

Edition #3 UniMed Brisbane News September 2016

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Personal, Family & Specialised Care



Hello and welcome to the next edition of the UniMed Brisbane newsletter.

This month we feature a wrap-up of the highly successful **Relationship Workshop** recently hosted by Esoteric Women's Health - throughout the workshop we explored what it truly means to be in relationship, and there were some thought-provoking presentations from health practitioners sharing amazing insights on how to develop loving and supportive relationships, both with ourselves and with all others, be they partners, family, friends, work colleagues or anyone we come into contact with.

Also included in this edition of the newsletter is a Spotlight article on **Steffen Messerschmidt**, who is one of the practitioners working at UniMed Brisbane - Steffen has been involved in health and healing for over 30 years and offers a depth of healing to his clients that is rarely found in the world today.

We also share details on upcoming events, including **The Livingness - Stage 2 Workshop** on **Sunday 25 September** hosted by Universal Medicine, a presentation on breast care awareness hosted by Esoteric Women's Health on **Wednesday 12 October** marking **National Breast Cancer Awareness Month**, and **True Movement in the Park** with **Bev Carter** on **Sunday 30 October** hosted by UniMed Brisbane. True Movement is a low impact way to move and exercise our body that offers an opportunity to change unhealthy patterns of movement in the body by bringing forth its natural fluidity and grace - every low impact move has been consciously & deliberately put together to support your body to move with purpose, ease and grace.

Also included are various other articles on health and well-being, some recipes, and a feature on the beautiful healing eye-pillows.

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.

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True Movement in the Park





Personal, Family & Specialised Care

UNIMED BRISBANE RE-DEFINING HEALTH & WELLBEING EVENT

Sunday 30 October 2016

“True Movement in The Park”

BRISBANE welcomes with open arms again BEVERLY CARTER

How we move in our every day life from walking, exercise, sleeping, eating, working and interacting with each other affects our moods, attitudes, thoughts, behaviours and our general health and wellbeing.

Come and join us in the great outdoors for some fun, freeing up of the body through movement and exercise and much more... no matter what level of fitness you are at.



Beverly Carter is a movement and exercise practitioner with a wealth of knowledge and practical experience with the body and how we can move to heal ourselves.

Beverly is encouraging, inspiring, deeply caring and loads of fun supporting with developing self-confidence and awareness through re-connecting back to ourselves and our body so when we move we SHINE from within.

- Date:** **Sunday 30th October 2016**
- Time:** **8am - 9am** (registration from 7.30am)
- Place:** **Kangaroo Point Cliffs Park**
461 Main Street, Kangaroo Point
at the intersection with River Terrace (where Cliff's Café is)
- Cost:** **\$15**
- Attire:** Comfortable clothing, and joggers or closed-in shoes
- Bring:** Means of hydration
- Parking:** On & off-street parking available.
Off-street car park directly across from Cliff's Café and Park.

Car pooling would be a great option where possible

For Bookings & Further Information, contact UniMed Brisbane at www.unimedbrisbane.com/events.html

For more information on Beverly and what she offers – visit her website at <http://www.itstimetoshine.com.au/true-movement-classes.html>



Women in Livingness Workshop held in Brisbane 24 July 2016



On Sunday 24 July Esoteric Women's Health hosted a workshop titled "Getting Real in Relationships" - the event was a great success and many attended, hearing presentations on the day from various health practitioners who each helped us to develop a greater understanding of what it truly means to be in relationship. We learned that the most important relationship we can develop is with ourselves, as this is what we then take into each and every other relationship we encounter, be that partners, family members, friends, work colleagues or the people on the bus or at the fruit shop.

Presenters included Jean and Jess Gamble, Vicky Geary and Marcia Owen, and Karin Becker - we explored our relationship with ourselves, our relationship with our body, and our relationship with all others.

Each of us are in relationships every day, and the workshop offered us insights on how to develop loving and supportive relationships, as well as simple practical tools to truly offer another way. If we are in a relationship based on need or with expectations, it is doomed to be difficult - a true relationship has neither of these things and allows the other to be who they are with no expectation for them to be or behave a certain way in order to fulfil our 'need' - the more we can allow ourselves to be who we truly are and appreciate who we are the more we are able to allow this for others also. It follows that our most important relationship is with ourself!

The absolute bottom line for all relationships is respect at all times - there may be conflict or misunderstandings from time to time but if these are handled with respect for both self and the other and a willingness to be honest then growth and learning and magic is possible.



Other Upcoming Events

Sunday 25 September 9:00am-3:00pm



The Livingness - Stage 2 - NSW - Northern Rivers, Wollongbar

Ascension is the ancient term or science of raising one's level of vibration. In modern times this means to clear the body so that more love can be held in it. It may seem strange that we have to work on creating more space for love, but energetically, this is precisely what we all eventually will have to do. That said, this cannot occur if the way of daily living is one of disregard or abuse in any way. In the true meaning of the word, Enlightenment is to free yourself from the daily behaviours that do not create love in your body. The journey of enlightenment is simply the freeing up of one's vibrational attraction to LOVELESS BEHAVIOUR. This cannot occur if the energetic memory of certain events/behaviours has not been released or cleared and thus their energy holds a pull or influence in all affairs.

Under the Principles of Esoteric Philosophy and the Sciences of Esoteric Healing - this workshop is to help you:

- Release the energy that influences such ill behaviours
- Relinquish old energetic patterns that sabotage and restrain growth
- Learn about the influence of the ill-energy

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

Wednesday 12 October 6:30pm-8pm

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

Well-being for Women in conjunction with [Foundational Breast Care](#), would like to invite women to attend a presentation on the importance of breast care awareness, marking **National Breast Cancer Awareness Month**.

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

Sunday 30 October 8am-9am (registration from 7:30am)

TRUE MOVEMENT IN THE PARK WITH BEV CARTER

Kangaroo Point Cliffs, River Terrace Kangaroo Point

How we move in our every day life from walking, exercise, sleeping, working and interacting with each other affects our moods, attitudes, thoughts and our general health and wellbeing.

Come and join us in the great outdoors for some fun, freeing up of the body through movement and exercise and much more... no matter what level of fitness you are at.

Contact UniMed Brisbane for more details or to register for this event www.unimedbrisbane.com/events.html

Wednesday 9 November 6:30pm-8pm

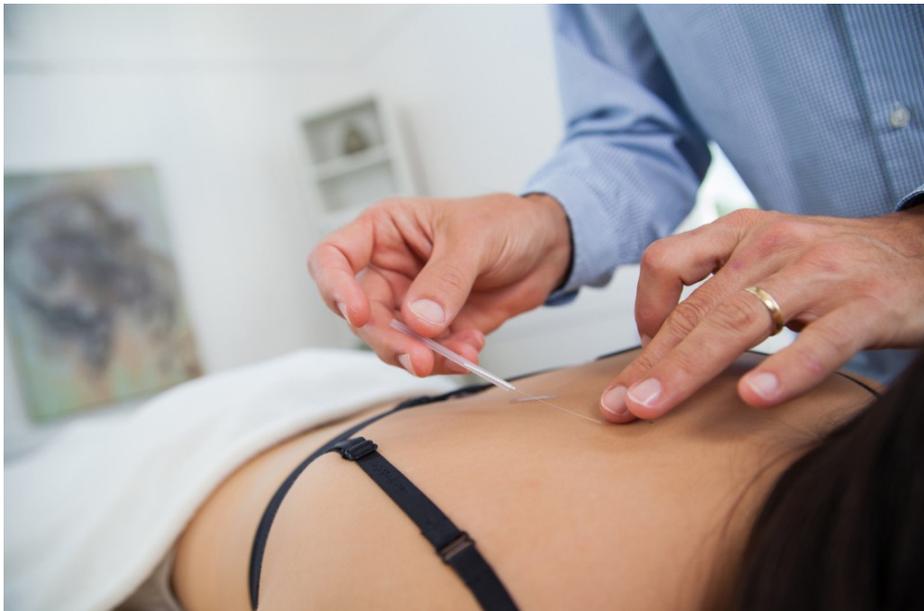
ESOTERIC WOMEN'S HEALTH (EWH) Brisbane

Well-being for Women Presentation

Well-being for Women are regular presentations that offer a nurturing and intimate space to share and discuss what it means to live in a way that supports true health and well-being.

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

What is Chakra-Puncture



Chakra-puncture - a modality for our modern times

Chakra-puncture is a health-care modality that is complementary to medicine in which needles, applied very lightly, offer a deep foundational energetic and physical support for the body. It is a modern day technique that has its roots in an ancient lineage of Esoteric Wisdom. Chakra-puncture is a modality based on the [Science of the Nadis](#) (*the energetic cells of our body and life*).

The needles are applied very lightly to the skin in specific patterns on the body that serve the purpose of restoring harmonious balance and order to the energetic state of being and thus support the body to return to its natural and true vitality.

Through Chakra-puncture many people have experienced life-changing benefits and this healing modality has been a base for creating long-term change, leading to consistent and sustainable wellbeing.

Powerful, yet very light in application...

Chakra-puncture (CP) uses very soft needles that are tube delivered, and are too soft to insert without a protective safety sheath. The needles are only inserted at a depth of about 0.2 to 0.5mm. The depth of insertion is very, very slight and the manner of insertion is very gentle with only a light touch needed.

Chakra-puncture has been adopted as the modality of choice by many Doctors, Physiotherapists, Massage Therapists, Nurses, Naturopaths and Acupuncturists worldwide. Its application is wide-reaching as it is a healing modality addressing the energetic ills within the body. As such Chakra-puncture is a great complement to conventional medicine and one of CP's many successful applications has been as a support to **Cancer patients undergoing Chemotherapy**, where the treatment has been found to offer a rebalancing support for those undergoing this type of chemical treatment - it offers support to the patient whilst the medical treatment does the work it is designed to.

"I've found that receiving Chakra-puncture sessions helps dissolve the nervous energy and feelings of anxiousness I experience in relation to life. Following my sessions I enjoy the feeling of being free of that tension. It allows me to really feel that the anxiety and raciness of my mind are a pattern of behaviour that I find myself in when I'm not connected with a deeper sense of myself. It is wonderful not to have those feelings running my body and mind and to realise that they're not necessary and that I have the choice whether to connect to myself or connect to the energy of tension."

[Click here to watch a short video on chakra-puncture and to find out more](#)



Spotlight



Steffen Messerschmidt

This Newsletter, we introduce you to Steffen Messerschmidt. Steffen is a key part of the practitioner team at Universal Medicine Brisbane. Prior to working at the UniMed Brisbane Clinic, Steffen ran his own well established and respected Naturopathic and Sports Medicine Clinics for 15 years both in Brisbane and on the Sunshine Coast.

Originally qualifying in and practicing Sports Medicine in the US and then as a Naturopathic Doctor in Germany over 30+ years ago, Steffen has been practicing and developing the Universal Medicine Therapies since 2006. Steffen specializes in Natural & Nutritional Medicine and Muscular Skeletal Therapy as well as Spinal, Joint and Back Therapy and has a deep love for the care and health of his clients and indeed all people.

This is reflected in his clinic work, his international charity work and his regular series of community and educational talks designed to inform, empower and inspire people facing health challenges, as well as support people to understand that they are capable of listening to their body's needs and once they tune in the possibilities for a vital way of living are endless.

Q1. Tell us a little about yourself and why you chose to become a Naturopath.

"I was born in New York City – across the road from Central Park in the Mount Sinai Hospital. I was raised in New York and later moved to Heidelberg, Germany with my family. I was always interested in how the body works and how to support people with health issues – that just came naturally to me.

Originally, I trained in conventional medicine in the USA and went on to specialize in Holistic Sports Medicine, Orthopaedics and Rehabilitation. Following this, I studied Natural Medicine at the German Paracelsus College, becoming what is known as a Naturopathic Physician. □

Further to this, I undertook studies in Nutrition and Orthomolecular Medicine at the University of Lisbon, obtaining a degree in Nutrition and Orthomolecular Medicine. For a period of five years, I worked and studied in the field of Psycho-Neuro Immunology and Epigenetics."

[Click here to read the full article](#)



Articles



It's not normal to live in pain

Chronic pain is one of the most common and debilitating conditions affecting our global population. **1 in 10 people worldwide** have chronic pain, that is **10% of the world population**, or 740 million people – that is a lot of people! In some regions of some countries the prevalence is closer to **25% or 1 in 4 people**.

Despite it's prevalence ***it is not normal to live in pain*** and if you are one of the many people experiencing chronic pain there are ways to support yourself to lessen the impact of pain both emotionally and physically.

Over the last 30 years working in physiotherapy Kate Greenaway has seen and treated thousands of people struggling to cope with chronic pain. Read Kate's article here -

[Read more](#)



Work is Medicine

Medicine is described as: "The science of diagnosing, treating or preventing disease and other damage to the body or mind; or it could be the branch of this science encompassing treatment by drugs, diet, exercise, and other non surgical means; or something that services as a remedy or corrective."

What if work is medicine?

What if work can help with our everyday well-being and vitality, and possibly even play a role in our physical and physiological state of health?

What if work is in itself a benefit?

Is it worth us exploring the ways in which work could actually be very good for us?

What if work taken with quality on a regular basis can provide a solid foundation for a balanced and steady life?

[read more](#)

Recipes



Parsley lemon and macadamia dairy free pesto

A delicious dairy free parsley pesto recipe. Creamy macadamias and fresh lemon combine to make this a treat to have alongside fish or meat, mix into soup or spread on crackers as a light and filling snack.

[Click here](#) for the recipe



Grilled or bbq salmon skewers

With a delicious herb marinade these grilled salmon skewers make a fantastically simple option to prepare for one or for many. Kebabs are great fun for everyone to get involved with preparing, perfect for bbqs and are a winner for kids meals.

[Click here](#) for the recipe

For more recipes visit

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

Healing Eye Pillows



If you have attended a healing session with one of our practitioners there is a fair chance you will have experienced the amazing and supportive tool that is a Feather Light Healing Eye-Pillow. These fabulous Eye-Pillows are an Australian product made in Northern New South Wales by Feather Light Productions from gorgeous hand selected Vietnamese silk materials.

Equally as yummy used warmed or just as they are, the Eye Pillows can be used in a multitude of ways and are for any age from children onwards. Clients often purchase them to place over their eyes to support them as they drift off to sleep at night and they are perfect warmed to support any ache or pain you may experience. The eye pillow not only brings rest to our eyes but can offer us a gentle stop during a busy day. Simply placed over our eyes they provide a healing experience for our whole body.

The Healing Eye-Pillow can also be used anywhere on your body where you would like to feel supported (ie. over the heart area, anywhere over the belly, joints, shoulders etc.)

Featherlight are expanding their range all the time and other items to look out for are the shoulder and kidney wraps as well as the travelling eye pillow.

Please contact [UniMed Brisbane](#) for more information or to order, or see [Feather Light Productions](#) for more details



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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