

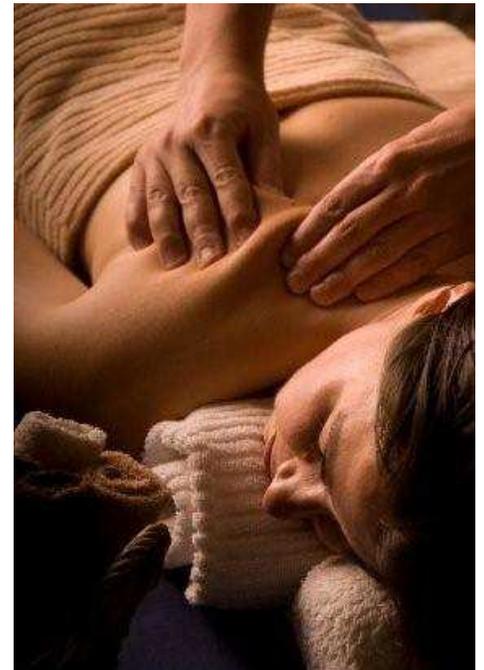


Merry Christmas



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- Congratulations Jessica, Welcome to Suzanne

New Web Site
www.rtcm.com.au



There is no more appropriate time to say

Thank-you

And with the approach of the festive season, it is a pleasure for us to extend season's greetings and wish you a year abounding with health, happiness and prosperity.

Giving means extending one's love with no conditions, no expectations and no boundaries.

Peace of mind occurs, therefore when we put all our attention in to giving and have no desire to get anything from, or to change another person.

The giving motion leads to a sense of inner peace and joy that is unrelated to time

**Gift vouchers for
Massage & Chinese medicine
Now available**

Gift Ideas for Christmas

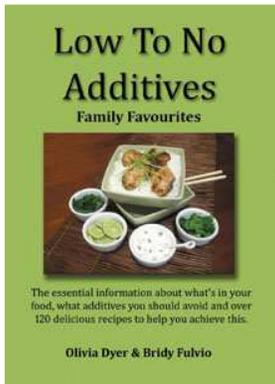
Gift Vouchers

- Chinese medicine
- Hair analysis
- Massage
 - Relaxation
 - Pregnancy
 - Deep tissue
 - Reflexology
 - Ear candling
 - Head & neck Massage
 - Remedial
 - Sports



Low To No Additives

Olivia Dyer & Bridy Fulvio



“While many additives pass the guidelines to be used in Australia, often they are not tested in combination with other additives,” Ms Fulvio said.

Studies reveal links between additives in food on supermarket shelves and behavioral disorders, allergies, asthma, and gastric problems. Additives have also been linked to cancer and DNA changes in rats.

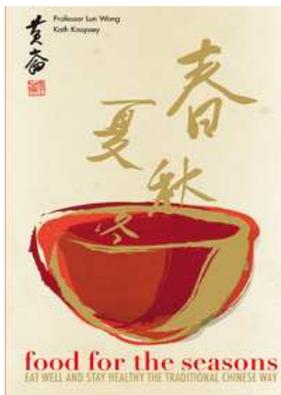
Ms Fulvio said a resource was needed to help families eradicate additives from their diets with manufacturers using “clever consumer tricking” and food labeling loopholes

Over 120 Low To No Additive Family Favorites Recipes, including Sticky Date Pudding, Mild Chicken Curry and Chocolate Mousse

More than just a cookbook! A resource for keeping your loved ones safe from potentially harmful additives in our food. Included in this edition, is an easy to use shopping list, an alphabetical and numeric guide to food additives, with an effects list.

Food for the Seasons

by Professor Lun Wong and Kath Knapsy



To take medicine when you are sick is like digging a well only when you are thirsty — is it not already too late? Qi Bo, 2500 BCE

Embrace what the Chinese have known for thousands of years — what you eat flows into every part of your life. Eat in harmony with the seasons. Be healthy. Boost your energy. Look your best. In *Food for the Seasons*, you will discover how to have a healthy body and a healthy mind.

“The idea of food as medicine has been embraced by the Chinese for thousands of years. This timely book is a good introduction to the traditional Chinese beliefs about the manifold and complex effects foods have on the body... A thought-provoking read.” *The Age, Epicure*

CHINESE MEDICAL PRACTITIONERS

Catherine Russo

Catherine is a qualified Doctor of Chinese Medicine having completed a double degree in Bachelor of Applied Science in Chinese Medicine & Human Biology at RMIT University

She is registered with the Chinese Medicine Registration Board of Victoria, is an active member of AACMA, & continuously updates her knowledge & skills in the health field by participating in the Continuing Professional Education program.

Catherine completed her final semester of the Chinese Medicine Clinical Internship at the Jiangsu Provincial Hospital, China, in the following specialty departments; Respiratory, Gastro-Intestinal, Gynecology, Dermatology, Pediatrics and Tuina

Observing and practicing Chinese Medicine in the place where it originated was an amazing experience, one that could simply not be learned from a text book.

In China, Western Medicine and Chinese Medicine are effectively integrated to provide the patient with optimum results, and it was very beneficial to learn in such an environment.

Catherine has now been practicing as a fully qualified TCM practitioner for almost 4 years. After personally having experienced the benefits of Chinese Medicine, she has a special interest in the treatment & promotion of Women's Health and well being.

Catherine is dedicated to providing professional healthcare that is both natural and effective. She provides a professional service in a warm and welcoming environment, always prioritizing the patient's needs and comfort

Following the principles of TCM, Catherine provides a safe and holistic approach to healthcare by restoring balance to the body by helping facilitate the body's natural ability to heal itself.

Jeffrey Segal

Jeffrey is a Chinese Medicine practitioner, Qigong and Taijiquan instructor and Qigong Healer. He graduated with Distinction from the RMIT double degree program in Chinese Medicine and Human Biology. Apart from studying at RMIT, Jeffrey has been lucky enough to learn from four excellent mentors. He is very grateful to You Benlin and Steve Clavey in Melbourne as well as Riccardo Salvatore in Portugal and Kai Uwe Jettkandt in Germany for helping him refine his approach to diagnosis and treatment.

Since 2000, Jeffrey has been a Qigong and Taijiquan student of Grandmaster Wong Kiew Kit from Malaysia. Grandmaster Wong has trained Jeffrey not only to teach Taijiquan and Qigong but also certified him as Qigong Healer. Jeffrey has taught Qigong and Taijiquan in Switzerland, Costa Rica, Spain, Malaysia, Scotland, Ireland and Australia.

Jeffrey is dedicated to helping people attain and maintain radiant health using the wonderfully effective modalities available in Chinese Medicine including Acupuncture, Chinese Herbal Medicine, Dietary Therapy, Tuina (Chinese Massage) and Qigong.

MASSAGE THERAPIST

Darren Steele

Darren has been involved in the health and fitness industry for 5 years as a Personal Trainer.

He is also currently practicing as a Massage Therapist specializing in Relaxation and Sports Massage.

Darren's competed at the highest level in sports, having turned Professional and playing golf on the Third biggest tour in Europe, the Euro-pro Tour.

As a masseur and a personal trainer Darren's focus is currently spent training and massaging people who have physical goals, they wish to achieve. Be that a person needing to strengthen their Core Muscles or to alleviate Back and Shoulder pain, or purely relieve tired, fatigued and over worked muscles.

Darren's back ground as a professional athlete and personal trainer allow him a thorough Understanding of the body and its capabilities and weaknesses allowing you complete confidence in his abilities.

Colleen Crapper

Colleen is a professional Massage Therapist and practitioner of Tui Na Massage, a branch of Traditional Chinese Medicine. She has over four years experience in Acu-point location, Myofascial Release, Pregnancy Massage, Swedish massage, Reflexology, and Ear Candling.

Colleen is a specialist in remedial massage including Deep Tissue massage, Myofascial and Pressure Point Release. In addition to massage therapy Colleen also likes to educate her clients in the benefits of natural detoxification and active lifestyle for re-establishing balance and harmony within the body.

Combining her massage experience, qualifications in Tui Na Massage, and interest in Traditional Chinese Medicine, Colleen has developed a holistic understanding of human physiology. Depending on a client's current physiological condition she believes Chinese medicine and modern medicine are essential adjuncts to massage therapy in order to achieve optimum results.

Colleen has found practicing in a Traditional Chinese Medicine clinic enables her to draw on the resources of the resident TCM practitioners to compliment her style of Tui Na Massage, and provide her client's with the best possible therapeutic outcome.

Donna Caruana.

Donner has been working as a massage therapist for a few years now being involved at a local football club where she has put her knowledge into practice.

Donna has found that different people have different needs "I am able to use many different techniques to get to the source of the problem, ranging from myofascial release, trigger point therapy or transverse frictions.

I find this beneficial to be able to get to the source of the problem. I believe massage is very powerful in healing the body as well as relaxing the mind and it is very satisfying knowing that I am able to help the body overcome limitations that were once found impossible"

I am currently at the end of my study of a Diploma in Remedial Massage and am hoping to continue this on and become a Myotherapist in the future.

I have been playing netball for over 10 years and have represented the local area at the State Netball and Hockey centre.

I look forward to meeting you soon.

Articles by Chinese medical practitioners

Keep healthy this summer with Chinese Medicine By Catherine Russo

Good nutrition is important to avoid indigestion, bloating and feelings of sluggishness (feeling tired and weighed down). This summer eat light meals and avoid greasy & difficult to digest foods. It is the perfect season to introduce some cool, yin foods into your diet. Chinese nutrition classifies food according to its energetic qualities of temperature, taste, and ability to moisten and strengthen the body. Food with cool and cold properties can clear heat, reduce toxins, and generate body fluids.

WHAT TO EAT IN SUMMER

In general, cooling foods for summer tend towards the green end of the spectrum — lettuce, cucumbers, and watercress are some of the coolest. Fish and seafood are also cooling, while most meats are warming.

Here are some fruits & vegetables to keep you cool & balanced throughout summer:

Watermelon, Apricot, Corn, Cantaloupe, Lemon, Peach, Orange, Asparagus, Sprouts, Bamboo, Bok choy, Broccoli, Chinese cabbage, Cucumber, White mushroom, Snow peas, Spinach, Summer squash, Watercress, Seaweed, Mung beans, Mint, Dill

OTHER HELPFUL TIPS TO KEEP HEALTHY THIS SUMMER

Awaken earlier in the morning.

Rest at midday.

Drink plenty of fluids.

Add pungent flavours to your diet.

Refrain from anger; keep calm and even-tempered.

Be happy! Spend at least 30mins daily doing activities that you enjoy.

Refrain from cold drinks and replace them with warm teas which are cooling in nature

ACUPUNCTURE FOR RELAXATION

Acupuncture has been found to be helpful with all types of emotional and mental disorders including stress and anxiety. Often used for such treatments is *Yintang*, a point located between the eyebrows — sometimes referred to as “the third eye.”

The point is used to calm the mind, improve concentration, soothe emotions, promote sleep, and relieve depression.

Article by Jeffrey Segal

Hello Everybody!

My name is Jeffrey Segal and I'm a new practitioner at the Rosanna TCM Centre. I'm delighted to be joining the wonderful team at the Centre and I'm very happy to have this opportunity to introduce myself.

I'm 40 years old and I live in Northcote with my wife, Lauren and our lovely young son, Alexander. I'm originally from NSW but from 1990-2003 I lived in Europe. Before becoming a Chinese Medicine practitioner I was a classical musician and I feel very privileged to have played the trumpet all over the world.

My formal training in Chinese Medicine was undertaken during five years full time study at RMIT University. The program at RMIT is a double degree in Chinese Medicine and Human Biology. I learnt a lot while I was studying at RMIT and I'm grateful to my teachers and the university.

While I was studying at RMIT I thought it would be important to spend a lot of time observing how great practitioners use Chinese Medicine in the real world so I looked for and found four fabulous mentors.

You Benlin is a very experienced Chinese practitioner who taught me a lot about what it means to treat patients with all sorts of conditions. Since half of his patients are Chinese, spending time in his clinic was also of tremendous benefit to my study of the Chinese language.

Steve Clavey has been successfully treating women using Chinese Herbal Medicine for more than 25 years. I truly treasure the time I have spent (and continue to spend) at his clinic. My special interest in Gynaecology owes more than a little to working with Steve.

My other two mentors, Riccardo Salvatore in Portugal and Kai Uwe Jettkandt in Germany are both amazing practitioners and Qigong Masters. I'm so lucky to have had the opportunity to learn from them.

Even before I started studying Chinese Medicine formally, I began training Qigong and Taijiquan. Since 2000 I've been a student of Grandmaster Wong Kiew Kit of Malaysia. Over the last 10 years, Grandmaster Wong has trained me to be a Qigong and Taijiquan instructor and a Qigong Healer. I've been to visit him countless times in Malaysia and have taken courses with him and worked as his assistant in courses all over the world. In 2005 I invited Grandmaster Wong to Australia to teach Qigong and he honoured Lauren and me by giving the spiritual address for our wedding ceremony at the Botanic Gardens. Maybe in future newsletters I'll write articles on my experiences learning Qigong and Taijiquan from a genuine Grandmaster.

So, how is my training reflected in my treatments?

I draw from everything I've learnt and experienced to design a treatment strategy which best suits my patients' needs. I love incorporating Qigong into my acupuncture treatments by "opening" points energetically before I insert the needle. I often prescribe Chinese herbs to complement acupuncture sessions. Sometimes, herbs are the focus of the treatment and other modalities such as dietary therapy are used in addition as adjunct therapies. I may ask you to keep a food diary for a week or two so that we can work together to optimise your diet. I might suggest that you join my Qigong classes. Whatever the modality it will be my pleasure to work with you to help you achieve your health goals.

Thanks for reading and I'm looking forward to meeting you at the clinic.

Jeffrey

Clinic Hours over Christmas

The clinic will be closed on the following days over Christmas

Christmas Day Friday 25th December

Boxing Day Monday 28th December

New Years Day Friday 1st January

Monday 4th January

Tuesday 5th January

Re-open 2pm on Wednesday 6th January 2010

Congratulations Jessica

It is with much regret that we have to say good bye to Jess, but for good reasons, we would like to take this opportunity to congratulate Jessica on completing her degree with high distinction in physiotherapy, we are all going to miss jess's bubbly personality and professional mannerism in the clinic but we wish her all the success she so rightfully deserves in her chosen profession

Welcome Suzanne

We would like to make welcome Suzanne Tan who will be taking over as accounts manager and also assisting reception in the evening and weekend sessions

Thank you for taking the time to read our newsletter we would like to keep this going on a regular basis to help keep everyone informed and up to date on the clinics activities

We wish you all a very Merry Christmas and a safe and happy New Year.

From all the staff at the Rosanna Traditional Chinese Medicine Centre

Reception/Administration

Nadia Avery
Jessica Davison
Suzanne Tan

Chinese Medical Practitioners

Gabriele Aspromonte
Fiona Aspromonte
Catherine Russo
Jeffrey Segal

Massage Therapists

Colleen Crapper
Darren Steele
Donna Caruana.
Shane Leggett