PRACTITIONER SPOTLIGHT

~JO HYDE~

Jo has been an integral part of the MCM team since 2013. Jo specialises in Shonishin, Musculoskeletal and Chronic conditions, Menopause and General Wellbeing. Incorporating her love of moxa therapy into her treatments Jo finds moxa a wonderful, nurturing adjunct to treatment of organic problems and difficult disease. Working on a blood level (as opposed to acupuncture which works on a qi level) moxa is great to treat chronic, inflammatory circulatory conditions and for regulation of the nervous system.

~Jo is available at MCM on Saturdays 9-1~

To make a booking with her call MCM reception on 59736886

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• Exclusive ‘FIT SHOP’ fitness offer

“There will always be fear; do it anyway.

Let the COURAGE inspire the world around you.”

- Steve Maraboli
TRU RA DRINKING CHOC
Organic TRU RA Drinking Chocolate is a nutritious blend of cold pressed cacao powder and coconut palm sugar, bringing the sweet warmth of hot chocolate full circle by creating a true source of physical and mental health.

WARM UP WITH THIS YUMMY RECIPE

* 1 1/2 cups milk – your choice of almond, coconut, soy or organic whole dairy milk
* 1 cup (250 ml) water or another cup of chosen milk for a creamier hot chocolate
* 1 heaped tablespoon TRU RA Drinking Chocolate or TRU RA Cacao Powder
* 1/2 teasp. vanilla bean paste or 1 teaspoon extract or pods from fresh vanilla bean
* 1 teaspoon TRU RA Coconut Sugar or TRU RA Coconut Nectar
* Cinnamon to taste.

Combine: milk, water, cocoa, cinnamon and vanilla into a small pot
Heat: gently
Sweeten: with a little coconut sugar or coconut nectar to taste
Pour: into serving cups .....get cosy and enjoy!

WHY IS RAW CACAO POWDER GOOD FOR YOU?
TRU RA 100% organic cold-processed Cacao Powder is pure, concentrated, high energy cacao. Cold-processed cacao is one of nature’s richest sources of Antioxidants and the critical micronutrient Magnesium. It delivers more anti-aging antioxidant power than pomegranate, red wine, or green tea and supports healthy heart function, strong bones and improved flexibility.

http://vitalitytradingco.com/

All of these delicious TRU RA organic products can be purchased here at the clinic.
3 Tips to Achieving Your Health and Fitness Goals

Have you been trying to work towards something but find yourself hitting a wall time and time again?

Well follow these simple steps and breakthrough that wall to find the healthier, happier you that you’ve been looking for!

1. Write your goals on paper, dream big and be as creative as you want.

2. Now create 1 Daily Habit inline with each goal, this can be as small or simple as you like, it needs to be achievable and realistic, for example if you have a weight loss goal your daily habit might be “I WILL drink 2lttrs of water”.

3. Now, focus all your energy and attention on the daily habit! And be as consistent as you possibly can with executing your habits.

It’s ok to check back in with your big goals regularly, however try not to focus all your energy here, you want to focus your energy on the progress you are making rather than what you haven’t achieved YET!

Now for the 3 step system to work you need to do one last thing,

TAKE ACTION so be sure to write down your top 3-5 goals and a daily habit for each and stick them up somewhere you will see them every day so you can keep it front of mind!

To help you work toward your goals we have an amazing offer for all MCM staff and clients. We would love to have a chat with you and help set out some goals and habits to ensure you achieve your goals and work toward a healthier happier you!

Brad Cunningham
- The Fit Shop
Contact Us

For more information or to make an appointment call MCM Monday—Saturday and speak to Alyssa, Esther or Alli :) 

CLINIC HOURS

M-F : 9am—8pm
Sat : 9am—1pm

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