



For people who are actively involved in their own health

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Carpe Diem: Living Life Positively - Bing Qian

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

Referral Draw Winner

The Power of Energy

Quotation from Goethe

Combining Therapies - Helen Blakey

The real advantages gained from mixing therapies (increase effectiveness, save time, save money).

Client Stories

Using combination therapy for chronic shoulder or joint pain.

Recipe For Health

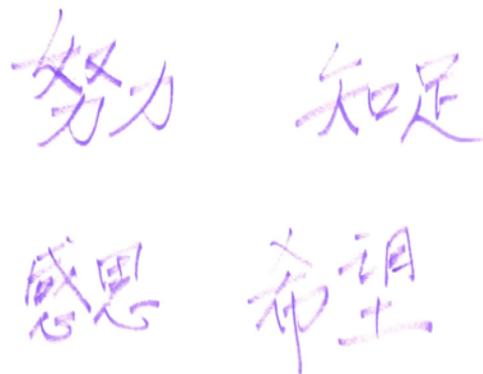
Vegetable Curry - delicious and nutritious.

Cancellation Policy

For your benefit, and that of other clients.

Bing's Family Cartoon

Take time to appreciate the little things and make wise choices.



Carpe Diem: Living Life Positively - by Bing Qian

As you read this I'm in China again - for a long-awaited holiday and 30-year class reunion which I'll talk about next month. I'll miss you all, but I know that you are in good hands with each of the BNH practitioners.

I'm inspired by my sister to focus on the importance of living life positively and making the most of each day we are given. As I mentioned in the April newsletter her cancer has re-surfaced aggressively so I went to visit her at Easter wanting to know what was going on and offer advice and encouragement.

It was hard for me to find that she didn't want to talk about it because there wasn't anything to add. She has decided on the best course of treatment and is pursuing that. In the meantime she wants to continue living her life to the full and focus on the positive.

What am I learning from my sister? Lessons that are just as true when I am healthy and life is good, as when difficult times come upon me: Not to waste a minute of my life sitting around feeling sorry for myself, but to seize every opportunity that comes my way to celebrate, enjoy my friends, be grateful for all the experiences and opportunities I have, and for every breath that I draw - and perhaps most important - how to ask for help when I need it.

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Referrer of the Month - Anita Mertzlin

*"Took tablets all my life for hayfever.
After seeing Bing I don't have to take
tablets any more. It's amazing!"*



"Energy will do anything that can be done in this world." - Johann Wolfgang von Goethe

The basic premise of Traditional Chinese Medicine (TCM) is that the stresses and demands of everyday life block the flow of energy through our body and cause dis-ease.

This means that if we want to live full, healthy lives that bring warmth and inspiration to others we need to unblock our energy.

In the clinic we use acupuncture, cupping, and other techniques to stimulate energy and cause our body to heal itself, but the work doesn't end there.

At home, at work, and everywhere you go you should build your physical and mental resilience, through meditation, suitable exercise, diet, and by focusing on the flow of positive emotions and thoughts that run through your mind.

Humans are amazing beings, and the bounds of possibility is only limited by our beliefs.

Combining Therapies - by Helen Blakey



Many people think they need to see an osteopath or physiotherapist for hands-on work, but all practitioners at BNH are trained in Chinese massage and other techniques.

Combining Treatments Helps Diagnosis: At BNH we offer clients the option of combining treatments. When we start by massaging your sore knee, for example, we can find exactly where the soreness is, and where the pain originates.

This means that later in your session when we use acupuncture, the massage has already softened the tissue and opened energy channels so that the effect of the acupuncture is heightened.

Common Combinations: The basis of most treatments is acupuncture because of its powerful therapeutic effects on almost every condition. After all, the more freely energy is flowing to every organ in your body, the more efficiently they do their job.



Acupuncture is most commonly combined with moxibustion, cupping, and massage. These cause tissues to relax, and energy to flow even more vigorously and speed the body's own healing process.

Saving Time: Combination sessions usually last for 1 hour or more, although they can be done in 45 minutes if necessary. This may seem like a long time for a session. However, if you were coming to BNH for acupuncture and going to a physio for massage you would have to add waiting time, and travel time, not to mention the extra stress that involves.

The Real Benefits of Combining Therapies: Your real benefit doesn't come from the time or money you save, but from the deeper relaxation and healing you experience. The effect of combining treatments is cumulative - your body releases more tension, and that intensifies the healing you experience.

Client Story

Chronic pain in shoulders, hips, or other joints is common - even in people in their 30s. Combination therapy is a very powerful solution.

Andy had been seeing a physio on and off for several years because of his shoulder pain. It would flare up, and then subside for a while, but now he felt that he was developing frozen shoulder, and the idea of cortisone injections didn't appeal.

He was a regular client and one day he asked if there was anything we could do to help his shoulder. As he described his symptoms we realised that one of the problems was that every time the physio massaged the joint bruising appeared on the surface.



Andy's practitioner at BNH suggested that combining acupuncture with massage could provide substantial relief without the bruising. In his case we used the needles first because we were able to pinpoint exactly where the source of the problem was.

Andy had previously found massage excruciatingly painful because of the movement, but the needles went straight to the source of the problem and started to dissipate the blockage while **Andy** relaxed.

After the relaxing acupuncture session, which encouraged the release of toxins rather than force them out, massage left **Andy** feeling much better.



Vegetarian Curry by Helen Blakey

The spices in traditional curry have many healthful properties and the rush of heat you experience is a sign that they are stimulating your energies.

Turmeric is not only good for cleaning blemishes from your

skin, it is also used in treating many internal complaints.

Curries are flexible dishes which are great for using up leftover vegetables because you can substitute any

vegetable you choose for the ones in the recipe and vary the quantities. When you are making substitutions remember to add the firmest vegetables first as they are the ones which will need to cook for longer.

Side dishes are a great addition to your meal as well and add variety and flavour.



Ingredients:

- 1 large onion coarsely chopped
- ¼ tsp each: ground ginger, cayenne pepper and cumin
- 1 tsp each: salt, curry powder, turmeric
- 2 bay leaves
- 2 Carrots
- 2 potatoes
- ¼ kg each: broccoli, green beans, squash cut into pieces
- 1 red or green capsicum cut into 2cm pieces
- ¾ cup of water
- Cooking oil, black pepper

Instructions:

1. Pour oil into large pan and heat. Add onion and cook until soft;
 2. Stir in spices and fry 2 mins;
 3. Add vegetables and coat in spice mixture;
 4. Add water and bay leaves;
 5. Cover and simmer until vegetables are cooked (~20 mins).
 6. Remove lid and simmer until liquid is reduced by half (~5 mins).
 7. Serve with rice or flat bread.
- Serves 6.

Carpe Diem: Living Life Positively - Bing Qian cont ...

Let me share with you the 4-Word Principle (pictured above) that my sister has chosen to live by and that I am adopting too:

1. Wholeheartedness
2. Appreciation
3. Gratitude
4. Hope

The good news from her last report is that the tumour in her liver has disappeared and she only has one more treatment to go. Now she is planning a tour of the US which she and her husband have talked of doing for years. I'm so proud of the way she has decided to not let cancer or anything else stand in the way of her being herself because we can't choose what comes our way, but we can choose how to face it.

It's too easy to let the things I fear stop me from taking the steps I really want to take, and that is something I have decided not to do any longer.

Bing's Natural Health -

Please give us 24 hours notice

if you need to cancel your appointment!

We'd like to remind our clients that if you cancel your appointment less than 24 hours beforehand, or do not show up, we will charge you for it.

I'm sure you appreciate that our practitioners all have waiting lists of clients who would like to see them as soon as possible, if you give us 24 hours notice of cancellation, your practitioner has a chance to fit someone in who would otherwise be disappointed.

