

Mornington Complementary Medicine

August Newsletter 2013

Its late August and you can smell Spring, its just around the corner!
The dark frosty mornings are giving way to earlier sunshine and crisp
fresh mornings and longer days making that morning stroll or
evening walk that bit more achievable.

This month we introduce you Esoteric Healing and Jen explains why she
thinks it is so beneficial to general health and wellbeing.

The good news article is definitely “No really Chocolate is good for you!”
by Travis Clarke. Read about the amazing superfood Cacao, its history, its
astonishing nutritional value and of course how you can include
more of it in your diet.

We have some product info on two of the new TRU RA Cacao products
we sell in clinic and another beautiful Vegie Head Recipe for you to try.

This Sunday on September 1st we celebrate Dad with Father’s Day. Stuck
for the right gift this year? Sick of buying socks (he probably doesn’t want
them again either) well why not consider giving

Dad the gift of HEALTH for Father’s Day?

Men are by far the worst for ignoring their health and just ploughing on!

A voucher for Mornington Complementary Medicine can be used for a
range of services or product available.

Read more about what’s on offer on page 3.

This Issue:

1. Spring is almost here!
2. Why I love Esoteric Healing – Jennifer Rollings, Naturopath
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4. No really, Chocolate is good for you! - Travis Clarke, Acupuncturist
5. No really, Chocolate is good for you continued....
6. IN STOCK NOW Tru Ra Cacao Product Information
7. Vegie Head Raw Caramel Slice



Why I love Esoteric Healing.

Jen Rollings

Mornington Complementary Medicine Naturopath

Esoteric Healing is a form of energetic healing that relaxes, energises and improves wellbeing.

Esoteric simply means hidden... so we are healing from the hidden within.

From a belief that the unhindered connection with our own soul is the key to fullness of living, the Esoteric Healing process aims to improve the flow of soul energy through the physical, emotional and mental aspects of the person to strengthen the soul connection.

An Esoteric Healing session targets the energetic field surrounding each person, the etheric field. Radiating this energetic field there are seven major energy centres also known as chakras (+ 21 minor centres and 49 lesser centres). Each chakra is associated with particular organs, glands and parts of the body.

Each Esoteric Healing session commences with an energetic scanning of the body, a chakra balance and vitality charge! Then the Healing will be directed to your specific centres of need, integrating and grounding.

During a healing, and beyond, people experience calmness, quietness of mind, easing of physical discomfort – signs that they are better connected to their soul plan.

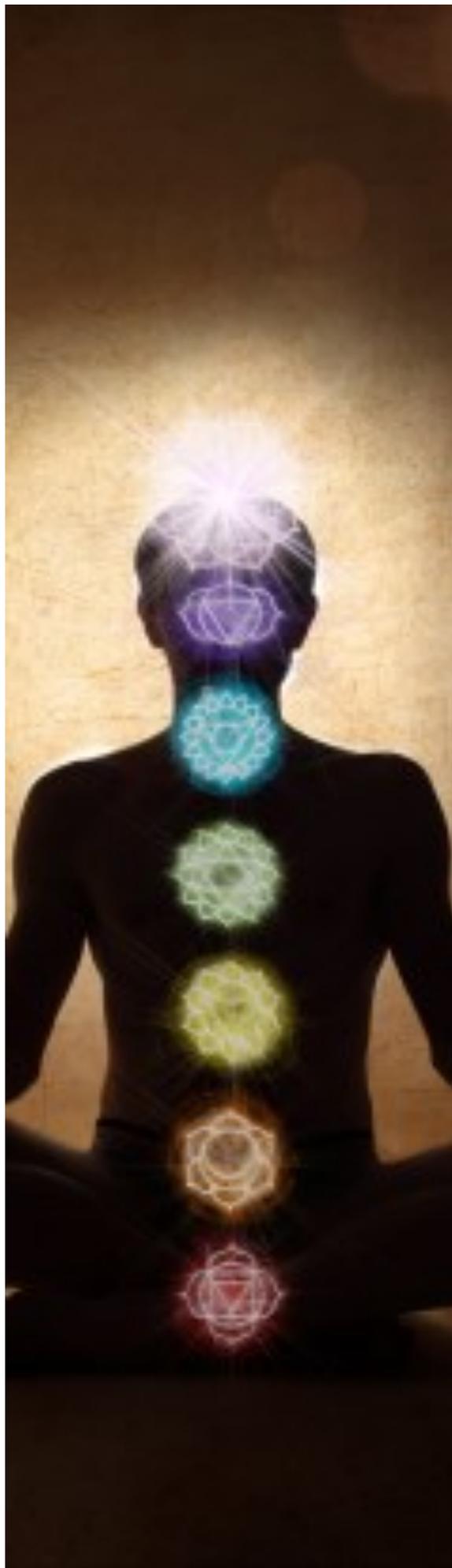
An Esoteric Healing session lasts 30 minutes – so easy to fit into a busy schedule – making it simple to enjoy a series of weekly healing session to keep you balanced, in check and connected. During a healing you may lay down or be seated in a chair, and remain fully clothed.

Physical contact is minimal as healing is directed through the etheric field. People have described feeling tingling, warmth, gentle movement, clarity of thought, seeing colours, sensing peace, connecting with emotions and feeling deeply relaxed.

*Jen is available for Esoteric Healing sessions
by appointment (03) 59736886*

Single Session (30mins) \$50

Special Offer 4 x weekly sessions \$175.00



Give Dad the gift of health for Fathers Day this year!

Choose from:

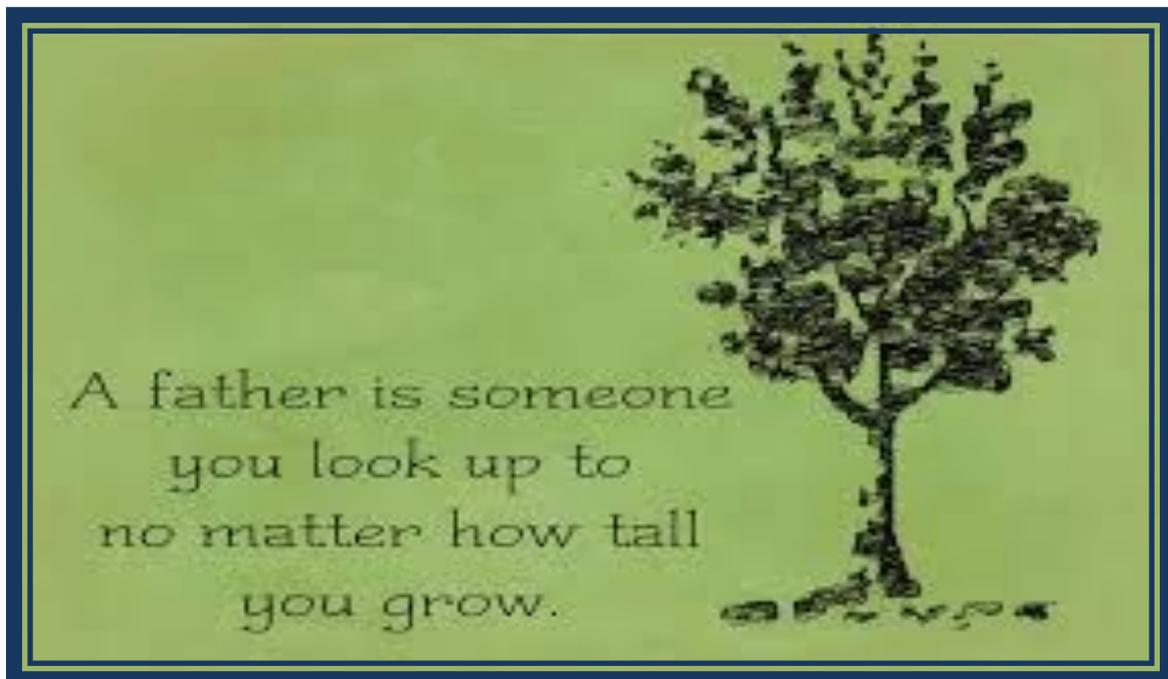
Naturopathic Consults
Esoteric / Energetic Healings
NLP Sessions
Remedial Massages
Acupuncture Sessions
Chinese Herbal Medicine Consults

Our gift certificates can be customised for specific values and services.

Valid for 6 months (from date of purchase)

How can I purchase a gift certificate?

Gift certificates can be purchased with credit card over the phone and posted out, or they can be purchased at Reception of Mornington Complementary Medicine.



Call: (03) 5973 6886

Visit : 138 Tanti Ave , Mornington

No really, Chocolate is good for you!

Travis Clarke, Acupuncturist



I'm sure you've heard it all before. Media stories reporting on how science has confirmed that chocolate is good for our health. Well my friends, I'm here to confirm that for you. Yes, chocolate really is good for us. Not commercially processed and produced chocolate, full of sugar and dairy, but proper dark chocolate. And even then, the distinction needs to be made between commercially produced dark chocolate and cocoa, and what the health food industry has come to identify as Raw Cacao. Yep, the name for real chocolate is Cacao (pronounced 'Ka-Cow').

Cacao is the seed of the fruit of an indigenous South American tree, 'Theobroma Cacao'. Traditionally cacao was revered by native Mayan and Aztec cultures for its amazing, almost magical health giving benefits. When the Spanish first encountered the Aztecs, they were amazed to find that the royal treasury was 'choc' full of cacao beans. It was actually being used as the currency of the time. They only used gold to decorate temples, building and the like. Cacao was always traditionally taken as a drink and no sweeteners were used. It was once the Europeans traded for cacao and took it back to Europe that it was combined with refined sugar and milk, and turned into the confectionary we are all familiar with.

So what's so good about cacao? Well, it is one of the most amazing superfood substances on Earth, due to its rich mineral content and wide array of unique properties. Many of these beneficial substances are destroyed by cooking, processing and refining, so its important to identify raw cacao over commercially processed dark chocolate or cocoa powder.

Cacao has been identified as one of the best natural food sources for the following nutrients:

Antioxidants: has the highest concentration of antioxidants of any known food. By weight, cacao has more antioxidants than red wine, blueberries, acai, pomegranates and goji berries combined.

Magnesium, Iron, Chromium, Manganese, Zinc, Copper, Vitamin C, Omega 6 fatty acid.

Phenyl ethylamine: a class of compounds that the body produces when we fall in love.

Anandamide: a cannabinoid endorphin that the human body produces after exercise. This substance has only been found in one plant; cacao.

Tryptophan: a powerful mood-enhancing transmitter which is a precursor to serotonin production.

Serotonin: cacao is rich in tryptamine serotonin, which helps the body defend against neurological and physiological stress.

Fibre: cacao contains an extraordinary type of soluble fibre that is perfect for our digestive system.

Methylxanthines: Caffeine & Theobromine

Cacao does contain very minute levels of caffeine. A typical sample of cacao beans will contain anywhere between 0-1000 parts per million of caffeine, which is less than 1/20th of the caffeine in conventional coffee. Cacao will usually contain about 1% Theobromine. This is a relative of caffeine but is not a nervous system stimulant. It dilates the cardiovascular system easing the workload on the heart. This action is part of the cardiovascular benefits that cacao can deliver.

We all know that eating chocolate makes you feel good. When you eat raw cacao these feelings are amplified greatly. We are able to get high doses of all these amazing vitality boosting substances into us with a food that tastes great. Cacao does not taste sweet. It has an earthy, bitter taste to it. If you like dark chocolate then cacao is obviously very similar. The beauty of cacao is that you can add it to smoothies, desserts, eat it as is, eat it combined with other superfoods in raw chocolate bars, it's very versatile, and when combined with something sweet the Kids love it. Just remember that cooking it will reduce some portion of its value, as nutrients and amino acids are destroyed.

You can buy cacao as whole beans, nibs (broken up beans), powder (with the cacao butter/fat removed, so low fat content) and the butter itself. Each can be used in a different way, and are often combined in recipes.

Source your cacao from health stores or your complementary health clinic. Remember to buy raw cacao for its genuine health benefits, not supermarket cocoa powder or processed dark chocolate. Once you experience the awesome power of this superfood you will never look at Dairy milk again.



Head to www.vitalitytradingco.com for more fantastic Blogs Posts and information

Organic Truly Raw Cacao Nibs

Truly raw 100% organic cold-processed Cacao Nibs, harvested from the jungle food forests of farmers on the magical island of Bali. A tasty superfood and powerful source of antioxidants and magnesium that make the perfect energy snack. In addition to snacking, use as a healthy, gourmet and delicious addition to all your kitchen creations. Rich flavour, crunchy texture-toss into a trail mix, add to a truffle recipe, sprinkle over ice cream, yogurt, granola or blend in a smoothie. Certified organic, raw, gluten-free, kosher and vegan.

Product Features

- Truly raw organic cold-processed cacao nibs
- A tasty superfood and powerful source of antioxidants and magnesium.
- Rich flavour, crunchy texture – excellent addition to all your kitchen creations.

Certified organic, raw, gluten-free, kosher and vegan.



\$19.95

Safety Information

Caution: this is a natural unprocessed product. Bits of shell and cotyledon may be present.

Ingredients

Organic Cold Processed Bali Cacao.

Organic Truly Raw Cacao Powder

Truly raw 100% organic cold-processed Cacao Powder, pure, concentrated, high energy cacao. Cold-processed cacao is one of nature's richest sources of Antioxidants and the critical micronutrient Magnesium. It delivers more anti-aging antioxidant power than pomegranate, red wine, or green tea supports healthy heart function, strong bones and improved flexibility.



\$15.95

Experience the “Bliss Chemical” – raw cacao is packed with Anandamide. You'll feel blissful, excited and alert. Just like falling in Love! Great in raw and baked goods and confections, blended into smoothies, soups or salad dressings, or as a healthy replacement for your morning coffee. Certified organic, raw, gluten-free, kosher and vegan. Pure Living Food Nutrition RAW integrity. Harvested from the jungle food forests of our farmer partners on the magical island of Bali. The passion of Big Tree Farms is to create restorative balance; providing Living Food Nutrition for the body and mind while nurturing the soils and communities that are our foundation.

Product Features

- Truly raw 100% organic cold-processed cacao powder
- Blissful pure concentrated cacao energy – Incredibly rich in antioxidants and magnesium that support vitality.
- Healthy, gourmet addition to raw and baked goods and confections; smoothies, soups and salad dressings.

Certified organic, raw, gluten-free, kosher and vegan.

Ingredients

Organic Cold Processed Bali Cacao Powder,

Raw Caramel Slice

www.vegiehead.com

Makes 8 slices or 16 squares

Base

- 1 cup raw macadamia nuts*
- 2 tbsp. raw cacao powder*
- 1 vanilla bean pod, scraped*
- 1 tbsp. coconut sugar*
- 1/4 cup melted coconut oil*

'Caramel' Filling

- 2 cups raw cashews, soaked for 4 hours*
- 2 tbsp. melted cacao butter*
- 1/2 cup coconut oil*
- 2 medjool dates, pitted*
- 1 tbsp. raw Maca powder*
- Tiny pinch sea salt*
- 1 tbsp. coconut sugar*



Ganache Topping

- 2 tbsp. raw cacao powder*
- 2 tbsp. melted coconut oil*
- 1 tsp. coconut sugar*

-Line an 8 x 4" loaf pan/tray with cling wrap

Base

- In a blender, process the macadamia nuts until they become a fine flour*
- Add remaining ingredients, then spoon into tray and press down*
- Pop into the freezer for 15 minutes and clean blender*

Filling

- Drain cashews, then blend all ingredients together until smooth*
- Pour on top of the base and freeze for a further 15 minutes*

Topping

- Whisk cacao powder and oil together until smooth- you may need to add more coconut oil depending on how thin or thick the ganache is*
- You can add 1 tsp. coconut sugar if you desire, as it is quite bitter*
- Top the slice with the ganache and store in the refrigerator until ready to slice and serve*