

Edition #1 UniMed Brisbane News June 2016

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Personal, Family & Specialised Care

A message from the Director Susan Scully



Hello and welcome everyone to UniMed Brisbane's first newsletter!

It is with great joy we share this health and wellbeing clinic offering a re-freshing age-old approach through an array of practitioners, modalities, services and products for people's all round health, well-being and vitality.

If there is one key ingredient I have been reminded and inspired by - usually after that hard knock or home truth comes to light to address sooner rather than later - whether with my health, relationships, work etc - is that true healing and support is essential in our every day life.

The word "Healing" may conjure up different experiences, re-interpretations or definitions. However the healing I speak of here incorporates an all-round whole of life approach to healing our hurts and ills so we are not walking around as a statistic of the escalating illness and disease rates or relationship casualties, getting through life, feeling down, debilitated, given up, lacking confidence, holding back not being and living who what and how we want to be, accepting our lot in life and wondering "is there more to life than this?"

Healing incorporates everything ~ it is how we live - we actually innately know what is good and bad medicine for us. It is how we take care of ourselves on a daily basis - how we eat, sleep, walk, interact and communicate with each other, work, exercise, play etc - which affects ourselves, everyone and everything around us.

How do we sleep when stressed, over-worked, if we over-eat, stay up late on a school or work night, have an argument that remains unresolved or not being able to pay the bills? How are we with others the next day and the next and the next?

Inspired by Serge Benhayon and supported by the Universal Medicine modalities I have had the immense support and space to explore, consider and come to a deeper understanding of life, situations, ill-health and people that did not make sense before, with the choice to finally let go of the unnecessary baggage that just weighs you down - the un-emptied garbage bin that sits and rots inside. This I likened to the biggest spring

clean opportunity ever - the one we may have always wanted to get to and one I can absolutely and wholeheartedly recommend - the greatest gift you can give yourself and all of us is the real "YOU".

Welcome to our first UniMed Brisbane Newsletter!

Through regular newsletters, we would enjoy sharing, up-dating and supporting you with an all-round approach to your health and wellbeing. We also welcome any and all feedback and requests on something you may also like to hear about.

The newsletters will include:

- Services and products offered and how these can support people in everyday life and with their health and vitality
 - Details of Practitioners
 - People from all walks of life sharing their own health and well-being experiences and the profound changes they have experienced in their lives with their health, relationships, work etc
 - Details of upcoming events, presentations, workshops, and other activities
 - References to relevant and interesting blogs, articles and websites on life, health and well-being, relationships etc
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What & Who is UniMed Brisbane?

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.



For full details, please visit our website www.unimedbrisbane.com

What's in this newsletter:

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UniMed Brisbane Conference



UniMed BRISBANE

Personal, Family & Specialised Care

**Re-Defining
Health & Well-Being**

**Your Body - Your
Life**

Sunday 3 July 2016

An interactive, 1-day presentation

What we consider and accept today as health and well-being is falling way short of what our experience of health and vitality can truly be. Amidst our escalating rates of illness and disease, relationship difficulties, stress, alcohol and drug abuse, domestic violence and suicide to name a few, we have forgotten what it means to be TRULY WELL.

Do we wake feeling refreshed and enthusiastic for the day ahead? Are our relationships rich and fulfilling? Do we burst with joy with the simplicities of life? Have we accepted ageing to mean a decline in our health and vitality when in fact this does not need to be so?

It is time to RE-DEFINE what it means

to be vital and healthy

Inspired by Serge Benhayon, Universal Medicine and The Way of The Livingness Teachings, UniMed Brisbane invites you to an interactive, 1-day, practical presentation where together we will discuss what is currently considered, accepted and defined as health and well-being, while exploring the potential of what it can otherwise be.

The day will present an age-old, naturally-known approach, founded on the understanding that our relationship with our body and the way we live has a substantial impact on our health and well-being. *In other words: the way we eat, sleep, work, walk, exercise, play, communicate and interact with each other impacts our vitality significantly.*

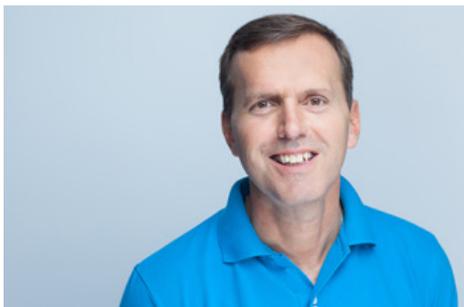
[Read more or register for this event](#)

Meet some of our Practitioners



Jenny Ellis

Naturopathic services, practitioner of Universal Medicine Therapies, women's health - [click here](#) to find out more



Steffen Messerschmidt

Naturopathy, UM Therapies, muscular-skeletal therapy, orthomolecular medicine - [click here](#) to find out more



Francisco Clara

Remedial massage, Esoteric Massage, bodywork, Esoteric Connective Tissue Therapy - [click here](#) to find out more



Tanya Curtis

Behaviour specialist for children, adolescents and adults, counselling services - [click here](#) to find out more



Susan Scully

Business advice and consulting, business and accounting services, book-keeping - [click here](#) to find out more



Victoria Lister

Sacred Esoteric Healing, nonprofit consulting, food and cooking sessions, expression sessions - [click here](#) to find out more



Belinda Jane Hodgson

Universal Medicine Therapies including Esoteric Chakra-puncture - [click here](#) to find out more



Chris James

Vocal and Expression sessions, presentations for your workplace - [click here](#) to find out more

[Read more about our practitioners](#)

Upcoming Events

Wednesday 22 June 6:30pm-8pm

ESOTERIC WOMEN'S HEALTH (EWH) Brisbane Well-being for Women Presentation

In our next series of Wellbeing for Women presentations we will be exploring a deeper understanding and significance of the CYCLES we unavoidably live by as women. For most of us periods come and go, month after month then cease altogether in menopause, but beyond the physical limitations and/or freedom we might experience in either case, there is a richness of relationship with ourselves that can be developed by understanding the significance to these cycles. Developing this relationship provides a powerful and solid foundation for living in a way that is truly enriched, vital and purposeful.

[Click here](#) for more details or to register for this event

Sunday 3 July 9:00am-4:00pm

UNIMED BRISBANE CONFERENCE

Re-defining Health and Well-Being - Your Body | Your Life

What we consider and accept today as health and well-being is falling way short of what our experience of health and vitality can truly be. Amidst our escalating rates of illness and disease, relationship difficulties, stress, alcohol and drug abuse, domestic violence and suicide to name a few, we have forgotten what it means to be TRULY WELL.

[Click here](#) for more details or to register for this event

Wednesday 20 July 6:30pm-8pm

ESOTERIC WOMEN'S HEALTH (EWH) Brisbane Well-being for Women Presentation

In our next series of Wellbeing for Women presentations we will be exploring a deeper understanding and significance of the CYCLES we unavoidably live by as women.

[Click here](#) for more details or to register for this event

Sunday 24 July 9:30am-1:30pm

ESOTERIC WOMEN'S HEALTH (EWH) Brisbane Women in Livingness Workshop: Getting Real in Relationships

Each of us are in relationships every day – be that as wife, partner, sister, mother, daughter, colleague or friend – yet often we find ourselves feeling disappointed, disempowered, dependent and even disillusioned in our relationships... but it doesn't have to be this way.

This workshop offers women the opportunity to dig deeper into what it means to be in relationships. No quick fixes, just thought-provoking presentations from health practitioners sharing amazing insights on how to develop loving and supportive relationships, as well as simple practical tools to truly offer another way.

[Click here](#) for more details or to register for this event.

Sunday 31 July 10:00am-3:00pm



Relationship Workshop - NSW - Northern Rivers, Wollongbar

Serge will present the esoteric principles that found these forms of interactivity by explaining in full how these are from an esoteric perspective in relation to the Energetic Laws and truths of life. This presentation will reveal what is behind our interactivity, how to change it if need be and how to make true use of each of these opportunities.

[Click here](#) for more details or to register for this event

Wednesday 17 August 6:30pm-8pm

ESOTERIC WOMEN'S HEALTH (EWH) Brisbane Well-being for Women Presentation

In our next series of Wellbeing for Women presentations we will be exploring a deeper understanding and significance of the CYCLES we unavoidably live by as women.

[Click here](#) for more details or to register for this event

Sunday 21 August 9:30am-3:00pm



The Livingness - Stage 1 - NSW - Northern Rivers, Wollongbar

"In essence, *'the true way to live'* is to live in a way that is a harmonious integration of ***who you truly are*** in a world that is not so seemingly accepting of the real you. Too many of us give-up and thus cave-in to the way

we are told to be rather than be *who we truly are*. The problem is -- if you cannot live the **real you**, you end up living what you are not. This makes us deeply sad and or miserable, angry and very frustrated etc, which are all harm-full emotions that we then try and drown-out or cover-up with food, beverages, distraction and mental escapes not to mention the drain this has on our body which we then have to constantly prop-up in so many ways to keep ourselves going. In short, we end up living a self-abusive cycle we never planned or set-out to live, but nonetheless, inherit its ill ways."

[Click here](#) for more details or to register for this event

Sacred Esoteric Healing



What is Sacred Esoteric Healing?

Sacred Esoteric Healing is a gentle healing modality that supports the re-connection to an individual's innermost essence (who they truly are). It provides an opportunity for a deep letting go of the everyday stress and tension held within the body, and also supports us to shift some of the long-held beliefs and ideals that dictate how we behave and the choices we make, all of which can impact greatly on our health. By removing some of these ill-fitting patterns from the body a more harmonious flow of energy can be established, which can support with the resolution of many our health issues.

To find out more about Sacred Esoteric Healing [click here](#)

Articles



Reaction versus response

Have you ever done or said something and then wished you hadn't? This article may help you to choose to stay connected with yourself and not be controlled by events or people outside of yourself.

What is a reaction?

Standard reactions involve defending against the feelings that arise, then denying what is presented and finally burying the issue. When we deny, we are pretending that something does not hurt. Sometimes we can't even feel the hurt – we can only feel the anger or frustration overlaying the hurt. We then bury it in our bodies so we erase the hurt from our consciousness – as if it never happened – until, that is, the next time that hurt is triggered.

What is a response?

This is where we accept the feeling that is coming at us and discern if we are angry, whether there is hurt under the anger? And, if we just feel the upset of hurt. Rather than vent the angry reaction, we can simply acknowledge that we are hurt.

[Read more](#)

How we hurt ourselves with reaction

Another great article on how we hurt ourselves with reaction, how we can be our own worst enemy or our own best friend depending on how we choose to deal with life:

"One of the worst things about stress reactions is that the relevant body systems work in a feedback loop that can keep itself going, even when no longer needed. So, once we start down the stress and emotional reaction path, we keep feeding it, making it worse, 'deepening the groove'. Then it's difficult to get out of that vicious cycle. We basically program ourselves to be and remain stressed. So it's necessary to put some work and commitment into changing the way we react to situations and people and to ourselves."

[Read more](#)

Recipes



Broccoli, spring greens and spinach soup

Combine broccoli, spring greens and spinach for a delicious and healthy soup that leaves your body feeling nurtured. Have it on its own or with a choice of protein for a substantial meal. [Click here](#) for the recipe



Roasted butternut, green bean and red onion salad

What's not to like when it comes to roasted butternut, such a sweet and colourful vegetable that is simply delicious. Combined with fresh green beans and onions making this salad simply a winner. Super versatile and easy to make this salad is naturally gluten free, dairy free and it will be one you keep coming back to. [Click here](#) for the recipe

For more recipes visit

<http://www.unimedliving.com/food/gluten-free-and-dairy-free-recipes>

Spotlight



Jenny Ellis

Introducing our very gorgeous **Jenny Ellis** to the Spotlight in this, our first edition.

Jenny is one of the foundational members of UniMed Brisbane and a key part of the practitioner team that has operated from this beautiful historic building for the past 6 years. Having raised a son who has now moved away to study at University, she finds herself in the full swing of a life dedicated to supporting others in their health and wellbeing.

With over 25 years experience working in complementary medicine, Jenny is a qualified naturopath, and acupuncturist (non-practising) and has spent many years honing her current understanding and skills through studies with Universal Medicine.

She has by popular demand become focussed in the arena of woman's health and wellbeing and enjoys a close working relationship with Esoteric Women's Health, collaborating with many like-minded, dedicated medical and other health practitioners to deliver projects, workshops, presentations and much more, all supporting women in their day to day lives.

To read more about Jenny Ellis [click here](#)

We hope you have enjoyed our first 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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