

UniMed Brisbane News April 2018

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Welcome

Dear Friends,

For this edition of the Unimed Brisbane Newsletter we thought we'd change it up a little and to do so, asked our practitioners to consider what they have to offer the community by way of support. What is their specialty niche, what did they feel might be needed by those they were seeing around them, and what sort of package or offer would they like to make to support those who might like to access these services as part of a program.

This is in addition to our ongoing offer of 30-minute complimentary sessions to those who are yet to experience any form of esoteric healing. If you are new to [UniMed Brisbane](#), then sign up to our [newsletter](#) and receive this special offer of 30 minutes of your choice of modality with your choice of practitioner.

We would like to introduce you to our latest practitioner joining the UniMed Brisbane team, **Donna Harris**, who will be offering her services here every Saturday morning. See below for further details.

UniMed Brisbane is also excited to announce that we are to host our first **Client-Practitioner Retreat** in nearly 4 years. These will be offered twice a year, in June & November at this stage, and more frequently if the demand is there. Over the weekend of **2nd-3rd June 2018**, ten clients will be offered the opportunity to experience 2 days of presentations and bodywork.

The location is a stunningly beautiful and tranquil setting in Bellbowrie, lending itself magnificently to the purpose and intent of the Retreat – supporting each client to re-establish a connection to their essence, to deepen awareness and through this support the ability to make changes in a long-term and sustainable way.

It is a way in which we as practitioners give back, providing our services free of charge throughout the weekend, with UniMed

Brisbane asking only a small nominal fee each day to cover administrative costs.

We do have our first Retreat pretty well full at this stage however if you are a current client and feel this is something you would benefit from, please don't hesitate to speak with your practitioner or email jenny@jennifer-ellis.com.

All applicants will be considered and if no space in the upcoming Retreat, then for later in the year.

Our SPOTLIGHT this issue is on the world's MOST AMAZING WEBSITE... and it's not UniMed Brisbane's! See below for details and links.

We're officially introducing the inclusion of our **two new herb and spice mixes** and plan to share with you some great new **recipes** clients have been telling us about, beginning with a Broccolini stir-fry by our own Julie Ferguson.

Also introducing **Robbie Boyd and Heaven's Joy's latest release CD** which is now available from UniMed Brisbane for \$20.

We trust you'll continue to enjoy the current edition and the expanding products and services at UniMed Brisbane.

With warm regards
The UniMed Brisbane Team

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the world's most amazing website!

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Robbie Boyd and Heaven's Joy CD

UniMed Brisbane's new herb and spice mixes:

- Fish Spice blend
- Italian Herb blend

Upcoming Events

The Science of Relationships Workshop - Sunday 8 April
Breast Cancer Care Retreat - Sunday 17 June
Women in Livingness Relationships Workshop - Sunday 8 July

Recipes

Broccolini d'lish
Spiced up Crispy Salmon bites

From our Practitioners



Jennifer Ellis

Due to the overwhelming success of the holiday period Chakra-puncture programs offered and the support so many received in detoxifying, rejuvenating and de-stressing, Jenny is offering ongoing CP programs at a variable rate, depending on the length and frequency of sessions required.

She is also offering specific programs for women to support the embodiment and integration of a deeper level of stillness within.

“As the precursor to being able to rest more deeply, feel more solid and steady throughout the day, the ability to go within in order to access the essence of who we are and what we innately know to be true, rather than seek outwardly for answers to our dilemma's, is a key foundational aspect for all women in living life with vitality and true well-being.” says Jenny.

Feel free to discuss your individual needs with Jenny by calling 0424 053 305 or via email jenny@jennifer-ellis.com



Tanya Curtis – Behavioural Therapist

Tanya Curtis is offering programs to support understanding and bringing lasting change to anxiety, relationship challenges and any of your own non-preferred behaviour patterns such as eating, work patterns, embracing life in full, parenting and those niggly behaviours we just can't seem to rid ourselves of ... an endless possible list.

Contact Tanya on ph: 0755305099

e: info@fabic.com.au



Julie Ferguson

Appreciation Program

We are each unique, incomparable with any other, a combination of our past experiences all rolled up into our present ones.

How quick we can be to point out our 'flaws' and how un-willing we are to do the same with the bits we love. What are the bits we love, like or can live with that we consider 'ok' about ourselves?

Julie is offering a combined 3 week Chakra-puncture/Energetic Facial Release Appreciation program to explore what gets in the way of you accepting, embracing, celebrating and appreciating you exactly as you are.

Contact Julie to book your place for the following Saturdays: April 28th, May 5th & May 12th at julie@heart2hearthealing.com.au.



Victoria Lister

Understanding our relationship with weight, bodies and food

Many of us experience what can often be a life-long, love-hate struggle with weight, our bodies and food. This often takes the form of periods of strict dieting and exercise followed by episodes of compulsive or binge eating – and an endless loop of weight loss and gain, accompanied with the highs that come with 'being thin' and the self-loathing we feel when we're 'fat'.

If this is the case, does it make sense to keep trying to find a way through the dilemma with more of the same? Or could we perhaps take a break from the constant yo-yoing and set aside some time to examine, understand and shed light on what might lie at the heart of this painful situation – and be supported with the Esoteric Therapies that so beautifully assist us to return to equilibrium in body, mind and soul?

From March to June Victoria is offering a package of 6 sessions at \$60 per session to anyone who would like to get underneath their relationship with their bodies, weight and food – whatever form this takes – and develop a greater

foundation of self-love. Sessions will combine gentle exploration of the themes that might be present for you with Chakra-puncture and or Esoteric Healing.

To book call Victoria on 0419 274 351.



Susan Scully

Accountancy, Business Consultancy/Advice, Tax, Book-keeping, Money & Finance

What I experience with clients on a daily basis is:

- The anxiousness, struggles, pressures and angst around money including not having enough OR having a lot and worrying whether that will ever be enough or possibly losing it;
- How money is used as a tool to control or have a stranglehold over people;
- How money is used as a seeming measure of one's value and worth as a person and in society.
- The out play, ill-behaviours and ill-effects on people's lives including theirs and other's health and wellbeing and relationships.

Money will never come close to your true worth – there is not enough money in the world that can represent or replace you, your health and wellbeing, your relationships and the unique way you see and experience the world that needs to be shared with us all.

Why not explore any road blocks or concerns around money and your finances to provide a more supportive relationship and foundation where worry, anxiety and not valuing ourselves in every way is not part of this foundation.

Take home some practical tools to get you started and to keep building upon and developing.

You and your health and wellbeing are well worth the investment. In fact the best investment.

To contact Susan: E: susan@susanscully.com.au or M: 0413 268 588



Donna Harris

Also introducing our latest practitioner to join the UniMed Brisbane team... Donna Harris, offering Sacred Esoteric Healing, Esoteric Massage and the Energetic Facial Release. Her fee is \$65/hour.

More to come about Donna in the coming issues but if you'd like to book a session she can be contacted via:

E: donna@universalexpressions.com.au

M: 0424 155 005

Spotlight on UniMed Living



www.unimedliving.com

Have you seen it? Seriously, it's the world's most amazing website!

Put together by a host of volunteers, written exclusively by students of Universal Medicine from all over the world, it's a wealth of wisdom, experience and learning. Even down to the photos, you won't find photo-shop, empty words, anything frivolous or gratuitous, you won't find advertising or annoying pop-ups. It is refreshing like you wouldn't believe... and there's something for everyone and for every situation you might find yourself in where you want some insight or understanding.

If ever you need a bit of a pep up, some inspiration, to find your centre again, to be re-assured that there's more to us and this world than meets the eye, that there is truth and integrity in this world... then visit this site and have a look around.

Its intention is to be a resource and boy oh boy it is that! Constantly updated and added to, new articles every week, videos, audios, free downloads for every variation of the Gentle Breath Meditation... it'd take you a year to read and listen to everything on there currently, not to mention a host of delicious, super healthy and simple recipes.

[visit www.unimedliving.com](http://www.unimedliving.com)

New Products



Robbie Boyd and Heaven's Joy CD

Robbie Boyd and Heaven's Joy have teamed up to release this exclusive 6 track EP titled "Surrender". Have a listen below:

A video player interface showing a recording session. On the left, a woman with curly blonde hair is looking towards the right. On the right, a man with dark hair is singing into a professional microphone. A large white play button icon is centered over the video. The background shows a recording studio with various pieces of equipment like drums and microphones.

Listen to this most exquisite track from the new album - "Hold You"
- Robbie Boyd and Heaven's Joy



UniMed Brisbane's new herb and spice mixes

FISH SPICE BLEND: A delicious blend of spices that originated as a household 'fish curry' mix. It was so popular within the household of UniMed Brisbane and those visiting, including clients in those later time slots who smelt it cooking from the waiting area, we decided to make it official so everyone could enjoy. Turns out it's pretty versatile and is now used as a slow-cooked lamb roast baste (with olive oil), perfect for spicing up pretty much any vegetable dish and super delicious with chicken. Also note, we left out the chilli so you could tailor it to your own tastes as we prefer to add it fresh, as with garlic also.

ITALIAN HERB BLEND: This one came about as we tried to find an Italian herb mix free from Canola Oil (arguably not so good for you), tomato powder and onion powder (we prefer to add our own fresh versions of those as needed). It seems that doesn't exist however, plus we like to use organic herbs. So... we did some research and came up with a suitable recipe... and there you have it. Super fresh and organic with crisp, clear flavours. We add it to all sorts of things, mostly baked veges (any and all) but goes very well with chicken or fish dishes too.

Events



FOUNDATIONAL
BREAST CARE



Breast Cancer Care Retreat - Brisbane Sunday 17th June

The purpose of these retreats is to offer support to women who have at any stage in their life been diagnosed with breast cancer, and all those who are or have been impacted by this diagnosis – their family, friends and carers – in a very nurturing, caring and loving space.

These one days retreats are presented by various health professionals who have had experience with breast cancer, sharing their learnings and their understanding of this disease.

**Sunday 17th June 9.30am - 4pm
PACE Building
20 Cornwall St Woolloongabba
Brisbane**

"All women expressed how amazing the day was due to the palpable feeling of support, care and love that was present all day."

"I have witnessed women turning their lives around, using this 'disaster' as an opportunity to deepen their connection to themselves, their body, their grace and their wisdom."

**Find out
more**



**Women in Livingness Workshop - Brisbane
Sunday 8 July 2018**

Presented by Natalie Benhayon

founder of Esoteric Women's Health

Join us for an educational, interactive and inspiring workshop
on Sunday 8 July 2018 in Brisbane.

Natalie has a presentation style that is inclusive, engaging, relatable and deeply insightful. Natalie is such an inspiring presenter and shares wisdom for all women on how to live true to ourselves.

These Women In Livingness days offer a wealth of insight, light-heartedness, inspiration and connection with others along with understanding and tools to take home and apply into our own lives.

more details coming soon

www.womeninlivingness.com/events

[Find out
more](#)



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 *

* (Reminder: this event falls over the Commonwealth Games period and travel between Brisbane and Northern New South Wales may take much longer than anticipated)

[Find out more and book
online](#)

Recipes

We plan to share our recipes using our new spice mixes with you in future editions so to begin from Julie Ferguson, here's one of her first.

Broccolini d'lish (Serves 2)

GF DF SF V

2-3 bunches of broccolini
1-2 spring onion chopped (or more if you're a fan)
1-2 cloves of fresh garlic slivered or minced
1 red chili finely diced with or without seeds (optional)
1-2 tsp. UniMed Brisbane's Fish Spice Blend (amount can be varied depending on your taste)
Toasted almond flakes (optional)
Olive oil

Prepare chilli, garlic and spring onions. Dice broccolini stalks into equal lengths, leaving the heads intact.

Add oil to pan or wok and add chilli, garlic and spring onion. Cook for a minute or two before adding Fish Spice Blend for another minute. Add chopped broccolini stalks and saute, tossing frequently till they begin to soften. Add heads and continue cooking to your preferred texture.

Sprinkle with toasted almond flakes or serve as is.

Note: Spice mix and garlic can be added at the beginning of the cooking process, or towards the end, depending on your preference.

Spiced up Crispy Salmon bites

Another favourite in the UMB household are crispy Salmon pieces (from our fav supplier of NZ Organic Salmon - Davy Jones Seafood)

Ingredients:

Fresh Salmon pieces
1-2 tsp UMB Fish Spice Blend or spice mix of your choice
Large handful chopped spring onion
1-2 finely chopped chilli (to taste)
2-5 large cloves garlic chopped finely (to taste)
Fresh coriander (to serve)

In a frypan, add oil and then Salmon pieces. Once cooking process is part way (on one side), add spring onion, fresh chilli and garlic. Add your chosen Spice Mix, sprinkling it throughout. Cook another few minutes before turning Salmon pieces over. Continue to cook until spring onion, garlic and chilli are thoroughly cooked and browning and Salmon pieces cooked through (or to taste).

Serve with veggies or salad.



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



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