

Edition #2 UniMed Brisbane News July 2016

[View this email in your browser](#)



*Personal, Family & Specialised Care*



## **Hello and welcome to our next newsletter!**

This month we feature a wrap-up of the highly successful Health and Well-Being Conference hosted by UniMed Brisbane - with some amazing presenters on the day we thoroughly explored what it means to have true health and well-being and how we can embrace all that is on offer to support us with this.

We also feature Esoteric Women's Health and their upcoming workshop in Brisbane on **Sunday 24th July**, as well as a behind-the-scenes look at this amazing organisation dedicated to true care and support of women's health and well-being. How often as women do we put ourselves last, when truly caring for ourselves is what is needed for the benefit of all?

Also included are details on other upcoming events, as well as general articles on health and well-being, recipes etc.

We trust that you will enjoy this next edition of the newsletter. If you have friends or colleagues that you feel would like to receive our newsletter please feel free to forward this to them - they can subscribe by clicking on the link at the bottom of the newsletter.

---

**In the newsletter:**

- [Women in Livingness Relationship Workshop - Sunday 24 July \(Esoteric Women's Health\)](#)
- [UniMed Brisbane Conference - a great success](#)
- [Other Upcoming Events](#)
- [Introduction to Esoteric Women's Health](#)
- [Articles](#)
- [Recipes](#)



**Reminder:  
Women in Livingness Workshop | Brisbane**

---

Esoteric Women's Health is holding a  
Women in Livingness Workshop on  
**Sunday 24th July**  
on a topic that impacts us all:

---

## **Getting Real in Relationships**

### **Are you ready for more loving and supportive 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.

*This half-day workshop will blow the lid off what it truly means to be 'real' in relationships!*

### **Over the course of the workshop you will have an opportunity to:**

- Explore the most important relationship in your life: YOU!
- Consider how we treat ourselves in this number one relationship
- Learn how to deal with reactions and expectations
- Discover how the relationship we have with ourselves is connected to our body
- Understand the key qualities vital in developing loving and supportive relationships
- Investigate a new take on the dating game... *and much more.*

**Date - Sunday 24th July 2016**

**Time - 9:30am to 1.30pm (registration from 9am)**

Venue - Rydges Fortitude Valley, 601 Gregory Terrace, Bowen Hills

Investment - \$50 (includes morning tea)

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

## UniMed Brisbane Conference - a great success





# UniMed BRISBANE

*Personal, Family & Specialised Care*

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

**Your Body - Your  
Life**

held on Sunday 3 July 2016





On Sunday 3rd July 2016 UniMed Brisbane held their first ever Conference titled "Redefining Health and Well-Being - Your Body Your Life". The Conference was a great success, with so many participants feeling that what was presented and experienced was indeed life-changing. There were presentations from a wide array of health professionals as well as some interactive body movement sessions and complimentary one-on-one esoteric healing sessions.

The Conference presented an approach to health and well-being that has been all-too-sadly missing from our lives - the fact that as a society we are getting sicker and sicker, and that the key to true health and well-being lies in taking responsibility for our own health and the way we live our lives. The presentations served to confirm that **the way we live, work, eat, sleep and interact with others has an enormous impact on our lives and our health.**

Presenters included a doctor, dentist, physiotherapist, counsellor, complementary health practitioners, muscular skeletal therapist, women's health professional and exercise coach/trainer, allowing for a truly well-

rounded approach to health and well-being addressing many facets of health care and lifestyle.

Feedback from some of the participants is shown below and serves to confirm that what was presented on the day was truly life-changing:

*"On Sunday 3rd July, I took a rather blind step forward to attend a Wellbeing Day. I thought, well yeah, I'm a woman and it would be great to know how to achieve better wellbeing.*

*Well that was the least of what I learnt .... because I learnt so much more.*

*For the first time in more than 40 years I encountered the unfamiliar feelings of being a beautiful, powerful, delicate and feminine woman.*

*Conflicting feelings? Maybe not for you - but for me this was mind blowing.*

*Making my way in this male orientated world I had lost my vulnerability. I forgot what being a woman felt like, I had lost touch of my femininity and my sexuality.*

*Working full time in community services and with street youth I had learnt to switch my vulnerability off.*

*But what I lost in doing this.....was myself - my real self that is, and allowing myself to be both fragile and feminine.....as being feminine had morphed into weakness and being 'less than' in this world of achievers.*

*Now having had the opportunity just to feel what my feminine self was like - in its vulnerability, power and beauty was like someone found a key that opened this inner self who was there the whole time waiting to connect to the rest of me!*

*So, thanks to my friend and the inspirational and well coordinated 'Wellbeing day' I'm on my way to feeling and knowing myself for who I really am....."*

## **Save the Date:**

Our next UniMed Brisbane Conference will be held on **Sunday 30th October 2016** and will address the topic "What is Healing?" - what is true healing and how often do we seek a quick fix or remedy to a problem or symptom without truly addressing the root cause - and more importantly, where does this leave us? We can bury the issue, seek the quick fix, choose an interim measure, but do any of these truly serve? Do the 'remedies' we seek support us to truly heal, or do they simply numb what the body is trying to tell us - "shooting the messenger" so to speak - are we truly supporting ourselves with this approach or does the illness or the relationship issue or the unresolved emotion keep re-surfacing time and time again until eventually it needs to be truly dealt with?

---

## **Other Upcoming Events**

---

### **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

## **Wednesday 14 September 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

---

### Introduction to Esoteric Women's Health

---



Esoteric Women's Health is a collaboration of complementary health practitioners and allied health professionals worldwide unified by an understanding that the current state of Women's Health needs addressing.

**Their philosophy is firmly grounded in the fact that:**

- **Within each and every woman lives the answers to her own development and healing**
- **Lifestyle choices are key to understanding our state of health and wellbeing**

Both of these are fundamental to instigating change that is true and sustainable. **There is an understanding of the level of busy-ness and overwhelm many women are now facing** and the importance of being offered the space to consider how we are currently living that is impacting our health and wellbeing.

Esoteric Women's Health is dedicated in offering services, events and products that provide the space to return to living in ways that honour the true beauty within women.

**From this foundation, self-caring lifestyles choices can be made and sustained which offer the opportunity to restore true health and wellbeing for women.**

Esoteric Women's Health regularly hosts events for women that explore these topics, offering space for women to choose another way. Upcoming events include the **half-day Relationship Workshop on Sunday 24 July in Brisbane**, as well as the **regular Well-being for Women Presentations held monthly** - please see our Upcoming Events section at the top of this newsletter for more details or click on the highlighted links.

Services that are offered to support each woman to return to true health and well-being include:

- women's groups
- workshops
- a health forum
- a women's health magazine

- specialised healing therapies
- health clinics
- yoga programs
- products
- blogs
- multi-media

[Click here to read more about Esoteric Women's Health](#)



---

## Articles

---



### The key to true weight loss

A great article on excess weight and why fad diets and punishing disciplines are not the answer:

*"The key for me was that I had stopped trying to lose weight altogether and had instead started to change the level of tenderness and understanding I had for myself. Weight loss became a byproduct and was not the goal."*

[read more](#)



## The 'Self-Care ABC'

Attention to your own 'Self-Care ABC' brings about moments that support you to reconnect to your body and not get caught up in the spin of life. This is a simple powerful way to stay connected with you and care for yourself while you go about your day.

[read more](#)

---

## Recipes

---



## Gluten free beetroot and lamb burger

Succulent and juicy gluten free lamb burger patties - great for barbecuing or baked in the oven. Can be enjoyed on their own or alongside your favourite salad. A hit with the whole family; the kids will love them and what a treat in the lunch box!

[Click here](#) for the recipe



## **Vegetarian roast vegetable salad**

Replace your roast vegetables with this delicious salad - a combination of all the roast vegetables you fancy with bit of spice and freshness from the rocket and the parsley. Perfect as a side dish to take to a dinner party, a colourful addition to your Sunday roast as well as being a great stand alone vegetarian dish. A twist on your classic - bringing your roast veggies to life on the day or with leftovers.

[Click here](#) for the recipe

**For more recipes visit**

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

---

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



*Copyright © 2016 UniMed Brisbane Pty Ltd, All rights reserved.*

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

MailChimp