

MORNINGTON COMPLEMENTARY MEDICINE

OCTOBER/NOVEMBER 2014

This newsletter sees us coming to the end of Spring and heading into that busy time of year that December and Summer brings, a time full of celebration with family and friends.

We have been delighted to see many growing belly's coming through the doors at MCM and have been pleased to hear of the safe arrival of quite a few new babies just in time for this festive time of year.

This month we are looking into the spirit of spring renewal in Chinese Medicine, some fabulous daily immune boosting habits and of course a yummy recipe!

This Xmas Mornington Complementary Medicine will be closing for 10days over the holiday period and we have detailed our closure dates for you however if you are a patient in either very early or very late pregnancy please be sure to chat to one of our friendly reception team about your personal appointment times.

Stuck for a gift idea? Have you considered giving a MCM gift voucher to a family friend and starting them on their journey to a healthy 2015?

THIS EDITION

- **THE SPIRIT OF RENEWAL:
SPRING AND TRADITIONAL CHINESE MEDICINE**
- **DRY SKIN BRUSHING**
- **IMMUNE BOOSTING SMOOTHIE**
- **EASY POACHED CHICKEN - YUMMY!**
- **HOLIDAY TRADING HOURS**

THE SPIRIT OF RENEWAL: SPRING AND TRADITIONAL CHINESE MEDICINE

BY: DIANE JOSWICK, L.Ac., MSOM

THE PRINCIPLE OF THE FIVE ELEMENTS

THE FIVE ELEMENTS REFER TO WOOD, FIRE, EARTH, METAL, AND WATER IN EASTERN PHILOSOPHY. THE PRINCIPLE OF THE FIVE ELEMENTS (KNOWN AS THE WU HSING IN CHINESE) DESCRIBES THE FLOW OF QI AND THE BALANCE OF YIN AND YANG.

ACCORDING TO THE PRINCIPLE, ALL CHANGE – IN THE UNIVERSE AND IN YOUR BODY – OCCURS IN FIVE DISTINCT STAGES. EACH OF THESE STAGES IS ASSOCIATED WITH A PARTICULAR TIME OF YEAR, A SPECIFIC ELEMENT IN NATURE, AND A PAIR OF ORGANS IN THE BODY. CHANGE LINKS TOGETHER THE SEASONS OF THE YEAR, ASPECTS OF NATURE, AND YOUR BODY'S ORGANS AND BODILY PROCESSES. A PRACTITIONER OF TRADITIONAL CHINESE MEDICINE USES THIS PRINCIPLE TO DIAGNOSE AND TREAT HEALTH PROBLEMS, LINKING SPECIFIC FOODS, HERBS, AND ACUPUNCTURE POINTS TO THE RESTORATION OF YIN-YANG AND QI.

SPRING:

SPRING IS THE IDEAL TIME FOR CLEANSING AND REJUVENATION FOR OVERALL HEALTH AND WELL-BEING. AS SPRING IS REPRESENTED BY THE WOOD ELEMENT AND INCLUDES THE LIVER AND ITS COMPLEMENTARY ORGAN, THE GALLBLADDER, THESE TWO ORGANS ARE USUALLY THE PRIMARY TARGETS FOR SPRINGTIME CLEANSING AND HEALTH REGIMENS.

ELEMENT: WOOD
COLOR: GREEN
NATURE: YANG
ORGANS: LIVER, GALLBLADDER
EMOTION: ANGER

ENJOY MILK THISTLE TEA

MILK THISTLE HELPS PROTECT LIVER CELLS FROM INCOMING TOXINS AND ENCOURAGES THE LIVER TO CLEANSE ITSELF OF DAMAGING SUBSTANCES, SUCH AS ALCOHOL, MEDICATIONS, PESTICIDES, ENVIRONMENTAL TOXINS, AND EVEN HEAVY METALS SUCH AS MERCURY.

GET ACUPUNCTURE TREATMENTS

ACUPUNCTURE AND ORIENTAL MEDICINE CAN HELP IMPROVE THE OVERALL HEALTH OF YOUR LIVER AS WELL AS TREAT STRESS, ANGER AND FRUSTRATION, WHICH ARE OFTEN ASSOCIATED WITH LIVER QI DISHARMONY.

THE SPIRIT OF RENEWAL: SPRING AND TRADITIONAL CHINESE MEDICINE

BY: DIANE JOSWICK, L.A.C., MSOM

PUT SOME SPRING INTO YOUR STEP

SPRING CORRESPONDS TO THE "WOOD" ELEMENT, WHICH IN TURN IS CONCEPTUALLY RELATED TO THE LIVER AND GALLBLADDER ORGANS. ACCORDING TO THE PHILOSOPHY OF CHINESE MEDICINE, THE LIVER IS RESPONSIBLE FOR THE SMOOTH FLOWING OF QI (ENERGY) THROUGHOUT THE BODY. WHEN THE LIVER FUNCTIONS SMOOTHLY, PHYSICAL AND EMOTIONAL ACTIVITY THROUGHOUT THE BODY ALSO RUNS SMOOTHLY. SO, FOR OPTIMUM HEALTH THIS SPRING, MOVE YOUR QI!

STRETCH - THE LIVER CONTROLS THE TENDONS. ACCORDING TO CHINESE MEDICINE, THE LIVER STORES BLOOD DURING PERIODS OF REST AND THEN RELEASES IT TO THE TENDONS IN TIMES OF ACTIVITY, MAINTAINING TENDON HEALTH AND FLEXIBILITY. INCORPORATE A MORNING STRETCH INTO YOUR ROUTINE. TRY YOGA OR TAI QI.

EYE EXERCISES - THE LIVER OPENS INTO THE EYES. ALTHOUGH ALL THE ORGANS HAVE SOME CONNECTION TO THE HEALTH OF THE EYES, THE LIVER IS CONNECTED TO PROPER EYE FUNCTION. REMEMBER TO TAKE BREAKS WHEN LOOKING AT A COMPUTER MONITOR FOR EXTENDED PERIODS OF TIME AND DO EYE EXERCISES.

EAT GREEN - GREEN IS THE COLOR OF THE LIVER AND OF SPRINGTIME. EATING YOUNG PLANTS - FRESH, LEAFY GREENS, SPROUTS, AND IMMATURE CEREAL GRASSES - CAN IMPROVE THE LIVER'S OVER-ALL FUNCTIONS AND AID IN THE MOVEMENT OF QI.

TASTE SOUR - FOODS AND DRINKS WITH SOUR TASTES ARE THOUGHT TO STIMULATE THE LIVER'S QI. PUT LEMON SLICES IN YOUR DRINKING WATER, USE VINEGAR AND OLIVE OIL FOR YOUR SALAD DRESSING. GARNISH YOUR SANDWICH WITH A SLICE OF DILL PICKLE.

DO MORE OUTDOOR ACTIVITIES - OUTSIDE AIR HELPS LIVER QI FLOW. IF YOU HAVE BEEN FEELING IRRITABLE, FIND AN OUTDOOR ACTIVITY TO SMOOTH OUT THAT LIVER QI STAGNATION. TRY HIKING OR TAKE UP GOLF.

DRY SKIN BRUSHING CAN STRENGTHEN IMMUNITY, SPARK DETOXIFICATION AND REVERSE THE HANDS OF TIME

WEDNESDAY, OCTOBER 15, 2014 BY: CAROLANNE WRIGHT

LONG USED IN AYURVEDA, DRY SKIN BRUSHING IS A POWERFUL -- YET EXCEPTIONALLY ECONOMICAL -- HEALING THERAPY. UPON FIRST GLANCE, THE PRACTICE MAY NOT SEEM LIKE MUCH. WE MAY QUESTION HOW A QUICK SESSION OF BRUSHING THE SKIN CAN PROVIDE SUCH IMPRESSIVE RESULTS AS HEIGHTENED IMMUNITY, REDUCTION OF CELLULITE AND OVERALL DETOXIFICATION. AS UNLIKELY AS IT MAY SEEM, DRY SKIN BRUSHING DELIVERS ALL OF THE ABOVE AND MORE.

WITH THIS STRAIGHTFORWARD TECHNIQUE, YOU ARE ON YOUR WAY TO GLOWING HEALTH, SMOOTH SKIN AND A HAPPY LYMPHATIC SYSTEM -- THIS LAST PERK IS ESPECIALLY IMPORTANT TO KEEP IMMUNITY BUZZING AND YOUR CONSTITUTION ROBUST. BUT HOW DOES IT WORK?

WHEN WE BRUSH THE SKIN IN AN UPWARD MOTION, NOT ONLY ARE WE REMOVING SURFACE TOXINS AND DEAD SKIN CELLS, BUT WE'RE ALSO STIMULATING THE MOVEMENT OF LYMPHATIC FLUIDS -- A SECONDARY CIRCULATORY SYSTEM THAT ASSISTS IMMUNITY BY TRANSPORTING WHITE BLOOD CELLS AND REMOVING WASTE. SINCE THE LYMPH SYSTEM DOESN'T HAVE A MECHANISM LIKE THE HEART TO KEEP FLUID FLOWING, IT NEEDS TO BE MANUALLY ENCOURAGED THROUGH DRY BRUSHING, EXERCISE, REBOUNDED OR YOGA.

SKIN BRUSHING IS ALSO KNOWN FOR FIRING CELLULITE, THEREBY SMOOTHING LUMPY PROBLEM AREAS OF THE SKIN. HOWEVER, DON'T BE FOOLED. THE TAMING OF CELLULITE ISN'T SIMPLY A COSMETIC CONCERN, IT'S ALSO LINKED WITH A LOWER TOXIC LOAD. SINCE CELLULITE IS COMPOSED OF FATTY TOXIC BUILDUP, WHEN WE BRUSH THE SKIN, WE ARE ESSENTIALLY HELPING DISSOLVE THESE FORMATIONS SO THEY CAN BE REMOVED BY THE ELIMINATORY CHANNELS OF THE BODY.

BEYOND DETOXIFICATION AND PROMOTING YOUTHFUL SKIN, THE PRACTICE ALSO INCREASES BLOOD FLOW, IMPROVES MUSCLE TONE AND TIGHTENS UP SAGGING BITS. ON TOP OF THAT, THE PRODUCTION OF HYDRATING OILS IS STIMULATED, FURTHER ENHANCING A HEALTHY DERMAL SURFACE. DRY SKIN BRUSHING AIDS DIGESTION AS WELL AS KIDNEY FUNCTION TOO.



BRUSH WELL AND OFTEN

IF YOU'RE SOLD ON THE IDEA OF DRY BRUSHING, HERE ARE A FEW TIPS TO GET YOU STARTED.

FREQUENCY — YOU SHOULD TRY TO BRUSH YOUR SKIN AT LEAST ONCE PER DAY, WITH EACH SESSION LASTING BETWEEN 2 AND 20 MINUTES. BEFORE YOUR MORNING SHOWER IS IDEAL. OTHERWISE, A BRUSHING SESSION AT NIGHT MIGHT PROVE TO BE TOO STIMULATING AND INTERFERE WITH SOUND SLEEP.

BRUSH TYPE — LOOK FOR A NATURAL, STIFF-BRISTLED BRUSH WITH A LONG, ATTACHABLE HANDLE FOR REACHING TRICKY AREAS LIKE THE BACK. AVOID SYNTHETIC BRISTLES, AS THEY TEND TO BE OVERLY HARSH AND CAN DAMAGE THE SKIN.

METHOD — BEGINNING WITH THE FEET, AND MOVING UP THE LEGS, BRUSH TOWARD THE HEART. YOU WANT TO USE LONG, SWEEPING MOTIONS — NOT SCRUBBING OR BACK AND FORTH MOVEMENTS. AND DON'T BRUSH SO VIGOROUSLY THAT THE SKIN IS RED OR IRRITATED. YOU'RE AIMING FOR STIMULATION, NOT TRAUMA. FOR THE STOMACH AREA, BRUSH COUNTER CLOCKWISE. NEXT, FOCUS ON YOUR BACKSIDE WITH UPWARD STROKES. END THE SESSION WITH THE HANDS, ARMS AND CHEST. AVOID DELICATE AREAS LIKE THE FACE. REMEMBER, BOTH THE SKIN AND BRUSH NEED TO REMAIN DRY FOR THE ENTIRE SESSION. FOR MAXIMUM BENEFIT, MAKE SURE TO SHOWER AFTERWARDS TO REMOVE DEAD SKIN CELLS AND SURFACE TOXINS.

ABOUT THE AUTHOR:

CAROLANNE BELIEVES IF WE WANT TO SEE CHANGE IN THE WORLD, WE NEED TO BE THE CHANGE. AS A NUTRITIONIST, NATURAL FOODS CHEF AND WELLNESS COACH, SHE HAS ENCOURAGED OTHERS TO EMBRACE A HEALTHY LIFESTYLE OF GREEN LIVING FOR OVER 13 YEARS. THROUGH HER WEBSITE WWW.THRIVE-LIVING.NET SHE LOOKS FORWARD TO CONNECTING WITH OTHER LIKE-MINDED PEOPLE WHO SHARE A SIMILAR VISION.

IMMUNE-BOOSTING RECOVERY SMOOTHIE

THIS DELICIOUS SMOOTHIE IS HIGH IN PROTEIN, WHICH WILL AID MUSCLE REPAIR AND RECOVERY POST-EXERCISE, AS WELL AS HELP TO BOOST YOUR IMMUNE SYSTEM DUE TO THE KEFIR (A FERMENTED YOGHURT-LIKE DRINK WITH HIGH IN PROBIOTICS) AND THE VITAMIN C CONTENT OF THE RASPBERRIES, BLUEBERRIES AND GOJI BERRIES, PLUS IT CONTAINS CLEANSING AND DETOXIFYING SPIRULINA AND OTHER GREEN GOODIES.

INGREDIENTS

- 1 CUP ALMOND MILK (I LIKE PURE HARVEST AS IT'S SWEETENED WITH RICE SYRUP, NOT AGAVE)
- 1 HANDFUL BABY SPINACH
- 1 TSP SPIRULINA OR SUPERFOOD GREENS POWDER
- 1/2 CUP FROZEN MIXED BERRIES OR BERRIES OF CHOICE
- 10-20ML OF KEFIR
- 1 SCOOP NATURAL WHEY, PEA OR RICE PROTEIN (I USE CHOCOLATE BUT VANILLA WOULD WORK TOO)
- A SPLASH OF WATER READY IF IT'S TOO THICK



METHOD

ADD ALL INGREDIENTS TO A BLENDER AND BLEND. TOP WITH CRUSHED NUTS AND GOJI BERRIES, OR LOVING EARTH'S DELUXE BUCKINIS.



SOURCE: [HTTP://WWW.ELEVATEVITALITY.COM.AU/IMMUNE-BOOSTING-RECOVERY-SMOOTHIE/](http://www.elevatevitality.com.au/immune-boosting-recovery-smoothie/)

EASY COCONUT POACHED CHICKEN



INGREDIENTS:

4-500g organic/free range chicken breasts or tenders

1 tin coconut milk

Tamari or soy sauce

Fresh ginger (2-3cm piece, grated and finely chopped)

Fresh coriander

METHOD:

If using breasts - slice in half horizontally then slice into strips.

In a large saucepan or frying pan add the tin of coconut milk and warm slowly until it starts to simmer.

Add a dash of tamari or soy, ginger and a couple of handfuls of coriander.

Lay the chicken pieces carefully in the pan so that they don't overlap.

Simmer slowly until completely cooked through – about 20 minutes depending on chicken thickness.

Serve with fresh green beans or asparagus with lemon juice squeezed over.

2014 HOLIDAY HOURS

CAN YOU BELIEVE IT'S THAT TIME OF YEAR AGAIN?

IN ORDER FOR YOUR LOVELY ACUPUNCTURISTS TO RECHARGE THEIR QI THE CLINIC WILL BE CLOSED FOR A COUPLE OF WEEKS OVER THE FESTIVE SEASON...

CLOSING TUESDAY 23RD DECEMBER 2014

REOPENING MONDAY 5TH JANUARY 2015

MAKE SURE YOU BOOK YOUR PRE HOLIDAY APPOINTMENTS NOW AS WE ARE FILLING UP FAST!

A GIFT OF WELLNESS

FOR A TRULY UNIQUE GIFT THIS FESTIVE SEASON WHY NOT PURCHASE A MORNINGTON COMPLEMENTARY MEDICINE GIFT VOUCHER
AVAILABLE TO PURCHASE AT THE RECEPTION DESK

