



For people who are actively involved in their own health

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### **Remembering: Past, Present, Future - Bing Qian**

Memories are an important part of who we are. Reflection on the importance of remembering, and creating memories.

#### **Referral Draw**

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

#### **Children & Traditional Chinese Medicine - Alice Louey**

Can my child benefit from TCM? What should I expect?

#### **Client Stories**

Children, Ear infections, eczema and TCM.

#### **Recipe For Health**

Tofu - vegan, tasty, and powerful.

#### **Staff Spotlight**

Things you may not know about Sam.

#### **Bing's Family Cartoon**

Children.



### **Remembering: Past, Present, Future - by Bing Qian**

Shanghai! The city of my childhood is a place of memories for me. As a girl I spent many hours walking alongside this river thinking, dreaming, talking with friends. I took this photo on my trip to China last month because of the memories it evoked.

Remembering is an important part of who we are and the person we are becoming, even when some of those memories are painful. My grandmother's home was just near the river and I spent a lot of time with her, but now she is no longer living and I miss her - I miss her wisdom and her courage. At the same time, I am grateful for the time I had with her, the love she gave me, and her belief in my abilities.

Do I regret the powerful influence she has had (and still has) on my life just because I miss her? Not for a moment! In fact, I know that as long as I remember her, she lives on. Our dead are not really dead unless we shut them out of our lives.

We can't live in the past, any more than we can live in the future - because we truly do not know what a day will bring forth, but we can draw strength from the past to help us make the most of today and shape the best future we possible for our children and grandchildren.

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## Referrer of the Month - Jacquie Scammell

*"I regularly come in for acupuncture and shiatsu to maintain my health and well being."*



## 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 helps balance your energy and enables your body to heal itself. It is one of the most powerful tools for healing and since your health and well-being is what BNH is all about we feel that this will benefit more of our clients.

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.

## Children and Traditional Chinese Medicine - by Alice Louey



*Children respond incredibly quickly to treatment. This is probably because their energy hasn't been blocked by the stresses of life and years of bad habits. Keeping those energy channels unblocked will help your child experience better health and greater happiness so don't wait until they are sick.*

### Acupuncture and Children:

As you know we use acupuncture to treat many problems because it unblocks your energy and allows your body to heal itself.

There are some important differences between treating children and adults with acupuncture. The main thing you'll notice is that we don't leave the needles in the skin. We simply touch the point and then remove the needle. This is effective because a child's energy is usually easily stimulated.



**Laser Acupuncture:** Although traditional acupuncture with needles is the best choice for adults (even those who don't like needles are surprised when they try it and find it is painless), laser acupuncture is just as effective as regular acupuncture in children so we often use this instead.

**Other TCM Treatments for Children:** We have herbal tinctures and granules specially formulated for children, so if you are thinking of your own herbal formulas, don't worry. Our children's formulas have a slightly sweet taste and most children get used to it quickly.

### What Conditions Can TCM Be Used for in Children?

Apart from using TCM to maintain your child's general health and protect their immune system, TCM is very powerful for relieving chronic eczema and earache - two very common problems which make children (and their parents) miserable!

I love seeing the wide smile from my patients after just one or two treatments, and hearing reports from their parents about the changes in their mood and behaviour.

## Earache & Eczema in Children

*Traditional Chinese Medicine works quickly to relieve these conditions that make the whole family miserable.*

At 9 months **Jeff's** eczema was itchy and red and was all over his body, especially in the creases. His parents had already tried modifying his diet and removing potential allergens, but it hadn't helped much.

At first he didn't like the herbal tincture, but once he got used to it his rash cleared quickly and within 3 weeks had virtually disappeared. He (and his family) were able to sleep better, and so everyone's mood improved.



Tiny **Anna's** recurrent ear infections made her miserable, and her mother was not only worried, but was also worn out as a result of sleepless nights. She'd had several rounds of antibiotics but they only gave her intermittent relief.

Her parents were looking for another solution so they talked to us about their options. We used local laser acupuncture around Anna's ears, as well as general energy points, and mixed up a special tincture.

After the first treatment her fever went away and her mood improved. After 2 more treatments the infection cleared and we continued with acupuncture and healing remedies to boost her immune system.



## Tofu with Yellow Bean Sauce by Bing Qian

Did you know that tofu comes in as many different textures and flavours as cheese and can be used for nutritious desserts as well as tasty snacks and main dishes?

It's an incredibly versatile ingredient and it is also very potent and healthful. There is no better way to protect and fortify your kidneys than indulging in some tasty tofu dishes.

Maybe you think that tofu is not for you ... be adventurous. Take a trip to your local Asian supermarket and buy a few different types of tofu to experiment with. Maybe you've just been eating a variety that doesn't appeal to your taste.



### Ingredients:

Pack of firm tofu  
1 egg  
1 Tbs flour  
Carrot, red and green capsicum  
Shredded ginger  
1 x Jar Yellow Bean Sauce  
Cooking wine  
Cooking oil, salt, sugar,

### Instructions:

1. Firm Tofu cut 1cm thick, 1 inch square and soaked in salt water for 10 mins;
2. Beat egg & flour together;
3. Cut capsicum and carrots into strips;
4. Take tofu out of water, dip in dry flour, then in egg mixture.
5. Fry tofu 1 piece at a time in not-too-hot oil until both sides are yellow then put aside.
6. Add ginger to oil used to fry tofu and fry until fragrant;
7. Add carrot strips and cook until crunchy then add capsicum;
8. Add salt, & white sugar to taste and stir fry.
9. Return tofu to pan, mix well, add Yellow Bean Sauce, bring to boil and simmer 6-8 minutes. Serve with rice.

## Remembering: Past, Present, Future - Bing Qian cont ...

My sister and I shared many memories during my visit, and we created new memories which we will take into the future. One of the most exciting parts of my visit was taking the high-speed railway to Nanjing. Nanjing used to feel like it was a long way from home - even if you fly you still need to get to the airport and check-in, but with the bullet train our trip only took just over 1.5 hours. It really felt like the best of both worlds - we had a chance to see the countryside, but the journey took almost no time. There's something to be said for speeding up the journey - you can pack a lot more memory-making into it!

So we come back to that quiet river in Shanghai which has seen so much - peace, turbulence and change and which is deeply embedded in the memories of many Shanghai residents. Just looking at the photo gives me sense of being grounded in something bigger than myself, and gives me the energy to create memories in the present that will build a joyful future.



## Samar Khoury - Office Manager

If you've been to Bing's Natural Health more than a few times, you've probably met Samar - or at least spoken to her on the phone - and you've probably felt her compassion and practical helpfulness.

Whether you are a new client, booking your first appointment, or a regular client needing to change your appointment, she'll help you find a time that suits your schedule. As someone said to me the other day about her, "Sam is always patient and persevering and she can find a solution that works. I don't think she knows the meaning of the word 'quit'."

**"If patients want to talk to me while they're waiting, I'm more than happy to talk to them. If they prefer to be quiet and focus on preparing their mind for their session, that's fine too."**

You may not know that Sam is actually a qualified remedial massage therapist and has a great deal of knowledge about diet, nutrition, and Traditional Chinese Medicine as well. So, if you're feeling chatty on your next visit take some time to talk to Sam and ask her some questions.

