



For people who are actively involved in their own health

**Level 1, 265 Coventry St,
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Celebrate & Explore - Bing Qian

Travel, novelty, and celebration keep your mind and body fresh.

Referral Draw

Refer your friends and family for a chance to win a free acupuncture treatment!

Health Habits - Alice Louey

Are you doing all you can to help yourself stay energised and healthy?

Are You Retaining Fluid But Don't Know it?

Fluid retention isn't always obvious, but can weigh you down.

Recipe For Health

Watermelon Rind Salad helps combat summer heat and other problems.

Staff Spotlight

Alice Louey - What I Love about Traditional Chinese Medicine.

Bing's Family Cartoon

Keeping you smiling all summer!



Celebrate & Explore - by Bing Qian

We just had a fantastic Christmas and New Year, and now it's Chinese New Year! I love celebrations and milestones because they remind me how much I have to be grateful for and to look forward to.

In January, we took my nephew travelling and went to South Australia where we dropped Wayne off at his father's farm (which the bushfires threatened, but did not damage) and went on to Port Lincoln and Tumby Island.

It was an amazing trip and quite an adventure. We drove along Whalers' Way (like the Great Ocean Rd, but without the traffic and fences) and stopped to have a look at most of the viewing spots to enjoy the sparkling water views and breathe the fresh air.

We even noticed a sign that said 'swimming pool' so we stopped and looked around. We would never have found it if there hadn't been people down there talking because you couldn't see it from above and could only reach it via a pole and a ladder down the cliff-side.

It was a scary climb down, but very worthwhile - not only could you swim in the natural pool, but the surrounding rock pools were also home to starfish like the ones I'm holding here. My nephew enjoyed the challenge and novelty - sightseeing in Australia and China are very different.

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Referrer of the Month - Martha O'Sullivan

"Alice is fantastic and I look forward to my appointments because they make me feel great."



We Appreciate Your Referrals and Want To Thank You! - Your Chance to Win an Acupuncture Treatment!

Why acupuncture?

There are a lot of things you can do at home to take control of your health and energy, but acupuncture isn't one of them!

Acupuncture is one of the most powerful tools for healing and your health and well-being is what BNH is all about.

Each referrer will be entered into a draw to win a FREE Acupuncture Treatment. The more referrals you give, the more chances you have to win!

What do I need to do?

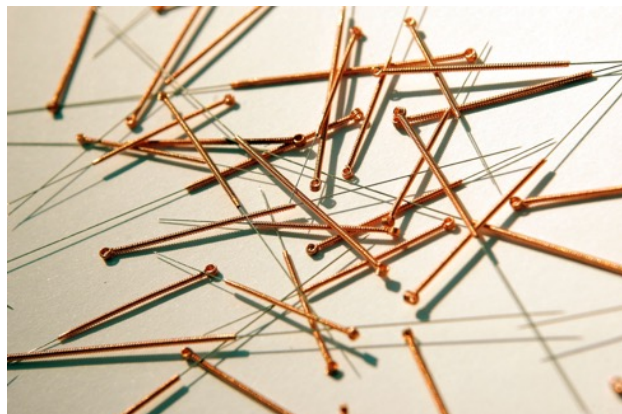
Just tell your family and friends how Bing's Natural Health has helped **you** and ask them to mention your name when they make an appointment.



Health Habits - by Alice Louey

You know that when something becomes a habit, it takes very little effort to maintain it. So how are your health habits looking?

Now that the festive season is over and kids are back in school most people breathe a sigh of relief and settle back into a routine. This is also a good time to dust off your New Year's resolutions about exercise and diet and turn them into long-term habits.



It doesn't take much effort to brush your teeth because you have turned it into a habit. That is what you need to do with your eating and exercise as well. You might start by preparing your meals a few times each week. You'll notice the difference in how you feel, and that will encourage you to do it more often.

The hot weather in February makes it easier to eat cooling foods like green mung beans, watermelon, cucumber and such because your body naturally craves those foods, so this is a great time to turn those natural cravings into the basis of a long-term habit. It is also a great time to swap out sugary sodas, milky drinks, caffeine and alcohol for mint or green tea, and water, or water with mint and lemon.

If you make the change now, while the weather supports your choice, you'll find it easier to keep up when the weather changes. Even though your body's needs will also change you'll be in the habit of eating mindfully and you will have cut out some of the most addictive substances from your lifestyle.

You might even enjoy them more, when things like coffee, sugar, and alcohol are treats rather than everyday necessities.

Are You Retaining Fluid But Don't Know It?

Your body may be retaining fluid for many reasons and you might not be aware of it, but you'll notice the difference when you start to get rid of it.

Eczema & Fluid Retention: Josh has been seeing me for several months and his eczema is now basically under control, thanks to acupuncture and herbal treatments, but it usually flares up at this time of year. Skin conditions and fluid retention are frequently an indication of weakness in the digestive system.

One visit I noticed that his skin felt rather like a water balloon so I added some additional herbs to his prescription. When he came back a month later he said clothes were more comfortable and he had not developed the weepy rash he usually suffered at this time.



Maria had a busy and stressful year. As a result of work pressure she was heating poorly, skipping exercise and had put on weight. When she came in for Shiatsu I realised that she had fluid retention so as well as looking at her lifestyle changes I prescribed herbs and acupuncture. In the following week she lost 5 kgs - mostly of fluid. 3 weeks later she had lost another 3kgs and we changed her herbs to a digestive blend. Once the fluid had dispersed she felt so much better and couldn't believe she hadn't noticed it.

Watermelon Rind Salad by Alice Louey

Traditional Chinese culture tries to use every part of the plant or fruit recognising that they all contribute to our nutrition. Watermelon rind (the white part of the peel) has a bland flavour with a nice crunch - like cucumber or celery. It has cooling properties, so is perfect to add to your salad or stir fry dishes during summer. It contains citrulline, a powerful antioxidant, and it converts to arginine, essential for healthy heart, circulatory and immune systems. Watermelon rind is also used for teething babies, as its cooling properties help to soothe their gums, and provides resistance for babies to chew on.

Watermelon peel (the tougher outer green part) is traditionally used to treat heatstroke.

This salad relieves the effects of damp heat, fatigue, sore throat, insomnia, urinary difficulties, and indigestion.

Salad Ingredients:

100g watermelon rind, thinly sliced;
30 g grated carrot (1 medium carrot);
30 g red capsicum, thinly sliced;
Handful of peanuts or cashews.



Dressing Ingredients:

½ tablespoon fish sauce or soy sauce
½ tablespoon sugar
½ tablespoon white vinegar or rice vinegar
½ tablespoon lime juice
1 teaspoon siracha or chilli sauce
½ teaspoon sesame oil

Instructions:

1. Combine dressing ingredients. Stir to dissolve sugar. Adjust to taste if needed.
2. Arrange salad ingredients except nuts. Pour over dressing. Toss salad.
(N.B. Watermelon rind may be lightly stir fried in olive oil to intensify the flavour and remove some of the 'crunch' if preferred.)
3. Sprinkle peanuts or cashews on top.
4. Enjoy!

Celebrate & Explore - by Bing Qian cont ...

Another day we walked across to Tumbly Island, carefully timing our visit so that we did not get cut off by the incoming tide. At high tide Tumbly is completely cut off, so we felt very adventurous as we headed across the sandbar. We didn't have time to walk all the way around, so we ended up cutting across the middle of the island and even then the tide was coming in as we set out back to the mainland and we had some wading to do. Yinzhe kindly went first through the deeper bits to make sure we weren't going to have to swim, while my mother (who stayed behind) texted regularly with reports on the incoming tide to keep us moving quickly.

I find that an important aspect of my emotional and physical health is stepping out of my comfort zone, going new places and trying new things. I rather like the way we celebrate New Year in January, then Chinese New Year in February because it gives us yet another reminder that every month (and even every day) is really a fresh start.

NEW YEAR'S SPECIAL OFFER!

GET BACK ON TRACK AFTER THE HOLIDAYS!

GET A FREE TREATMENT WHEN YOU PREBOOK 10 TREATMENTS IN 2015 - ENJOY 10 TREATMENTS, ONLY PAY FOR 9!

OUR RECEPTIONISTS WILL HELP YOU WITH YOUR BOOKING

NOTE: IF YOU NEED TO MOVE AN APPOINTMENT ASK THE RECEPTIONIST TO MOVE YOUR TREATMENT, NOT CANCEL IT.



WE'LL KEEP YOU SMILING ALL SUMMER LONG!



Alice Louey

As people we are more than just our bodies - our body, mind, and emotional are all woven together in a complex fabric that makes each of us unique.

“What I love about practicing Traditional Chinese Medicine is that it gets results for my clients!”

That is why your practitioner asks so many questions. We can see things in your eyes, nails, and tongue that give us clues to what is going on inside, but then we want to confirm our findings and uncover the root cause.

When we use herbs or acupuncture, we're not just addressing your body's ailments, we're also balancing your emotions to help you find greater health.

This is also why we strongly recommend that you visit even when you are feeling fine so that you can achieve a greater degree of health than you ever imagined was possible, and so that you can build up your reserves against future physical, mental and emotional challenges.