



Mornington Complementary Medicine

July Newsletter 2013

Well Winter Solstice has passed, the days are slowly becoming lighter for longer and we are on the home stretch to Spring. Hopefully this newsletter finds you somewhere warm and cosy while we pass through that last month or so of real winter chill!

Its been a busy month at Mornington Complementary Medicine with lots of new pregnant belly's coming through for both massage and acupuncture. We have also welcomed our Practitioner Jo Hyde who is now settled in on a Saturday – read more about Jo on page 2. There is a fantastic Vitality Package on offer from our Naturopath Jen Rollings, you can find out more on page 3 and also check out Jen's website for some other great offers www.jenrollings.com.

Our shelves are overflowing with fantastic new stock from Abode, Feel Good Foods, Eco, Vitality Trading and Loving Earth so make sure you check it out when you come in. Feel free to ask advice about any products that you are unfamiliar with. And if you have any suggestions for foods that you would like to see stocked make sure you mention that to us. There is some great information in this months newsletter on the health benefits of Quinoa and also a nourishing winter recipe to try.

Also make sure you check out page 6 for a great article looking at weight loss and some of the contributing factors to consider written by MCM Acupuncturist Peter Loupelis.

Happy Reading!

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Introducing...

Joanna Hyde

*Chinese Medicine Practitioner
Registered Acupuncturist & Herbalist
BaBHSC
Chinese Medicine
(Acupuncture & Herbs)*



I was introduced to energetic healing through injury, and my journey since then has brought me to Traditional Chinese Medicine (TCM), Qigong, Reiki, Yoga/Pilates, Theta-Healing and Massage/Bodywork. I started TCM studies at Victoria University in 2003, completing the Double Degree in Acupuncture and Chinese Herbal Medicine in 2009. My particular interests are in Personal Health, Pediatrics and Fertility...

I believe that empowering ourselves with better health is everyone's right, and that we deserve to prioritise our wellbeing despite life's other demands. Hectic, modern lives, ever-increasing technologies & the demands of family, work & well, life! mean that many of us have become disconnected from our bodies & our Hearts, from our neighbors & our communities, and importantly, from the rhythms and wisdom of the natural world. My aim is to work with you & support you in making your health & happiness a priority in your life... so you can be empowered by your health.

My approach to TCM recognises the importance of making and taking time to connect with oneself and our natural environment. It can be as simple as living and eating in harmony with the Seasons, nourishing ourselves with our food and dietary choices and nurturing our body/minds/spirit with practices such as Qigong or TaiChi. The powerfully healing energies of the natural world reconnect us, supporting us to become our most simple, peaceful, powerful selves...

I'm really excited about being at Mornington Complementary Medicine And I am looking forward to meeting and working with you ...

Joanna is available every Saturday from 9am—1pm



Are you feeling depleted, run down, lacking energy?
And you just know that you could be better.

Then join this easy four week program and you will be va va vOOM to vitality!

Over four weeks you will be supported, guided and nurtured to eat for vitality, think for vitality and relax for vitality! All appointments are private consultations with
Naturopath and Health Coach, Jen Rollings.

Wouldn't you like more vitality? Commit to this four week program now!

A special all inclusive fee of \$600 SAVE \$110!

Includes six Vitality program supplements and herbals valued over \$300.

- ✦ Professional Naturopathic Health Coaching –
4 weekly consultations incorporating a synthesis of Nutritional Medicine, Herbal Medicine, Neuro Linguistic Programming and Energetic Healing.
- ✦ Clean Eating Food Guide for Digestive Vitality and Detoxification
- ✦ Supplements that improve energy, concentration, all phases of digestion, and liver and kidney detoxification.
- ✦ Individualised liquid herbal blends made just for you to target specific needs.
- ✦ A one hour dedicated Neuro Linguistic Programming session to support you in getting what you want!
- ✦ Chakra balance and energetic healing to relax and energise, balancing the flow of energy through your body.
- ✦ Testing including body composition measurements, dysbiosis testing, mineral assessment and iridology overview.

To find out more about Jen, visit www.jenrollings.com

2013 The International Year of the Quinoa

Did you know this year has been officially declared by the FAO (Food and Agricultural Organisation of the United Nations) as “The International Year of the Quinoa”?

If the simple fact that Quinoa has been singled out by the FAO as a food with “high nutritional value” is not enough for you let us tell you a bit more:

Quinoa is packed with many vitamins and minerals including:

- ✦ Heart-healthy monounsaturated fat (oleic acid), and omega-3 fatty acid (a-linolenic acid)
- ✦ Antioxidant phytonutrients called flavonoids
- ✦ Essential minerals including manganese, magnesium, iron, phosphorus, potassium, calcium, zinc, copper, selenium
- ✦ Vitamins: B1, B2, B3, B6, B9, E,

The inclusion of all these fabulous vitamins and minerals makes Quinoa a fantastic choice for those who are looking to lower their risk of diabetes, lower cholesterol, keep blood pressure in check and also those who are looking to lose weight or maintain a healthy weight and diet.



Quinoa can be purchased as flakes or a whole grain. The whole grain is available in countless varieties however the three colours, red, white and black are the most commonly found. The white is the variety you may be most familiar with seeing in stores. Red Quinoa has a wonderfully vibrant colour that can have a great visual appeal in dishes, it also can tend to hold its shape a little better after cooking. Black Quinoa is thought to have a slightly earthier and sweeter taste than the other varieties. Qui-

noa Flakes can be a fabulous substitute for oats for a breakfast cereal.

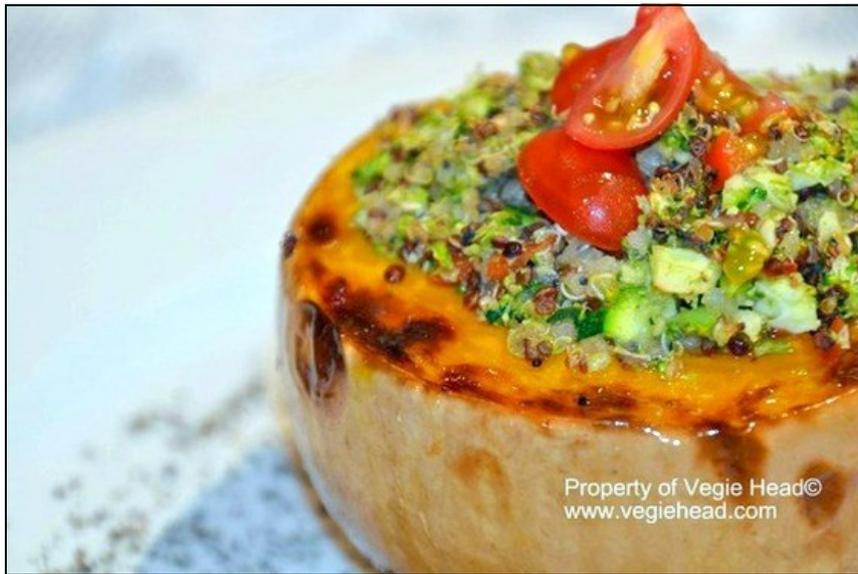
So now that you know a bit more about Quinoa you are probably wondering how best to fit Quinoa into your daily diet....

- ✦ Cook Quinoa Flakes for breakfast in the same manner you would a porridge and serve with fruit and nuts
- ✦ Blend cooked Quinoa to your favourite smoothie or shake
- ✦ Add beans, seeds and vegetables to your cooked Quinoa for a Quinoa salad
- ✦ Add Quinoa into your favourite soup recipes
- ✦ Sprinkle cooked Quinoa onto salads
- ✦ Use Quinoa flour to replace wheat-flour in many baked goods recipes

Or you could make the Veggie and Quinoa Stuffed Pumpkin recipe on the next page!

Yet another delish creation by Vegie Head.....

Vegie & Quinoa Stuffed Pumpkin....



Serves 2

-One butternut pumpkin- I used the round base for this recipe but you could also use a pumpkin sliced lengthways

- 1/2 cup red quinoa
- 1/2 cup white quinoa
- 1 cup broccoli, diced finely
- 1/2 cup zucchini, diced
- 1 cup fresh parsley
- 1 tsp. turmeric
- 1 clove garlic, minced
- 1 tsp. chilli flakes
- Fresh black pepper

-Cut the pumpkin in half and remove the seeds

-Pierce the skin with a fork, and bake in a hot oven (180C) for 40 minutes, until tender

-In the meantime, rinse the quinoa and put in a pot with 2 1/2 cups of water

-Bring to a boil, and simmer for 15 minutes

-Add the broccoli and zucchini and cook for 5 more minutes

-Drain and stir in the turmeric, garlic, parsley, chilli flakes and pepper

-Once the pumpkin is cool enough to handle, scoop out the inside flesh- leave about 1/2 cm of flesh for effect

-Stir the scooped out pumpkin with the quinoa mix, and re-fill the pumpkin

-Put back in the oven for 5 minutes, just to heat

-Chop up some tomatoes or capsicum to garnish

Need Quinoa?

Our shelves are full and so currently we are selling top quality Eco red and white Quinoa at very low prices! Pop in and grab some today.

There is more to weight loss than losing weight.....

Being overweight is more than just excess fat, it is a sign that you are out of balance physically, mentally and emotionally. That could be seen as controversial, however there is more and more work being done seeing that its not always as simple as eating less and/or exercising more., see other articles posted at <http://nourishinglife.com.au/nourishing-life-blog/>

The following are some ideas to think and act upon.

Diet

What are you putting into your body? We are all familiar with the adage “you are what you eat”.... and yet many of us choose to consume foods that are... well, not really foods! A very good book to read is Michael Pollan’s [*In Defence Of Food*](#), where he outlines his Eater’s Manifesto: “Eat food. Not too much. Mostly plants.” I particularly like his rule to avoid food products containing ingredients that are unfamiliar, unpronounceable, more than five in number, and include High Fructose Corn Syrup (HFCS). It is also considerably cheaper to buy real food ingredients and make yummy meals yourself – and doesn’t take as much time as many imagine. You only need to see some of the cookbooks written by the likes of Jamie Oliver and Hugh Fearnley-Whittingstall to see that healthy, nutritious meals can be inexpensive, easy to prepare and make, and very very yummy!



Lifestyle

Similarly, how are you living your life right now? Are you living healthily during the week, only to undo it all on the weekends, bingeing on either alcohol or ‘bad’ food? For what purpose? Are you unhappy with your job or your relationships? Is your social network unsupportive of you? What we experience on a day-to-day basis will impact on us on a number of levels – if these are good for us, then those impacts will be positive and constructive.

Exercise

Moving your body is more than just burning off the fat. Vital substances circulate better when our bodies move. And more than that, how our bodies move embodies ideas about ourselves – which is the principle behind what is often referred to as ‘mindful exercise’ such as Yoga, Taichi, and Qigong. Also, if we are consuming too much food (calories, i.e.: energy), that energy needs to be used, otherwise it is stored for use later – stored in adipose tissue (fat) and deposited around the body, usually the waist. If you don’t – or can’t – exercise much, then you also don’t have the requirements to eat as much. The less your body moves, the less energy it needs, hence the less food. There is no point in having excess carbohydrates in your diet unless you plan on exercising and being physically active.



Take responsibility

Stop blaming your genes, your parents, or some medical condition. Only you are responsible for you how healthy you are (or aren't). If you are eating too much food, it is your choice; if you are eating inappropriately, it is your choice; if you are living a sedentary or destructive lifestyle, it is your choice. Everything comes down to choice. You also have the choice to eat well, live happy and healthy and be the best person you know you are. Making a choice is easy, and making a change may challenge you, and if you have made that choice, you will reap the benefits of that all the more so for doing that!

Imbalance

Being over-weight is a sign that your physiology is out of balance. The human body is remarkable in its ability to maintain certain levels of health and enter into states of self-repair when necessary. If these self-regulating systems don't work, then it is because the system is unable to comply with the usual needs. There can be any number of reasons for imbalance (and this applies to all illnesses and diseases to a certain degree). Toxicity is often a factor, as it will clog up the liver's metabolic pathways and slow down the body's ability to get rid of waste product. Our metabolism can also be impaired by such issues as thyroid gland dysfunction, or intestinal dysfunction. If the problem is one of excess, then if the body cannot use all of what is consumed, and cannot get rid of what it doesn't need, where is it going to go?

Similarly, given the mind-body connection, what purpose do you hold for not changing your behaviour or your thoughts? What evidence do you have that you can't change, or do something differently in your situation? If your body is in balance, then to a certain degree your mind will be too.

Chinese Medicine

Influenced by the work of the physician Li Dong Yuan (1180-1251 CE), a lot of Chinese Medicine perspectives involve examining the health of the digestion: why? Chinese Medicine theory holds that the source of the energy we need for normal physiological functioning comes from what we breathe (oxygen), and eat (nutrition). In regards to nutrition, the chemical reactions that break up food and distribute nutritive elements occur in what is known as the 'Spleen and Stomach' or the 'Middle Burner' – i.e., the digestive system. Food is broken down in the stomach, and absorption and distribution occurs mainly in the duodenum, but some also in the small and large intestines. The pancreas is responsible for secreting important enzymes, the gallbladder releases bile to help in the absorption of certain substances, and the liver involves metabolic processes. Even when we take oral medicines (be they pharmaceutical or herbal), it requires this system to absorb, distribute, and metabolise active ingredients, and excrete waste.



The digestive system may be damaged by illness and disease, and it may also be damaged by eating wrong foods, spoiled foods, or eating in inappropriate ways or at inappropriate times. An earlier physician Sun Simiao (581-682 CE) famously stated that getting one's diet (and lifestyle) in order should be the first course of treatment before attempting medicines, as he believed many problems could be dealt with effectively in this manner.

Treat the individual, not the disease

There is a reason why some ‘diets’ work for some and not others; people have different constitutions, different dietary requirements, and different patterns of disharmony. In both Chinese and Ayurvedic dietary therapy, the ‘diet’ that will best work for helping your change to good health is determined by your own individual physiological and psycho-emotional nature. There is no ‘one-size-fits-all’ diet that is suitable for everyone. Each of the (so-called) ‘fad diets’ have their merits for those who need to follow those kinds of diets, and this is based on the individual’s specific state of health. If you know that avoiding meat or grains will help you become healthy, you may choose to follow those guidelines and see the results. In my experience, what can sometimes happen is that after following a strict regimen for some time, and changing the physiological state, one can then return to moderate consumption of what has been proscribed without it having the same effects. And we must make the choice and the effort to make those changes.

The natural way

A Complementary Medicine practitioner can’t fix the problem until you have cleaned the area that needs fixing; that means getting rid of any toxicity and excess as well as fixing the root of the problem. Essentially ‘fat’ is stuff the body doesn’t need but is not getting rid of. And yes, probably because you overloaded it with stuff it couldn’t deal with, or maybe your system was sluggish to begin with, or accumulated over time.

Our approach is to rid the body of ‘excess’ first. This means detoxification – adipose tissue (fat) holds more than just excess energy in the form of sugars, it will hold toxicity from the poisons you have been consuming.

What is going to happen when that stuff starts getting released, and your body’s waste disposal systems aren’t functioning efficiently yet? (Remember the reason why all this excess waste is still in your body is probably because your waste disposal system wasn’t working efficiently to begin with).

This process requires monitoring and support from your practitioner. It is often useful to do this with friends or colleagues, as there is always ‘crap’ that will shed alongside the layers of waste. It requires good nutritional support, and it requires that the digestive system is also supported – through the use of herbal medicine and/or acupuncture – so it doesn’t lead to any complications or further issues.



Something needs to change. Perhaps you may not know why or what – just change it. Now.

*Let’s stop talking about “losing weight”. We always find again what we lose.
Let’s talk instead about being healthy and managing your health.*

Peter Loupelis is an acupuncturist at MCM—to book please call 59736886