essence of ourselves.

The sense of wellness we are looking for starts from this connection. It's that simple! Lose the stillness and you'll need to 'remedy' the resulting un-well-ness you're left with.

Everything stems from the depth and quality of that connection... the quality of our choices, how we behave, what we get caught up in, how we feel about ourselves, how discerning we are about what we take on, all of it. In fact I'd go so far as to say that our entire quality of life is based on the depth of this connection."

Victoria Lister says...



"Most of us live with a level of stress and 'headiness' that seems to be part and parcel of modern life.

I find regular Esoteric Chakra-puncture restores people to themselves; it returns them to their bodies and they leave feeling more centred and calm than when they came in.

Even though the patterns that are applied are often quite specific to the individual's situation, they all have this baseline effect. This is not surprising given this modality is about reigniting our essence from the 'inside out'. It offers us a go-to 'medicine' that can be accessed on a very

helpful, regular basis."

Julie Ferguson says...



On the Energetic Facial Release, connection & well-being

"What I have found in particular with clients is the Energetic Facial Release offers a treatment to the whole body through working super gently with the face.

The effect I see can be monumental as clients report increased awareness around what patterns they were caught in, or what 'mask' they've been wearing to get through situations or parts of their lives.

They get left to feel how sensitive and precious they actually are, and leave looking fresh-faced, years younger and like they just had a month's rest."

Donna Harris says...



On Esoteric Massage & being well

"I chose to study and offer Esoteric Massage because I found it such a supportive modality for de-stressing and letting go everyday pressures and anxiety. This has such an impact on general well-being.

The massage allows such a deep relaxation and re-set that clients constantly report how supportive it is for feeling more balanced and in that, more equipped to deal with day-to-day life."

Susan Scully says...



On financial well-ness

"When our finances are in a mess, chances are we are also not doing so well. Like me, money is very practical and real, and if we have financial stress, worry or pressures, then there's no question this impacts our sense of well-being.

So why are our finances where they are? The honesty from that question is a starting point for beginning to address this in a helpful way.

In that sense, taking care of our finances is just as important a part of taking care of ourselves as looking at any other aspect of our lifestyle."

UMB Client-Practitioner Retreat



On the weekend of November 24-25 the team of UniMed Brisbane practitioners will host their 2nd Client-Practitioner Retreat for 2018.

Following the success of our first Retreat in June, we are looking forward to offering another group of clients the opportunity to explore and deepen what it means to connect and take that connection into their everyday lives.

Some feedback from previous participants 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

To read more visit the website link below.

Visit www.unimedbrisbane.com

Spotlight on Elijah Cavanagh



Elijah is new to the UniMed Brisbane team and joins us with a fresh and lively enthusiasm for supporting people to bring out, on camera, the depth of beauty and wisdom that is inherent in us all.

His ability to have you at ease, to engage and be expressing from your inner-most before you know it, is a skill that belies his youthful age.

With many years working as a film-maker, his reputation and experience working with people from all walks of life is exemplary. He brings a fresh, clean and inspiring take to his industry.

In this new era of video, we are thrilled to be able to offer such a quality of service such as this to the general public. [read more](#)

Article

Understanding True Well-being

by Jennifer Ellis



Understanding True Well-being



Personal, Family & Specialised Care



Why we have missed the mark when it comes to our well-being

In response to the continuing rise in our generally chronic state of un-well-ness, we now have a global wellness industry worth a staggering \$3.7 trillion. So worldwide, that's \$3,700, 000, 000, 000, 000, 000 we are spending in our attempts to remedy how chronically un-well we are feeling!

So is our approach to wellness working, or does the fact these figures are so monumental, in combination with the apparent unceasing rise in discontent and dis-ease, suggest that we have quite decidedly missed the mark?

Being truly vital today has become something of an enigma, thoroughly trampled amidst the new norm of exhaustion, anxiety, stress and the strain of keeping up with life as we currently know it.

Is it any surprise then that in 2014-15 more than 11 million Australians (50%) reported having *at least* 1 of 8 chronic diseases. (2)... [read more](#)

Upcoming Events



**Wellbeing for Women
Wednesday 12th Sept 6.30pm – 8pm**

In this month's theme we plan to dig deeper and explore what self-love is all about.

As the starting point for developing an unshakeable sense of who we are and our value and worth in life, it is essential to understand this foundational aspect in full if we are to ever make it something tangible and real in our lives.

From what it has always been for you, how we have tried to apply it, what gets in the way of truly having it and hence why it is so elusive... to what it actually is, what are the practical steps and how we can develop it, will all be covered.

For example, do you have self-love mixed up with how you look, is it a to-do list of things you should do for yourself, or is it the remedy you apply to feeling bad about yourself in some way? Does your need to live up to certain ideals dictate the way you look after yourself, do you put others first when it comes to saying no to things that don't support you?

Join us for a warmly inclusive evening in which ALL women are welcome.

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

Spring has sprung, so spice it up with...

Coriander and cumin spiced nuts



This edition recipes from www.unimedliving.com

Simple to prepare, brilliant for any occasion, these roasted nuts make a healthy snack that is full of flavour and nutrition. There are endless variations on the spices you can add as well.

Ingredients

- 250g raw nuts of your choice (walnuts, almonds, brazils, peanuts, macadamias and cashews work well)
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1-3 tablespoons olive oil

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

Method

1. Place all ingredients into a bowl and mix until the nuts are well coated.
2. Place the coated nuts into a frying pan and roast on a low-medium heat until golden (this will vary depending on the type of cooking hob).
3. Serve warm or allow to cool and place in an airtight container for up to 5 days.

Inspiration

- This recipe can be endlessly varied – experiment with the spice mix and/or use herbs, garlic, chilli
- You can also roast the nuts in the oven instead of frying
- They are delicious broken up a bit and sprinkled over your favourite salad or on top of a soup for some added crunch.

Recipe by Nicole Serafin

Moroccan inspired marinated chicken



A simple flavoursome chicken recipe, with a delicious take on pesto, that is adaptable for the grill, oven or barbeque

Ingredients

- 8 chicken thigh fillets
- 1 cup fresh coriander leaves
- 3 cloves garlic, peeled
- ½ cup olive oil
- 2 tablespoons black pepper, cracked
- 2 tablespoons sweet paprika, ground
- 1 teaspoon turmeric, ground
- 1 tablespoon lemon rind, finely chopped

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

Method

1. Trim the fat from the fillets and cut into even pieces (approximately 4cm squares).
2. Use a food processor to blend the coriander, garlic and ½ cup of olive oil into a smooth pesto.
3. Add the black pepper, sweet paprika, turmeric, lemon rind and the rest of the olive oil and blend again.
4. Once blended transfer into a bowl
5. Add the chicken fillets to the bowl and coat well with the pesto mixture.
6. Cover the bowl with cling wrap and place in the fridge for at least 20 minutes (overnight is fine).
7. Turn the grill to high and line the grill pan with foil or baking parchment.
8. While it is heating up place the fillets on a roasting rack and baste with any of the remaining marinade.
9. Place under the grill for about 12 to 15 minutes.
10. Turn over and grill for a further 10 minutes or until cooked through.
11. Spoon any marinade at the bottom of the grill pan over the chicken pieces and serve immediately (or warm) with salads or vegetables

Inspiration

- For those without a grill these chicken pieces can be roasted, covered at 180°C for 15 minutes and then a further 5-10 minutes uncovered until golden.
- Chicken breast fillets work as well in this recipe if you prefer them
- Why not try this recipe using lamb fillets or steaks?



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**

If you would like to subscribe to our mailing list please click on the following link to enter your details:

**Subscribe to this
newsletter**

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



Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

MailChimp