

Edition #4 UniMed Brisbane News December 2016

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Dear Newsletter Subscriber,

Due to a change in the links for the recipes in our newsletter please find below an amended version of the newsletter with updated links in the Recipes section.

with love

The UniMed Brisbane Newsletter Team



Welcome to the next edition of the UniMed Brisbane Newsletter

In this newsletter we include a wrap up of the year, as well as a little of what is in store for next year. We feature the founder and director of UniMed Brisbane, Susan Scully, in our Spotlight article, as well as a review of the amazing True Movement event at Kangaroo Point. We also include details of the upcoming [Women in Livingness Workshop](#) on **Saturday 11 February 2017**, the theme being "Unlocking our Obsession with Body Image" - an issue pertinent to all women today.

As we approach the holiday season, we have a couple of feature articles for you regarding this time of year - will it be the "Silly Season", where we all eat too much, drink too much, and don't cope well with all the family situations that may present at this time of year - or will we choose to care for ourselves, look after our bodies and our well-being, enjoy and appreciate those around us to the best of our ability, and work to build connection with our loved ones in whatever way that may take shape. The choice is always ours, it is never perfect but it can always be joyful.

We also feature a list of products available at UniMed Brisbane, some of which would make beautiful Xmas

gifts. Please feel free to contact us if you would like any more information about any of our products or about the gift vouchers available for treatments for your friends and loved ones (or yourself!).

Also a reminder about **Universal Medicine's Introductory Workshop Livingness - Stage 1** , offered **free of charge** on **Sunday 5 February 2017** in northern NSW, a beautiful 2 hour drive from Brisbane. If you've always wondered what Universal Medicine events were about, this is a great place to start. Please see more in our [Upcoming Events](#) section in this newsletter.

Please enjoy this next edition of the newsletter, and we wish you all a beautiful holiday season.

The UniMed Brisbane Team

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True Movement in the Park - an Amazing Day





Personal, Family & Specialised Care

**UNIMED BRISBANE
RE-DEFINING HEALTH & WELLBEING EVENT**

held on Sunday 30 October 2016

True Movement in The Park with Beverly Carter

What a way to wake up!!

Who was there for UniMed Brisbane's super-joyful True Movement class on 8am Sunday 30 October? Led by the divine Beverly Carter of [It's Time to Shine](http://www.itstimetoshine.com.au), Brisbane was brought to life on the well-known cliff tops of Kangaroo Point.

80+ people including families, dogs, couples and singles of all ages from across the city joined in for what proved to be a fun, inspiring and uplifting start to the day. With Bev's usual pizzazz and joyfully infectious enthusiasm the crowd was led through an array of moves to the beat of Glorious Music dance tunes. Passers-by were inspired to stop and look and we even got a celebratory 'whoop-whoop' from a passing firetruck.

True Movement is a way to move the body that promotes an ease and grace and harmonious flow of movements - this is a way to exercise that is super supportive for the body.

Stay tuned for Bev's next Brisbane visit!

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





Upcoming Women's Workshop



Women in Livingness Workshop Brisbane

Saturday 11 February 2017

"Unlocking Our Obsession with Body Image"

On **Saturday 11 February 2017** please join us for a women's workshop where we will explore the topic "Unlocking our Obsession with Body Image".

Nearly all women can relate to feeling the pressure to look a certain way or be a particular size and shape. This pressure comes from both within ourselves and what we perceive society is expecting us to be.

The impact of this relentless obsession has resulted in the explosion of the cosmetic, beauty and fashion industries, as women face a constant struggle to feel good about themselves - which in itself is a health crisis about to hit (if it hasn't already).

But it doesn't have to be this way and we all have the responsibility to free ourselves from the constraints of this obsession.

Join us for an afternoon where you will hear from women who have faced this issue head-on to uncover why body images are so deeply rooted in the female psyche and learn what supports us to finally empower ourselves to live from our inner worth, love and beauty – qualities that have nothing to do with what we look like on the outside.

Together we will have an opportunity to:

- Explore how body image obsession impacts us personally
- Bust any beauty myths we hold
- Connect to our inner worth and beauty through Sacred Movement
- Enjoy sharing, learning from and connecting with other women

**Saturday 11th February 2017
1pm - 5pm**

**Rydges Hotel
601 Gregory Terrace Bowen Hills**

for more details see www.womeninlivingness.com/events



Other Upcoming Events

Sunday 18 December 2016 10:00am-3:00pm
(NSW Daylight Saving time)



Expression & Presentation Workshop
Northern Rivers, Wollongbar NSW

'Expression is everything' is not just an esoteric fact it is a Universal Science. The workshop will host a series of presentations and deliver accessible tools and skills that will help unlock the extraordinariness we all are.

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

Wednesday 1 February 2017 6:30pm-8pm

Esoteric Women's Health (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

Sunday 5 February 2017 9:30am-3:00pm (NSW Daylight Saving time)



The Livingness - Stage 1 Northern Rivers, Wollongbar NSW

Universal Medicine's Introductory Workshop, offered free of charge

There is a 'way' to live a truly joy-full life, however: "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."

This one-day workshop will help you **re-establish the real you**. You will also ...

- Learn about the most important place in your body
- Know how to connect to it and return when you disconnect
- Re-discover your sixth sense (you use it daily, but are you aware of it?)
- Establish a known way of being that allows you to feel the real you
- Develop the Gentle Breath Meditation as a simple tool of re-connection
- Restore vitality and stop the exhaustion
- Understand the energetic root cause of your ills, woes and dilemmas
- Have fun and meet others who are also seeking an honesty in their life.

For more information and to register [click here](#)

Saturday 11 February 2017 1pm-5pm

Esoteric Women's Health (Brisbane) Women in Livingness Workshop

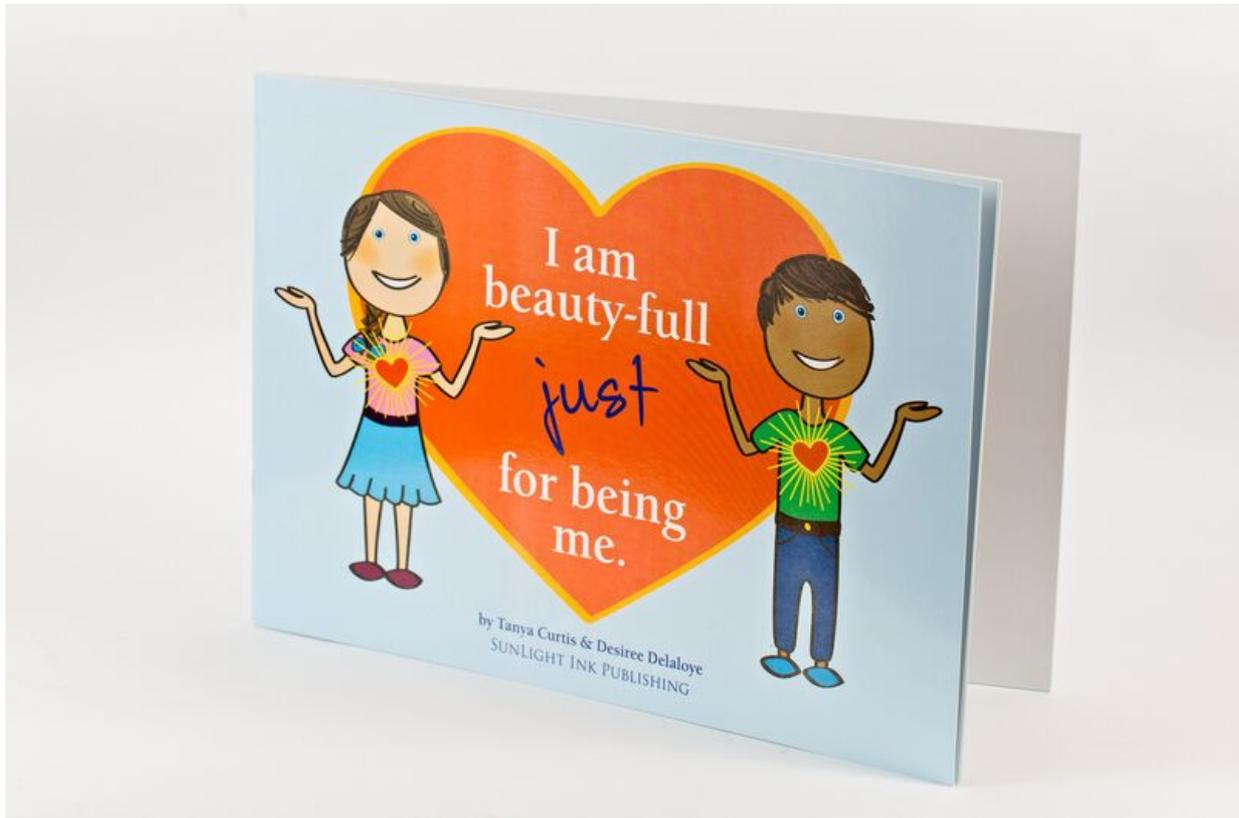
"Unlocking our Obsession with Body Image"

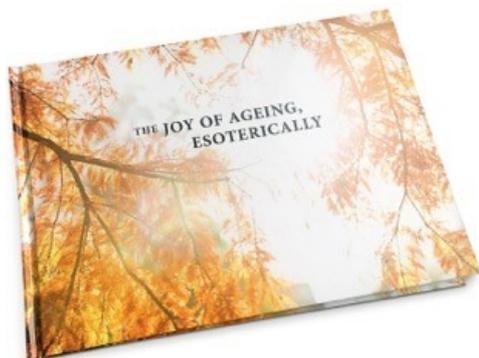
Nearly all women can relate to feeling the pressure to look a certain way or be a particular size and shape. This pressure comes from both within ourselves and what we perceive society is expecting us to be. Join us for an afternoon exploring this topic and what this means for us all as women - how we can free ourselves from the constraints of this obsession and live from the true beauty within.

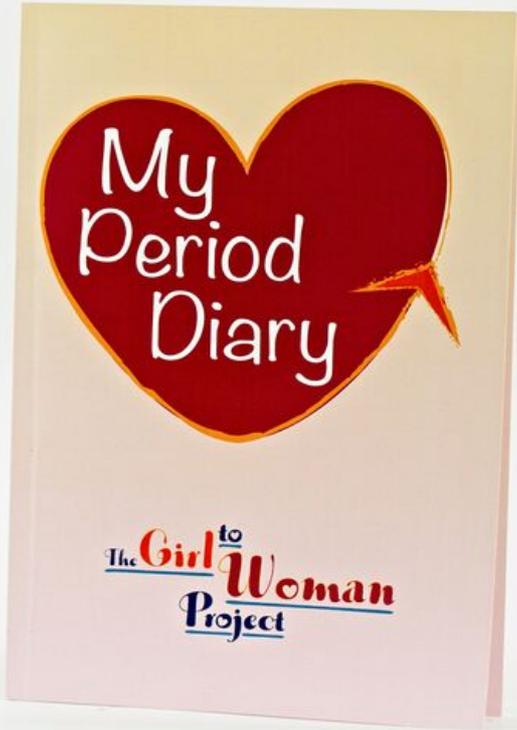
For more details on this event [click here](#)

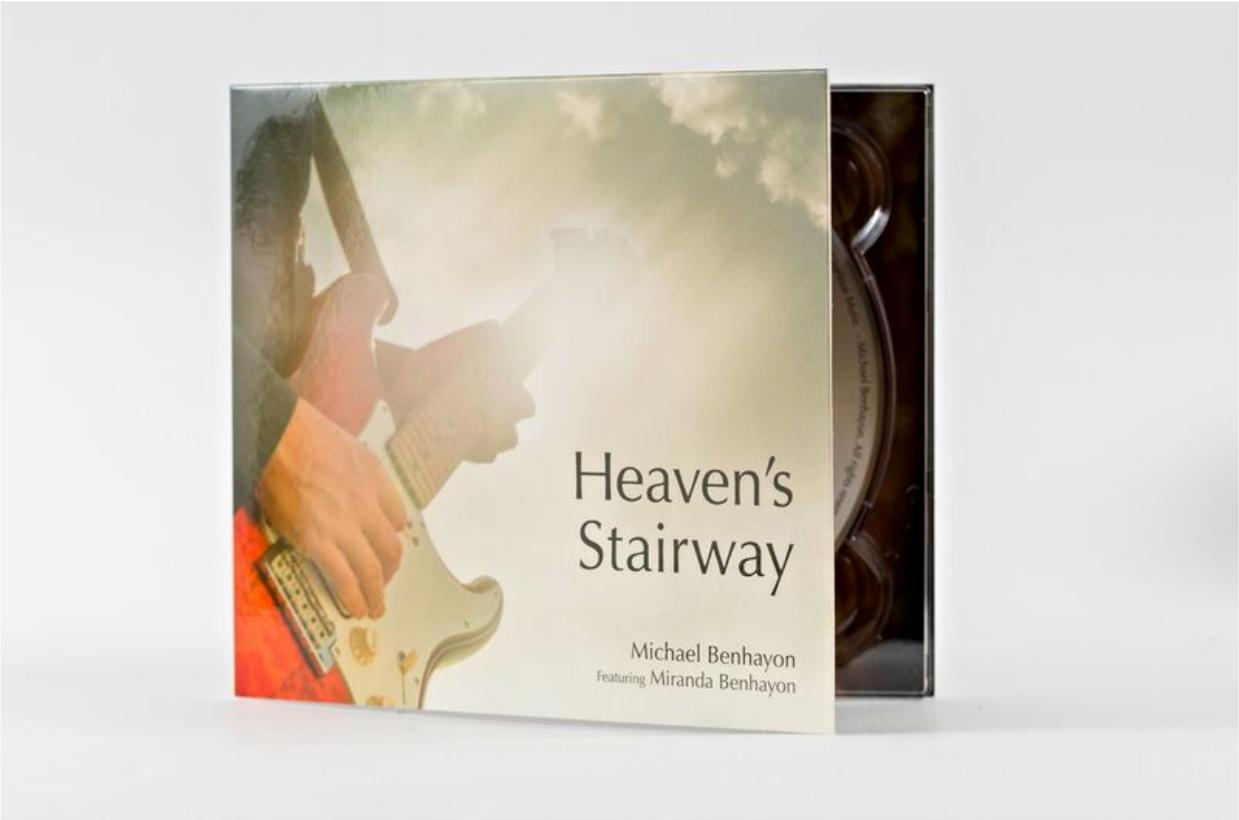
Products for Sale and Xmas Gift Ideas

With Xmas just around the corner and family get-togethers fast approaching, here at UniMed Brisbane we have a range of beautiful and inexpensive gift ideas - check out our products below:

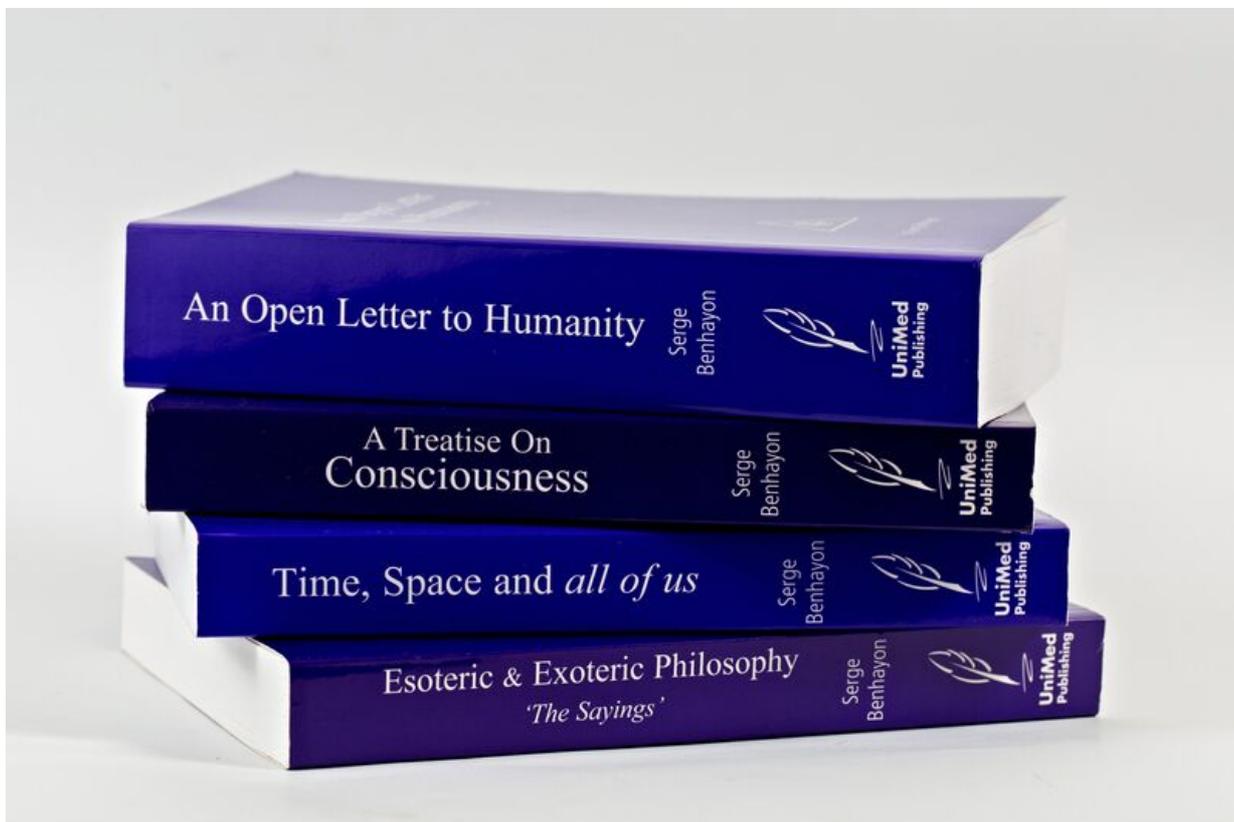


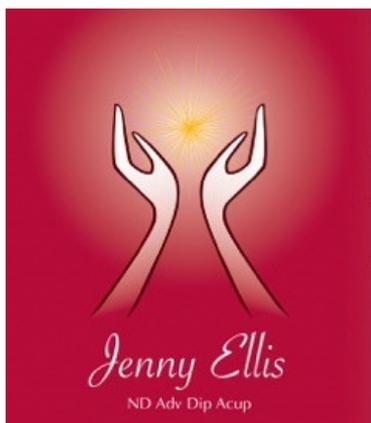












GIFT VOUCHER

to _____
 for an esoteric healing session _____
 with Love from _____

Practitioner of Esoteric Therapies
 Specialised Women's Health
 ANTA and EPA Accreditation

To make your appointment contact Jenny on 0424 053 305
 or jenny@unimedbrisbane.com

Gift Voucher

to _____

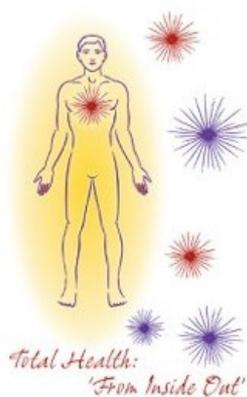
with Love, _____

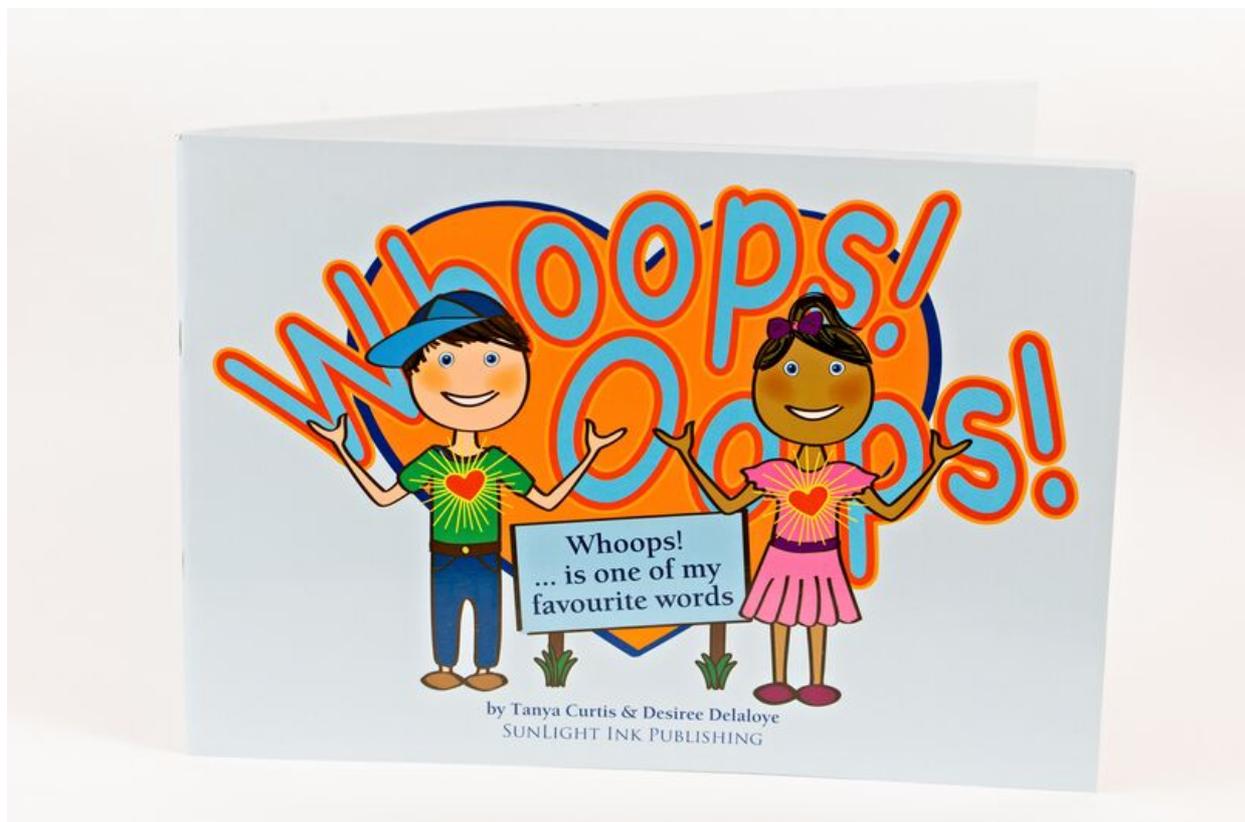
for an esoteric session of your choice:

- | | |
|---|--|
| <input type="checkbox"/> Naturopathy | <input type="checkbox"/> Muscular Skeletal Therapy |
| <input type="checkbox"/> Connective Tissue Therapy* | <input type="checkbox"/> Spinal, Joint & Back Therapy* |
| <input type="checkbox"/> Esoteric Chakra-puncture* | <input type="checkbox"/> Detox ~ Weight Management |
| <input type="checkbox"/> Energetic Facial Release* | <input type="checkbox"/> Nutritional Medicine |

UNIMED BRISBANE CLINIC Ph 0405 845 753 | 135 Brougham Street, Fairfield QLD 4103
 clinic@total-health.com.au | www.total-health.com.au

*In line with Universal Medicine Therapies as taught by Serge Benhayon, Universal Medicine – www.universalmedicine.net





Healing Eye Pillows



Our deeply restorative Healing Eye Pillows are a beautiful gift with a wide range of colors to choose from. Loved by men, women and children alike and used extensively at UniMed Brisbane to facilitate and support the healing process, they offer the opportunity to truly close our eyes for ourselves and to rejuvenate. The Healing Eye-Pillow can provide or support a stilling affect and as a result our face and body may begin to also slow down thus offering a moment of true rest. Additionally 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.)

(\$25.00)

Japanese Incense



A range of pure Japanese Incense, free from chemicals and harmful incipients, we stock a variety designed to help cleanse and clear, to calm or to uplift and invigorate. These are burnt regularly throughout the clinic and their scents are unimposing and fresh.

(from \$8.00 - \$35.00)

The Joy of Ageing Esoterically Book



A superb compilation of stories from men & women offering a perspective on ageing that is both inspiring and attainable for every person. Can ageing actually be joy-full... the answer is clearly YES.

(\$40.00)

UniMed Living 2017 Calendar



A collection of stunning photos accompanying an inspirational quote for each month. These calendars make a beautiful gift for those looking to be inspired to be all of who they are in life.
(\$25.00)

Esoteric Philosophy Books by Serge Benhayon



The complete range of esoteric philosophy books by Serge Benhayon - deeply philosophical and at the same time down-to-earth, practical and applicable to everyday life. These books are for the discerning reader. For more information or for support with a suitable choice contact one of the UniMed Brisbane practitioners.
(\$40.00 - \$50.00)

'A Neater Way of Cooking' Cookbook



Written by Anita Stanfield, for the health-conscious or for those exploring gluten-free, dairy-free' cooking, this is full of delicious, tried and tested recipes that are simple, clean and fresh.
(\$40.00)

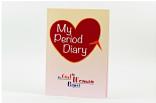
Children's Books



Tanya Curtis & Desiree Delaloye's delightful range of children's books, each one beautifully & simply illustrated with a message to support our young children in establishing foundational truths about themselves in life. We stock 'Whoops Oops' and 'My No1 Job' in storybook and 'I am beauty-full just for being me' in both story and colouring book version.

(Storybook \$15.00 ea, Colouring book \$10.00 ea, set of 3 storybooks - \$40, Any storybook plus colouring book \$20)

My Period Diary



From the Girl to Woman Project, My Period Diary is a gorgeous gift for young teenage girls, offering them the opportunity to begin developing a deeper relationship with themselves as young women.
(\$15.00)

Body Cream



Universal Medicine's gorgeous lightly scented Body Cream with arnica, chamomile and lavender is a beautiful multi-purpose cream used as either face or body moisturizer, for healing bumps and bruises, as a base cream for massage, as hand cream and more.
(\$30.00)

Music CDs



A range of Glorious Music, Sounds Wonderful, Rachel Kane and other CD's, including Michael Benhayon's latest Dance Album No. 4: these CD's are deeply enriching and inspiring and offer a variety of music styles. With respect for an understanding that beyond sophisticated sound, the lived integrity of the artist also influences the well-being of the listener, these CD's are unique in the music world.

(\$25.00)

Herbal Tea Blends



For the discerning tea drinker, delicious blends of organic teas to support digestion, sleep and general wellbeing. Popular with most these make a delightfully refreshing drink.

(\$15.00)

Gift Vouchers for Treatments or Products



Gift vouchers are available for sessions with individual practitioners or for product sales. Please contact your practitioner of choice to arrange.

Please [click here](#) to contact UniMed Brisbane for more information or to order

Spotlight



Susan Scully

In this, our final Spotlight for 2016 we introduce to you a much loved member of our UniMed Brisbane family the gorgeous Susan Scully.

Susan is a foundation member and Director of UniMed Brisbane, being part of initiating its inception and present location. Susan is involved in the overall and daily operations of the clinic and business alongside an amazing team of people from many walks of life.

As an Accountant and Business Consultant with over 30 years of experience, Susan is a successful business woman and the director of her own company. Impressively Susan also adds being a Board Director, qualified JP and Presenter to her list of professional achievements.

Susan has an infectious joy of life and love of people which shines clearly for all to see whether with her in person or not.

In this Spotlight on Susan Scully we are gifted with a deeper insight into the origins of UniMed Brisbane and the woman who followed her heart and love of people to initiate – and with the support of others to bring to fruition – UniMed Brisbane, to make it what it is today – a clinic offering an all round approach to health and well-being.

Q1. Susan, your passion and commitment to UniMed Brisbane shines from you. Can you share with us about this journey and how it all began?

I have always had a natural and genuine care of people, however how I had been doing this was at the expense of mine and other's health and well-being – trying to save the world one-by-one from experiencing misery, despair, unhappiness or angst – taking on other's suffering rather than understanding what life, people or situations were presenting for each person to learn, deal and heal. It was very taxing on the body to say the least, hence health issues and relationship casualties and living a life where I did not truly know myself.

It was only when I met Serge Benhayon – my eyes opened widely and senses came alive suddenly like waking from a deep slumber. From experiencing what he lives and presents, I was inspired and reminded that there is a different way to love and care for people – one that is not at the expense of one's health and well-being – hence the impulse and initiation of UniMed Brisbane.

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

Articles



Dealing with the "Silly Season"

As we approach the holiday season, we all need to ask - will it be the "Silly Season", where we all eat too much,

drink too much, and don't cope well with all the family situations that may present at this time of year - or will we choose to care for ourselves, look after our bodies and our well-being, enjoy and appreciate those around us to the best of our ability, and work to build connection with our loved ones in whatever way that may take shape.

The choice is always ours, it is never perfect but it can always be joyful.

Simple choices, like not drinking too much alcohol (or not drinking it at all), drinking plenty of water, not eating that second or third helping, smaller servings of dessert or avoiding sugar and sweets, all support our body to stay clear and light.

What can also be challenging at this time of year is dealing with family situations we find ourselves in, where much that has remained unresolved during the year presents itself. Yes this can be challenging at times, but it also presents us with an opportunity to heal what has remained unhealed or unsaid. If we can appreciate who the other person is, and not get caught up in their - or our - behaviours or reactions, a tremendous amount of healing and joy is on offer.

Some tips:

- Minimising intake or abstaining altogether from alcohol will help you to cope better with everything - physically and emotionally - alcohol is toxic and we feel much better when we don't drink it. Do your best to also minimise sugar, sweets and too much heavy food
- getting to bed early to rest well for the busy days ahead, not getting caught up in that extra conversation or sitting in front of the computer or TV, but choosing an early night instead
- don't feel like you have to 'please' everyone - just be the lovely you and feel what is needed in any situation, what is fair and best for everyone including yourself
- Appreciate, appreciate, appreciate! Appreciate yourself and your wonderful qualities, and appreciate all others that you meet and spend time with - a focus of appreciation reminds us who the other person truly is, adds such a depth of joy and helps us to not get caught up in emotional situations.

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



How Do I Return To Good Health?

It is natural for most of us that when we feel unwell, we want to be well. Sometimes, though, we have forgotten what it is to feel well because we have felt unwell for so long that we have just found ways of pushing through to get on with life without needing to stop, because if we stopped then that would be terribly inconvenient for 'the world', our partners, our family, our friends and our workplaces, right?

When we feel unwell, the first thing we usually want to do is take something that makes us feel better - like a tablet, a pill or a potion, and sometimes have an operation or procedure to take the nastiness away. And when that doesn't work, sometimes we either feel forced or voluntarily remove from our lives and our bodies, things

that we normally make the body 'put up with' eg alcohol, coffee, sugary foods, desserts, etc, which, although they are very tasty, we know deep down are not healthy for us.

It's interesting to note that the first thing we often want to do is put something else into the body to stop feeling unwell, without removing the things that are harming the body.

I wonder why this is? ... **it does not make wise or loving sense to put something else into our bodies to "make it well" again, as opposed to simply removing the thing that is making us unwell in the first place!** If the car has a rattle, no amount of premium fuel will make it run better - that rattle needs to be sorted out.

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

Chakra-puncture Programs

Chakra-puncture at UniMed Brisbane - January & February

Jenny Ellis & Steffen Messerschmidt are offering a range of Chakra-puncture programs throughout January & February 2017 to support and rejuvenate in preparation for the year ahead. These programs are tailored to your needs and run between 3 and 6 weeks in length.

Programs available:

- Exhaustion
- Immune Boosting
- Anxiety
- Sleep
- Diabetes
- Deep Relaxation

For enquires or further details please contact Jenny at jenny@jenny-ellis.com or 0424 053 305, or Steffen at steffen@total-health.com.au or 0405 845 753.

Recipes



Fresh herb summer salad

This salad is sure to be a favourite at summer barbeques or shared lunches. It is super simple and not shy of flavours; fresh and crisp with a combination of yummy herbs that really make this salad something special.

[Click here](#) for the recipe



Nut crème

Our super easy and superbly delicious nut crème is a fantastic alternative to using dairy cream or yoghurt. Serve with fresh or stewed fruit for a great gluten free and dairy free breakfast, or even as a dessert.

[Click here](#) for the recipe

For more recipes visit
<http://www.unimedliving.com/recipes>



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

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



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