

# Mornington Complementary Medicine

## December Newsletter

We bring you this newsletter with the warmest of Christmas Wishes! 2014 is going to be an exciting time of change at Mornington Complementary Medicine with us becoming an Acupuncture only clinic, home to 8 brilliant Acupuncturists treating a wide range of health concerns including but not limited to Fertility, Paediatric, Musculoskeletal, Emotional Wellbeing and General Health and Wellbeing. Read about the two new faces you will see around the clinic in 2014 and hear about where you can still contact Kythie Mitchell and Jen Rollings so you will not be without a fabulous massage treatment or the guidance of a brilliant Naturopath. We have also included 3 pages of festive treats and the info on our Christmas trading hours.



### This Issue:

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4. Farewell to Kythie and Jen in 2014
- 5-8. 3 pages of festive treats with a healthy spin!
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# NEW STAFF

Mornington Complementary Medicine  
is thrilled to welcome these new faces to our team in 2014!

## Anna McMullen



Anna is a gentle and caring practitioner with a passion for Chinese medicine. She was drawn to study Chinese medicine after seeing the emphasis it places on treating patients holistically.

Women's health issues the main area of interest for Anna, including fertility, pregnancy support, birth preparation and post natal care. Anna has seen first hand how effective Chinese medicine is in these areas and loves to share this information with her patients.

A firm believer in the impact the emotions have on the physical being, Anna has a particular interest in the treatment of emotional disorders such as anxiety and depression. She loves to help her patients overcome these issues, and does so with sensitivity and empathy.

# Kerry Marshall



Lic Ac, AHPRA, ANTA, OSMbBAcC

## REGISTERED ACUPUNCTURIST AND BIRTH ATTENDANT

Kerry completed her acupuncture training in London, UK. She is an overseas member of the British Acupuncture Council, member of AHPRA the Australian Health Practitioner Regulation Agency and ANTA the Australian Natural Therapies Association. Kerry has completed years of post-graduate studies in the specialised areas of fertility, pregnancy, pre birth, birth, post partum, and menopause.

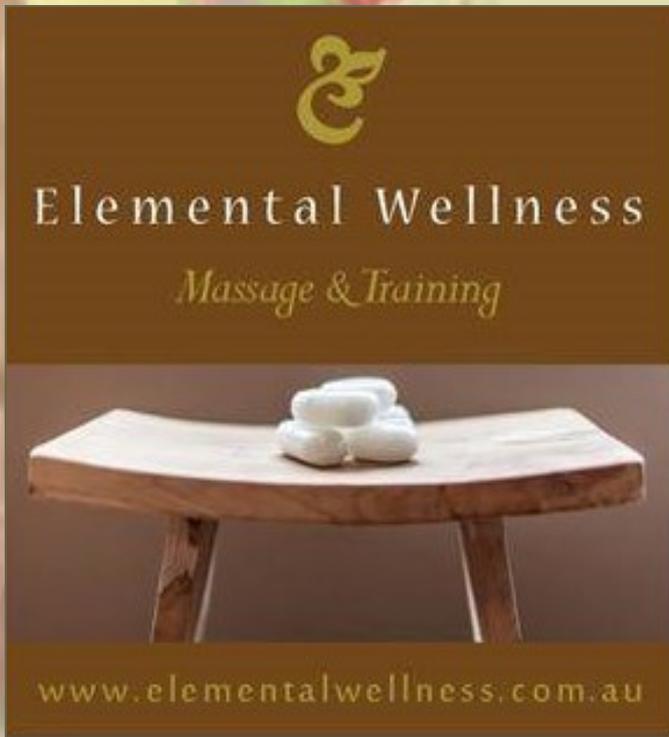
Kerry says, “For over ten years I have treated women and couples through their fertility journeys, pregnancy and beyond. Working alongside western medical professionals I have found an integrated approach to health care works best for the patient. I am constantly inspired by my patient’s journey to become parents, especially as they continue on through difficulty with integrity and strength. I love to support this journey with kindness, respect and expert advice”.

Kerry practiced in London with Emma Cannon, acupuncturist and author of ‘The baby making bible’, ‘Total Fertility’ and ‘You and Your Bump and worked with expert Gynaecologists, Fertility specialists and Obstetricians on a referral basis. On returning to Australia in 2010 Kerry joined the team at Fertile Ground Health Group in East Melbourne and developed the successful ‘Melbourne Acupuncture Multi Bed Project’ for fertility, IVF and pregnancy.

She regularly presents on the benefits of acupuncture to medical caregivers in Melbourne’s maternity hospitals. Kerry is also an experienced birth attendant (Doula) with training from renowned obstetrician, Michel Odent. Birth work gives her an avenue to advocate for women’s rights to information and choice in pregnancy and birth.

In 2012 Kerry moved to the Peninsula to be with her partner and stepdaughter and has recently had a baby girl. After six months maternity leave Kerry returns to work joining the team at Mornington Complementary Medicine.

# 2014 - a time of change...



Kythie Mitchell

With only Acupuncturists on site at MCM in 2014, we will proudly be referring to Kythie Mitchell at Elemental Wellness.

Kythie will be based in her beautiful Mt Martha treatment room.

Operating Tuesday, Wednesday and Friday Kythie is looking forward to treating all her current clients and any new MCM referrals in 2014.

Kythie can be contacted on 0418 866 263

OR you can find her on Facebook

[www.facebook.com/  
ElementalWellnessMassageTraining](http://www.facebook.com/ElementalWellnessMassageTraining)

A few words from Jen Rollings....

2013 has been a year of change and I'm excited to say this change is continuing for me.

Some of you may have heard that Mornington Complementary Medicine is streamlining its services to exclusively offer Acupuncture/TCM from 2014. Travis, Kirsten, Holly, Mel and all the beautiful people at MCM have been a great support to me over the last few years – thank you!

From 2014 I also will no longer be consulting from Nourishing Life Complementary Medicine on Wednesdays. I'm in the process of finding the right new space for me and my patients, and I will of course let you know when all can be revealed. This will hopefully be very soon.

In the meantime, I offer my ongoing commitment to your wellbeing and will happily bring my services to you at home, or I can run a consultation over the phone or on Skype. So for those gorgeous people already booked for appointments in January, I will be in personal contact closer to the time to organise another venue.

As always, I am available on 0414 543 761 or [rollingsnaturopath@gmail.com](mailto:rollingsnaturopath@gmail.com)

Jen Rollings

Naturopath and  
Health Coach  
Mornington Peninsula



# CHRISTMAS FEASTING

*A few delicious and healthy recipes to enjoy this festive season*

## PERKY TURKEY SOUP

### INGREDIENTS

- 1 tbsp. olive oil
- 1 large onion, halved and sliced into thin strips
- 1 red pepper, seeded and sliced into thin strips (this can be replaced with any other vegetable)
- 2 tsp ground coriander
- ¼ - ½ tsp chilli flakes
- 3 tbsp. wild rice or quinoa
- 1½ litres of hot organic turkey or organic chicken stock (home-made preferable)
- 250g turkey meat, cut into thin strips (leg meat will have the most flavour)
- 410g can chickpeas, drained and rinsed
- A handful of fresh coriander or flat leaf parsley, roughly chopped (optional)

### METHOD

Heat the oil in a large pan, add the onion and fry for 5 minutes or so, stirring every now and then until it starts to soften.

To make the soup, add the red pepper (or other vegetables), ground coriander, chilli and rice/quinoa and stir round the pan for about a minute. Pour in the hot stock, stir in the turkey and chickpeas and season well. Bring to the boil, cover and simmer for 8-10 minutes, until the vegetables and rice are tender. Stir in the coriander or parsley and it's ready. (The soup may now be cooled and frozen for up to 1 month.)



## HOT 'CHOCOLATE'

### INGREDIENTS

- Almond Milk (or any other of your choosing)
- 2 teaspoons cinnamon
- 1/8 teaspoon cayenne (optional)
- 3 tablespoons raw cacao powder
- Agave syrup acon (or similar) to taste
- 1 cinnamon stick, to serve



### METHOD

Combine all ingredients in a pot and warm over medium to medium high heat. Stir constantly with a whisk.

Pour into cups, along with the cinnamon stick stirrer and serve.

(Adapted from 'thegraciouspantry.com')

## CHRISTMAS DAY PUNCH

### INGREDIENTS

- 2 cups chilled pomegranate juice
- 1 cup chilled cranberry juice
- 1 cup vodka
- 1 cup Cointreau or other orange-flavoured liqueur
- 1 cup chilled club soda
- 1/2 cup fresh lemon juice (from 6 lemons)
- 1/2 cup sugar syrup (can be made with coconut sugar)



### METHOD

Combine pomegranate and cranberry juice, vodka, Cointreau, club soda, lemon juice, and simple syrup in a punch bowl. Fill glasses with cranberries frozen in ice cubes, and serve. Garnish with lemon slices and mint.

# LAST MINUTE FOODIE GIFTS

## Raw Chocolate Bark

### INGREDIENTS

- About 1 cup cacao butter (about 220-250 grams of solid cacao butter)
- 6-7 tbsp. raw cacao powder (or cocoa powder)
- 3-4 tbsp. coconut sugar (or maple syrup, coconut nectar, agave syrup)
- 1/2 tsp Himalayan salt
- 1/4 tsp vanilla powder
- 1 tbsp. pumpkin seeds
- 1 tbsp. silvered or shaved almonds
- 1 tbsp. roasted/crystal coconut flakes
- 1 tbsp. dried blueberries



You will also need a saucepan quarter filled with water, digital thermometer, a heat proof bowl that goes over the saucepan, a whisk, shallow baking tray and non-stick baking paper.

### METHOD

1. Bring a saucepan of water (about quarter full) to boil and then turn the heat down to simmering. Add cacao butter to a heatproof bowl and place over the simmering water in the saucepan. Make sure no water gets in the cacao butter. Melt the butter, stirring with a whisk or a spatula, and when almost all of it is melted, stick the digital thermometer in to check the temperature. Make sure you don't go over 48°C/118°F. If you get very close and the cacao butter is still melting, remove the bowl from the heat and let the butter melt further on the countertop. The temperature will start to drop and that's what we're after.
2. Once cacao butter is melted, add cacao powder, vanilla and coconut sugar and whisk together until all dissolved and well incorporated. The temperature will go down further once you add other ingredients. Keep it at about 32-35°C, warm it up more if needed but not back to 48°C. This will ensure proper tempering of chocolate, keep it smooth and silky, and decrease the chances of chocolate seize (when it turns into grainy paste).
3. Finally, add the salt and whisk together until smooth. Line a tray with baking paper, making sure the sides are covered so no chocolate liquid is spilt over the edges. Pour the chocolate into the tray and let it spread into a thin bark layer.
4. While still melted and hot, sprinkles evenly with pumpkin seeds, almonds, coconut flakes and dried blueberries or other nuts and dried fruit of your choice. You can even use fresh berries if you plan to eat the bark in the next couple of days. Place the tray in the fridge for at least 2 hours. The bark will solidify within 30 minutes but it's a good idea to let it stand for a little longer. Keep in an airtight container in or out of the fridge, depending on how crunchy you like it. It will keep for quite a while.

## STILL STUCK?

**Try Jan's superfood bliss balls-Christmas style!**

Just add a dash of rum or liqueurs, cherries and/or spices

If you haven't already got the recipe give us a buzz and we will email it through :)

# Christmas Hours



Ho Ho Omm

Closing : Monday 23rd December 2013

Re-Opening : Monday 6th January 2014

*Make sure you book your pre Christmas appointments now  
as we are filling up fast!*

*\*Stuck for your Christmas gift ideas?*

*Give the gift of health....*

*Beautiful Gift Vouchers available now\**