



## Healthy recipes for the Festive Season!

### Real Food Brownies

- 1 & 1/4 cup pitted dates
- 9 Tbsps. raw Cacao
- 1/4 cup macadamia oil
- 1/2 cup honey
- 2 cups canned chickpeas
- 4 eggs
- 1/2 tsp. baking powder
- 1 tsp. cinnamon

Put dates into a liquid measuring cup, and pour in hot water to the 1 1/2 cup line. Soak for 10 minutes. Pour off and discard one-quarter cup of the liquid, and process the remaining liquid and dates in a food processor until a smooth paste forms. Put date paste into a large bowl, add cacao powder, oil and honey, mixing well. Combine the drained beans and eggs in a food processor, and blend until smooth. Add bean mixture to date mixture, stir well. Add baking powder & cinnamon. Stir. Pour batter into a 9x13 inch non-stick pan. Bake for 40 to 45 minutes at 180 degrees. Makes 18.

Per serve: 133 calories, 2.5gm protein, 4g total fat (0.6g saturated fat, 2g polyunsaturated fat), 25g carbohydrate, 16g sugar

## Clinic News

It is hard to believe that this is our last newsletter for 2012—wow, it has been a really interesting year! In this 'condensed' edition, we bring you a couple of tried and tested (and delicious) healthy recipes that you can use over Christmas. Honestly, healthy food can be so tasty—our Shen Wellness Recipe book is full of great meal ideas and we are often posting additional recipes on Facebook. Good health starts with good nutrition so it is really important that we all make time to eat well and prepare good food, otherwise we will have to make time for disease later on.

In this edition, you will also find some information on our new Detox program and our updated weight loss program, both of which will be run by our Patient Liaison Susan who is close to finishing her Naturopathy qualifications. On the back, we have provided a list of 'do's and don'ts' for those on IVF cycles; a must read for our fertility patients. Getting back onto the topic of good nutrition, we would like to stress the importance of taking a daily Multivitamin and Omega 3, in addition to eating well. These

2 supplements are a must for everyone for a long list of reasons. Sadly, our soil is increasingly depleted of vitamins and minerals so we just don't get as much of these nutrients through our food as we used to.

At this time of year it is particularly important because alcohol and other bad foods that we may indulge in do deplete the body of nutrients including vitamin C, zinc and magnesium. Furthermore, when metabolising alcohol and other toxins you use a substantial amount of B group vitamins and if you are deficient in these, you will not be able to eliminate toxins. Similarly, there are hundreds of reasons why we should all be taking a daily Omega 3. This supplement has been proven to benefit by lowering cholesterol, managing arthritis, preventing heart disease, improving brain function and assisting fertility just to name a few. Some of you may not know that our Omega 3 is the most concentrated available in Australia in capsule form, making it extremely economical. Our Multivitamin is up to 50 times stronger than others on the market and contains a lot of

additional nutrients that many other brands do not include. We do have handouts for patients in the clinic that compare our ConceptShen Multivitamin and Omega 3 to other leading brands if you would like more information. Remember we can post supplements to you if you can not come into the clinic.

Please take the time to check out our new website; the address is above. There is a lot of information available, as well as a live feed that we update regularly and a healthy recipes section. Some sections are locked, but you can call or email the clinic and we will provide you with an access code.

We are still getting lots of questions about the city clinic. We are negotiating some options at the moment and hope to have good news early in 2013.

Be sure to start booking your appointments for January. 2013 is the Year of the Snake—a good omen in China, so cheers to a great new year!

### Christmas Break

Shen Therapies will be closed for the Christmas Break from 1pm **Fri 21st December** reopening on **Mon 7th January 2013**. Make sure you stock up on supplements so that they last you through the holidays.

Anthea will be taking leave from 21st November till 17th December 2012. During this period, Andrew will be working extra hours and Tracy will cover some shifts.

2013 clinic hours are listed on the back of this newsletter.

**Food for thought:-** " So many people spend their health gaining wealth, and then have to spend their wealth to regain their health. " A.J Reb Mater

### Shen Therapies Gift Vouchers

This Christmas, consider giving the gift of health to someone in your life. Redeemable on any 'standard' treatment including massage, acupuncture and pregnancy treatments. Great for anyone in your life that deserves some TLC.

Gift Certificate

Shen Therapies 神治

This certificate entitles

to \_\_\_\_\_

Best wishes from \_\_\_\_\_

Authorized by \_\_\_\_\_

Date / /

Expires / /

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**Nutty Quinoa, Rice Salad**

- 1 cup brown rice
- 1/2 cup quinoa
- 6 shallots chopped
- 1 red capsicum chopped
- 10 snow peas, each cut into 4
- 1 large carrot grated
- 1/3 cup currants
- 1/2 bunch coriander chopped
- 1/2 bunch Thai basil chopped
- Salad dressing:
- 1/4 cup nut oil e.g. walnut
- 3 Tbsp. soy sauce
- 1 1/2 Tbs. fresh lemon juice
- 2 cloves garlic crushed
- 2 Tbsp. finely grated ginger
- Toppings:
- 3/4 cup roasted cashews
- 2 Tbsp. sunflower seeds

Simmer the quinoa and rice in 4 cups water for 20 minutes. Optional—to enhance their flavour further, dry roast them by cooking in a skillet on low heat for 5 minutes, stirring constantly.

Once cooled, combine rice & quinoa with chopped herbs & vegetables; mix well. Mix salad dressing & pour over salad. Toss, then sprinkle toppings over the top.

A great salad to accompany leg ham, turkey or chicken this festive season.

**5 Tips to stay healthy this Christmas**

1. **Exercise** (even if you have had a few drinks, get rid of the toxins in your body!)
2. **Relax!** Schedule some 'me' time and plan ahead so Christmas shopping is not stressful
3. **Nutrition**—stick to the rule '19 / 21 meals in a week should be 'good' meals. Use our healthy recipe alternatives.
4. **Water**—drink plenty. Keep alcohol to a minimum, try soda water instead, it still has bubbles
5. **Sleep** 7 to 8 hours per night... and if all fails, don't beat yourself up! Strive for a healthier day the next day!

**Express Detox Program**

Shen Therapies are pleased to announce that we are now offering a 2 week express detox program at the clinic. Every single day, our bodies are exposed to thousands of toxins. They are found in products that we use regularly around the home including most cleaning products, make up, soaps, shampoos, foods and furniture to name a few. Toxins are poisonous to the body and must be broken down or excreted before building up to dangerous levels. Common signs that there is a build up of toxins in the body include:  
 - Lethargy, sluggish feeling, low energy  
 - Bloating, diarrhoea,

constipation or poor digestion in general  
 - Recurrent headaches  
 - Aches and pains  
 - Anxiety and mood swings  
 - Impaired immune system resulting in constant colds/illness  
 - General feeling of being 'unwell' following overindulgence  
 This last point in particular is very relevant at this time of year. Most people do bend the rules over the festive season so a 2 week express detox may be all you need in January to get back on track towards optimal health. It can also be an effective way to kick start weight loss for the new year. Our 2 week express program includes products, a nutrition plan, consult, recipe

book and support throughout the program. If you are interested in knowing more please contact Susan at the clinic. On a final note, if you are considering detoxing, please be aware of 'off the shelf' programs, available at discount chemists and pharmacies. These programs often use inferior products containing chemicals and 'fillers' and do not offer advice or guidance from a Practitioner. The Express Detox Program at Shen uses Practitioner grade products and is based on scientific research for best results.

**Weight loss Program**

Gyms can be daunting and dieticians are expensive; we offer an individual and affordable weight loss program in a safe, non confronting environment. The program includes an initial consult, diet plan, Wellness and Recipe book, initial supplementation, exercise advice and ongoing acupuncture is recommended. If you are wanting a personalised and professional approach to weight loss without the mirrors and the lycra, contact Susan at the clinic. Based on science, not fad.

**The Fountain of Youth**

Aging is a natural part of life, yet we are increasingly interested in methods to 'turn back the clock.' The good news is that no matter where you are in your life, there are safe, natural and effective ways to slow down the aging process. In 2013, Shen will be introducing an Anti-ageing program. Through a series of assessments we will be able to determine your 'cellular' age and then design a program to assist you to maintain optimal health and energy and age healthily. Stay tuned for more information about ageing well!

**IVF Do's & Don'ts**

- DO:
- Drink electrolytes (Endura) daily!
  - Eat protein: small amounts with every meal (that's 5 meals a day)
  - Go to the hospital if you are in pain
- DON'T
- Do a urine pregnancy test before the blood test as the hormones haven't circulated through the urine and you will almost certainly get a negative even if you are pregnant. This will be distressing.
  - Use Dr Google
  - Go on blogs

**Latest on Staff plus Final Holiday Wishes**

Congratulations in advance to Kertu Ehala who is about to finish her Acupuncture studies and will be working at Shen as a Practitioner from 2013. Kertu already has a lot of experience under her belt having worked with Andrew and Anthea at Shen for the last 3 years. Kertu has an amazing gift to heal and soothe, and we are so lucky to have her at Shen.

Now for some final festive wishes from the staff:  
 Krissy: "Find some peace this holidays. Best wishes for a prosperous new year."  
 Michelle: "Try to volunteer this Christmas... the best gift you can give someone is a smile on their face"  
 Susan: "Take time out and enjoy the sunshine, early mornings, beach and fresh air"  
 Katie: "Find an exercise routine

while you have the time. And enjoy Bubbles—both champagne & soda water—in moderation!"  
 Andrew: "Have fun and do everything in moderation!"  
 Kertu: "Good food and candle light makes a beautiful Christmas"  
 Anthea: "Christmas is not a time, nor a season, but a state of mind."  
 Tracy: "Enjoy the special moments."

**CLINIC HOURS FOR 2013 - 3279 5697**

	Morning	Afternoon
<b>MON</b>	8am-11:30am (last appt)	2pm-4:30pm (last appt)
<b>TUES</b>	8am-12pm (last appt)	1pm-7pm (last appt)
<b>WED</b>	8am-12:00pm (last appt)	2pm-4:30pm (last appt)
<b>THURS</b>	9am-1:00pm (last appt)	3pm-6:00pm (last appt)
<b>FRI</b>	8am-1pm (last appt)	Closed

