

Mornington Complementary Medicine

September Newsletter 2013



This issue we welcome Spring and give you some great information about Spring Detoxing and why this is the perfect time of year to cleanse, refresh and renew. The staff at MCM have some great dietary knowledge so make sure next time you are chatting to your practitioner to ask about how you can kick start some great spring cleaning ideas for your body!

You may have noticed some new faces in Reception and new voices on the phone lately so we want to take some time to introduce your MCM reception team and tell you a little about what has brought them to Mornington Complementary Medicine.

As always we have included a fabulous recipe, this time Broccoli and Rocket Soup. The perfect inclusion to your fresh, healthy spring diet.

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DETOX

6 Ways to Detox this Spring

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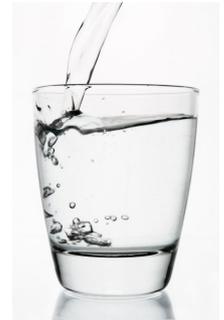
<http://mindfullifeyoga.com.au/6-simple-ways-to-detox-this-spring/>

Spring is the perfect time to detox. According to Traditional Chinese Medicine (TCM), Spring is the season associated with the Liver and Gall Bladder, and both these organs function by removing toxins from the body on a daily basis. It is a good idea to detox the liver and gall bladder every now and again to give them a break from their ongoing jobs. Spring is the perfect time to do this. A Spring Detox may be as short as 3 days or as long as 3 weeks, but a week or so is usually an optimal amount of time for most people. Choose an amount of time that is manageable for you, taking into account work or other schedules. Choose a week or so in which you can give yourself time to prepare healthy foods, exercise daily and rest well. A typical detox involves reducing the consumption of processed foods and intoxicants, increasing the intake of wholesome, cleansing, seasonal foods and fresh water to cleanse the liver and gall bladder and to give the digestive organs a break, as well as exercising to help expel any built-up toxins from the body. A detox is not about self-deprivation or giving up what you love, but instead consuming what the body really needs for physical and mental well-being – by adding more water and fresh foods into the diet, and exercising regularly to boost vibrancy and vitality. When we introduce more healthy habits into our lives, the ‘bad habits’ have a tendency to drop away naturally and without force. The suggestions given below are healthy lifestyle choices that you could choose to continue even after your detox is finished. First we create healthy habits in a deliberate and conscious way, and then those habits become a part of us that we continue living naturally. Remember, before embarking on any new diet or exercise routine, it’s a good idea to check in with your GP for specific advice regarding your body’s needs.



6 Ways to Detox this Spring continued....

1. **DRINK MORE WATER:** Water is the basis of all life on Earth. The human body is made up of around two thirds water content. Flush out impurities and toxins by boosting the amount of water you are drinking to around 2 litres each day. Choose a re-fillable water bottle so you can determine exactly how much you are drinking each day. Begin the day with a small glass of warm water with half a lemon squeezed into it (without any sweetener). Chinese medicine suggests sour tasting foods to promote liver health and proper functioning, and the warm lemon water stimulates and nourishes a sluggish or overburdened liver.



2. **EAT SEASONAL FRESH FRUITS AND VEGETABLES:**

There are many foods that can assist to soothe and cleanse the liver. Dandelion is a very typical spring cleanser. Dandelion root is a supplement that helps to cleanse the liver. Choose a healthy diet with a focus on fresh vegetables that are in season. Green leafy vegetables are associated with cleansing the body. Fruits and vegetables that are in season during early Spring include: lemons (a 'traditional' detox fruit), mandarins, oranges, grapefruit, apples, cherries (Vitamin C is great for liver health, so eat lots of citrus fruits and fresh squeezed juices); sweet potato, artichoke, beans, cabbage, cauliflower, broccoli, fennel, beetroot, silverbeet, spinach, mushrooms. Raw and steamed vegetables are the healthiest option. Cut back on meat and dairy significantly, or exclude it altogether for the duration of the detox, it is difficult for the body to digest these foods. Also, a diet that is free of animal products is naturally cholesterol free. Limit the intake of breads and cakes, particularly breads with gluten, and snacks with refined flours and sugars. Eat a smaller amount than usual (around two-thirds the usual is good), and try to eat earlier in the day to allow the digestive organs a chance to rest at night.



3. **EXERCISE DAILY:** Allow the body to sweat out any stored-up toxins. Include cardio/aerobic exercises (such as walking, jogging, cycling, dancing) to boost the flow of blood throughout the body and to strengthen the heart. Also include activities such as yoga or Pilates that develop strength, particularly core strength, and at the same time develop flexibility, concentration and coordination. Try looking for a local yoga studio or gym – many have special deals for new students, such as 2 weeks unlimited classes for around \$25 – the perfect length of time for your detox schedule, and a great way to start a healthy new habit!

4. REDUCE THE INTAKE OF ALCOHOL, SMOKING, CAFFEINE AND OTHER INTOXICANTS:

Cut back on alcohol, smoking, caffeine and other intoxicants, or try giving them up completely for the duration of the detox. Remember that just cutting back on some of these things can be a great detox even if you don't give them up altogether. If you are a coffee drinker who is horrified at the thought of giving up coffee – don't despair! – you could try not having coffee after midday for the duration of the detox and see how that feels. As well as the obvious nasties (alcohol, smoking, caffeine), don't forget that many of us are also drawn in by highly processed foods, sugary foods, soft drinks and foods with artificial sweeteners. Many of these processed foods contain toxins and are difficult for the body to process



5. REST YOUR MIND:



Just as important as the physical side of the detox, consider including some elements to support your mental health. Try giving up social media during this time as a detox for compulsive mental habits. I often hear people say they are 'addicted' to checking their smart phones for updates on Facebook, twitter and so on. You could also try reducing the amount of television you watch during your detox. Allow yourself to view certain programs, but then turn the TV off during other times of day, especially meal times. Instead, use that time to exercise, walk the dog, cook healthy food, start a meditation routine (just 10 minutes a day is great!), read a novel, do some gardening, or start a new creative endeavour.

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6. TRY ACUPUNCTURE: Acupuncture uses tiny needles placed in precise locations in various parts of the body to stimulate the flow of chi/energy towards certain key acupuncture points. Acupuncture is very mild and painless, and yet is extremely effective at correcting any imbalances in the energetic body. Acupuncture has a naturally detoxifying effect on the body. Yin Yoga and TCM Massage work in similar ways to acupuncture (but without the needles!), in the way that they are able to balance and support the energetic body without depleting the body of energy. Come see us at MCM!



SPRING DETOX

BROCCOLI AND ROCKET SOUP

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, thinly sliced
- 1/2 onion, roughly diced
- 1 head broccoli, cut into small florets (about 1 1/2 cups)
- 2 1/2 cups water
- 1/4 teaspoon each sea salt and freshly ground black pepper
- 3/4 cup rocket (Watercress can be used alternatively)
- 1/2 lemon

Preparation

Heat the olive oil in a medium non-stick saucepan over medium heat. Add the garlic and onion and sauté for one minute, or until fragrant.

Add the broccoli and cook for four minutes or until bright green. Add the water, salt and pepper, and bring to the boil. When the water is bubbling vigorously lower the heat and cover, cooking for eight minutes or until the broccoli is just tender.

Pour the soup into a blender and puree with the rocket until quite smooth. Be very careful when blending hot liquids; start slowly and work in batches if necessary (you don't want the steam to blow the lid off).

Serve with a bit of fresh lemon.



Meet The Team.....

There are a few new faces in Reception at MCM
so we thought we best introduce you!

"I discovered Mornington Complementary Medicine 6 years ago when I was pregnant with my second baby. Having fallen in love with the nurturing environment and the care provided to me during my pregnancy I was thrilled when a position became available early this year. I have really loved every moment so far of my role as Practice Manager at MCM. Immersing myself in this amazing environment and working alongside such a stimulating and supportive team has furthered my passion and understanding of the industry I have grown to love. I have two energetic daughters Tiahna and Lily who keep me super busy outside of work hours but when I do find a spare second I look forward to undertaking study in the natural therapies spectrum. My aim here at MCM is to create that same warm and welcoming environment for all our patients that I experienced. If you have any questions at all I'd love to help so please don't hesitate to ask."

Alyssa Beeby – Clinic Manager



Val joined our team at MCM after being a patient at the Clinic.

Just over a year ago she was blessed with her gorgeous baby girl "Milla". She has experienced for herself the amazing treatment of acupuncture and what it can do for your body and pregnancy.

Val has a passion for Pilates and loves snowboarding, stand-up paddle boarding & getting down the beach for a run with her fur baby "Chilli".

Esther is the baby bear and newest member to join the MCM team. A friend of the clinic for over 10 years, she is well acquainted with the wonderful world of natural health. After returning to full-time study this year, she decided that a positive work change was also in order. She loves silliness, travelling and immersing herself in new cultures, having spent a year living in South East Asia in 2007. Esther is looking forward to getting to know all of the lovely patients and staff of MCM

