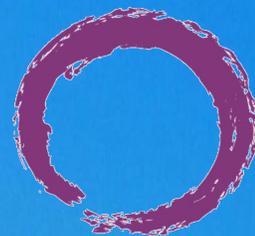


MCM NEWS



Mornington Complementary Medicine

June 2015

At the end of May we wished our very much loved MCM practitioner Travis Clarke and his wife Holly all our best as they embarked on the next chapter of their lives. 10 years ago Travis and Kirsten set up MCM and it is there passion and hard work that has made it the clinic it is today. Travis has a few words of farewell that I would like to share with our extended MCM community.....

To the MCM Family,

It is with a very significant mix of emotions that I must tell you all that after 10 years of conceiving, nurturing and growing the amazing place that is Mornington Complementary Medicine, Holly and I will be leaving the practice to focus on the growing needs and opportunities of our newer business, Vitality Trading Co.

Fortunately, we are leaving MCM in the more than capable hands of Kirsten, who whilst she has been our amazing business partner over this time, is also our very dear lifelong friend, and is like family to us. It's not often that business relationships end well, but in our case that's exactly what has happened. Kirsten has wished us on our new professional path with heartfelt encouragement and support (and a few tears) which we are eternally grateful for. We feel so proud to see Kirsten become the superior practitioner, mentor, leader and business woman that she has, and she will always enjoy our love and support.

To Alyssa and the MCM team, we couldn't wish for a better group of practitioners and support staff who we know will continue to offer the very best in holistic healthcare to all of our clients. Thankyou sincerely for your superior therapeutic skills and personalities, and for upholding the highest standards of professionalism and representation of the clinic. It is certainly all of your efforts that contribute to the success of the clinic and allows it to enjoy such a strong reputation in the community.

To all my past and current patients I wish to thank you all for your continued support over the 15 years of my practice of Chinese Medicine. I have lived and breathed it over that time and loved every day of it. It's been an honour to have been entrusted with helping you all improve your health and wellbeing, and I hope to have made a least a little difference in your lives. Please continue to use the clinic and our amazing practitioners for your ongoing healthcare needs, as the whole team are truly exceptional at what they do.

It's been a very difficult decision to step away from a profession that I have become so heavily identified by and invested in for the past 15 years. I am, however, really excited to pursue some amazing opportunities that are presented to me in my new adventure, and I feel invigorated by the change and challenge that lies ahead.

Wishing you all the best of Health and Happiness into the future, and I hope to run into some of you around the Peninsula from time to time.

Thanks, I'll see you later!



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SHONISHIN - NEEDLE FREE ACUPUNCTURE FOR CHILDREN**KEEPING OUR KIDS HEALTHY**

Children have strong vitality so when they get sick it is often rapid and intense and recovery is generally quick leaving us parents a bit frazzled while our child is well, happy and bouncing around again.

It is normal for kids to get sick occasionally and builds good immunity but if illness becomes regular and chronic health issues develop our child's immune system can become compromised. Lingered physical symptoms can often create an emotional or behavioural component the longer left unaddressed. Therefore finding the right therapy, diet changes, supplements or medicines to keep your child well is recommended for their immediate and ongoing well being.

Have you considered Needle Free Acupuncture for your baby, child or teenager?

Shonishin (children's needle therapy) is a specialized paediatric style of acupuncture developed over 250 years ago in Japan. The technique uses small tools to rub, tap and press the surface of the skin along meridians and acupoints to give a gentle stimulation. The treatment only takes a few minutes to complete and has a fortifying effect on the vital energy of your child. The treatment will help symptoms to naturally improve and restore good health making your child less prone to illness.

What we can treat:

With the colder months approaching the most common symptoms we see in clinic are: Coughs, recurrent colds, chest and ear infections.

Other childhood illness we can treat are:

Hayfever, asthma, allergies, digestive issues, reflux, colic, diarrhea, constipation, weakened immune system, eczema, dermatitis, disturbed sleep, bedwetting, irritability, impatience, hyperactivity, attention problems, emotional imbalances, behavior issues, weak constitution, infants with inadequate weight gain.

Most obvious improvements are seen after 3 to 4 weekly treatments. How many treatments that is required depends on the individual and length of imbalance or illness presented.

Prices:

Initial consultation child age 0-6 \$55 7-15 \$65
Repeat consultation child age 0-6 \$45 7-15 \$ 55
All appointments are 30 minutes

Kerry Marshall and Scott Stephens are available for consultations throughout the week at Morningson Chinese Medicine (MCM). You will also find them at the Peninsula Bubs and kids Expo in Frankston on 28th June.

For bookings please contact MCM on 5973 6886.

More information about Shonishin and practitioner profiles can be found on our website www.complementarymedicine.net.au

Morningson Complementary Medicine
138 Tanti Ave
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YUMMY PUMPKIN RECIPE - Pumpkin scones

Pumpkin is easy to grow, cheap to buy and versatile to use. It is sweet and bitter in nature and goes well in sweet and savoury dishes giving a creamy softness. It helps to eliminate damp (Water retention and bloating) from your system, promotes a healthy digestion and can aid in regulating blood sugar levels. Packed full of vitamins and in season now add as a winter staple to brighten up your plate. When you bake at home you know what goes into your food. Buying seasonal, organic and whole foods means enjoying a little butter and sugar in moderation. If you are avoiding sugar and gluten then you will be creative enough to adapt these recipes to suit your system.

Ingredients:

Pre heat oven to very hot
1 x Tbs butter (can use coconut oil)
¼ cup of raw coconut sugar or alternative sweeteners like rice syrup
1 x egg
Pinch of salt
1 x tsp nutmeg or all spice
1 x cup of cooled cooked mashed pumpkin (can use sweet potato)
2 x cups of Self-raising flour or 1 cup of SR and 1 cup of spelt flour

Method:

Mix or beat butter and sugar
Add egg and mix or beat
Add pinch of salt
Stir in pumpkin and all spice
Add in flour one cup at a time. No need to over mix
Knead lightly on floured surface to desired thickness
Use a scone cutter or the like and place your rounds on tray lined with baking paper
Cook on high temp for 15 to 20 minutes (depending on your oven)
Enjoy warm with butter and a cup of tea of your choice.
Delicious and the kids love them!



Contact Us

CLINIC HOURS

M-F : 9am—8pm

Sat : 9am—1pm

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