

UniMed Brisbane News February 2018

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## Welcome

Dear Friends,

Well we have a packed newsletter this month, it seems there's just too much to share to keep it brief. Our theme: SUSTAINING VITALITY.

As the year begins to wind itself into full swing we thought it might be helpful to be reminded of some key things that will support you NOT to follow suit and wind yourself into full swing with it!

As you know, staff and practitioners at UniMed Brisbane walk their talk, and so to support you in understanding some important keys to sustaining yourselves throughout the year, each was asked what was the ONE THING they could not sustain themselves without! You will find their answers further down.

We also felt we couldn't put out an edition around Valentine's Day without de-bunking the myth of romantic love. Prepare to be surprised in an article from our Behavioural Specialist Tanya Curtis where you will understand the pervasiveness of the romantic love lie we've fallen for and what the truth of love actually is.

We also know how hard it is to find truly healthy and supportive snacks in the supermarket these days. Read the labels and there's any number of things in there that your body will thank you to do without. Making your own is sometimes the only way. So we thought we'd share with you a couple of our personal fav's, things we've adopted or adjusted that will support the sustainability of feeling energetic and well.

We have our Spotlight for this edition on our gorgeous Tanya Rae Curtis, renowned for her delightfully playful enquiry to your every dilemma... 'I wonder why?' If you ever want to get to the bottom of some unwanted behaviour you find yourself

repeating, then Tanya is the go-to person. Read more of what makes her tick and why her approach is uniquely successful.

And finally we've got some incredible events coming up in Brisbane including the **Women In Livingness workshop on Sunday 18 February (BOOK NOW!)** on Getting Real in Relationships with Annette Baker and Gabrielle Caplice. More information and details below.

Please enjoy and if you have any special requests for us to cover in future editions, please don't hesitate to ask.

With warm regards  
The UniMed Brisbane Team

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## In the newsletter:

### Articles

[Stepping off the daily grind travelator!](#)  
[Valentine's Day – What is LOVE really](#)

### Practitioner Spotlight

[Tanya Curtis](#)

### New Products

[Body Life Skills Program Book](#)

### Upcoming Events

[Women in Livingness Relationships Workshop - Sunday 18 February](#)  
[The Science of Relationships Workshop - Sunday 8 April](#)

### Recipes

[Annie's Almond & Pumpkin Cookies](#)  
[Jenny's \(no-curry\) Fish Curry](#)

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## Articles



**Stepping off the daily grind travelator!**  
**Supporting you to remain ON TOP OF YOUR GAME**

It is easy to get caught up in the busy-ness of work and life, becoming perpetually stressed, have difficulty sleeping, juggling endlessly, constantly multi-tasking and ending up tired and run down... and the year's only just beginning!

Would you not prefer to feel steady and responsive to the things that come your way, to be energetic and vital throughout your whole week, to be sleeping soundly and waking up refreshed? A no-brainer really but is it a reality?

Well that's what we're ALL about supporting at UniMed Brisbane and many of you visited the clinic over the Xmas break and utilised the services we have on offer to support you to rejuvenate and refresh during your time off.

**So how about what it takes to sustain that renewed vigour?**

What we know as practitioners is that we cannot sustain ourselves at an optimum level every day without attending to the things we need that support us EVERY DAY. Becoming vital is one thing, but staying that way requires us to have things in place that are sustainable and effective.

We've put together a list of our TOP TIPS for you, the things we can't get through a day feeling in top shape without.

[READ MORE](#)

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### **Valentine's Day – What is LOVE really and have we all fallen for the myth of romantic love in some way or another?**

Tanya Curtis sheds light and offers us a fresh perspective on the universal truth of WHAT LOVE IS.

In true UniMed Brisbane practitioner style, Tanya challenges you to re-invent all your relationships based on the truth of LOVE, and not the picture or ideal you might have seen it as till now. Read more in this insightful article...

[READ MORE](#)



### **Spotlight – Tanya Curtis**

In this, our first Spotlight for 2018 we introduce to you another much loved member of the UniMed Brisbane team, the delightfully honest and playful Tanya Curtis.

Tanya is founder and Director of FABIC (Functional Assessment & Behaviour Interventions Centre) on the Gold Coast, a multi-disciplinary behaviour specialist centre offering a range of support services for children, teens and adults to develop the understanding and skills required to live their full potential.

Tanya's founding vision was to support people to understand and change unwanted behaviours, while at the same time valuing each person's unique qualities.

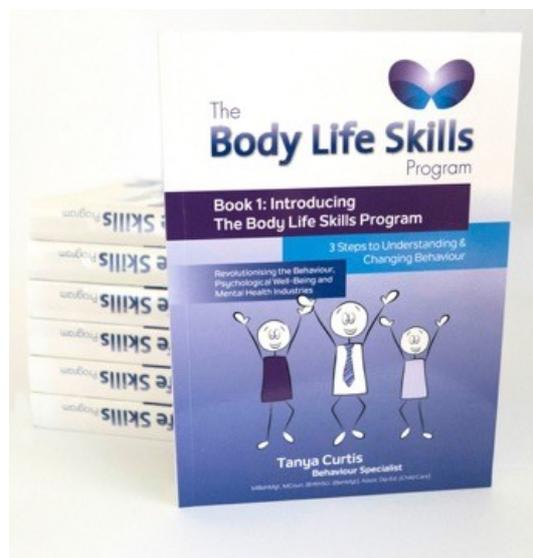
Tanya spends 2 days a fortnight working from UniMed Brisbane and in the interview below encapsulates the uniqueness of her approach and why it is so relevant to us all.

[READ MORE](#)

For more in-depth insight into Tanya's approach to **Lasting Behaviour Change**, listen to this interview with Lucy Dahill on Stay in the Loop with Lucy: Triple H FM Sydney.

[https://www.fabic.com.au/media/fabic\\_audio](https://www.fabic.com.au/media/fabic_audio)

## New Product



### Body-Life Skills Program book

Written by Fabic founder and Director Tanya Curtis, this amazing book offers a simple, practical, user friendly and life changing 3-step process that brings about lasting behaviour change.

\$40

## Events

**Women in Livingness Workshop  
Brisbane - Sunday 18 February 2018**



## Getting Real in Relationships

**SUNDAY FEBRUARY 18 2018**

**BOOK NOW!**

Women In Livingness presents a half-day Relationships Workshop called 'Getting Real in Relationships' where you will have the opportunity to explore what it means to take any relationship you have to a deeper level, and continue to grow it. It could be said that the quality of relationships we have is what determines the quality of life we might also experience. If this is true for you, then this workshop offers exactly that.

Are we ready to open up and reveal ourselves in our relationships – to get real and honest? Do we express what we truly feel or do we hold back? And if so, why? Are we afraid of being *truly open and honest, truly intimate?*

Join us for this event where Relationship Counsellors Annette Baker and Gabrielle Caplice share their personal and professional experiences of developing more real, honest and intimate relationships as well as simple, practical examples of how to live this in your life.

**Time** | 9am-1pm (registration from 8.30am)

**Date** | Sunday 18 February 2018

**Venue** | Little Tokyo 2 at The Capital

Level 2, 155 Queen Street Brisbane QLD

(Through and above the Regent Theatre)

(Parking: King George Square \$5, Myer Centre \$10 - subject to availability)

**Investment** | \$65

**Concession** | \$50

[Find out more and book online](#)



**The Science of Relationships Workshop**

**Presented by Universal Medicine**  
**Sunday 8th April 2018**

What is truly going on in relationships and what is there to learn from our interactions with others? Do we make the most of what is on offer for our growth and evolution? Why does conflict occur, what can we learn, and how can we do it differently?

Serge Benhayon 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.

Sunday 8th APRIL: 10am - 3pm

Registration: 9am - 9.50am

Investment: \$75 or \$120 per couple, (incl. GST)

Location: Wollongbar, Northern New South Wales

[Find out more and book online](#)

## Recipes

### Annie's Almond & Pumpkin Cookies

If you're looking for a super healthy and yummy snack or after-dinner bite, then look no further than this. It doesn't get any healthier and still call it a dessert and makes a great snack to get you through the mid afternoon slump if you need it.

These freeze ok so you can make a batch and stockpile for when you feel like that 'something else', or just store in an airtight container.

#### RECIPE:

Add 2 tablespoons of melted coconut oil and the seeds of 1 vanilla bean pod to 2 cups of mashed steamed pumpkin. Mix well and add 4 cups of almond meal.

Press mixture into cookie cutters or roll into balls and press down gently with a fork.

Place on a lined baking tray and bake in 180C oven for 20-30 minutes or until lightly browned. Allow to cool.

### Jenny's (no-curry) Fish Curry

If you've ever hung around the UniMed Brisbane waiting area around dinnertime you'll know there's some pretty delicious smells that waft up through the floor boards. Well this is one of those dishes you've likely smelt and amongst our favourites. So much so in fact, we're actually producing the organic spice mix for sale through the clinic... available shortly.

In the meantime, we've given you some starting measurements but have a play with the quantities yourself and tailor to your own tastes.

#### RECIPE:

1 kg mild, thick, firm fleshed fish (we use Trevally, Snapper might work too) – chopped into large bite size chunks.

1 bunch spring onion – chopped finely

3 large handfuls fresh spinach

4 cloves garlic - minced

2 fresh chilli (to taste) - finely chopped

1-2 bunches fresh Coriander – roughly chopped

Extra Virgin Olive oil

Spice blend:

1 tsp Turmeric

1 tsp Cumin powder

1 tsp Coriander Seed powder

1 tsp Cardamom powder

½ tsp Allspice

1/3 tsp Clove

**Directions:** Heat oil in a deep pan and add chopped spring onion, garlic, chili and cook down till soft and beginning to color slightly.

Add spices and additional oil as needed to ensure spices don't burn. Cook an additional couple of minutes before adding fish.

Toss thoroughly to coat with spices and place lid over pan. Toss regularly on moderate heat to allow fish to brown slightly and cook through. Optional: Remove lid and turn heat up high towards end, allowing fish to brown more and liquid to evaporate.

Once cooked to your liking, turn off heat, add spinach and replace lid. Allow spinach to wilt then stir through.

Add half of fresh coriander and stir through. Replace lid for further 5 minutes.

Our serving suggestion: In a bowl over finely chopped Iceberg lettuce, with fresh coriander.



*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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