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We would like to share the exciting news that  
**Suzanne gave birth to a beautiful baby girl  
Evelyn-Rose**

### New Massage therapists

We would like to welcome **Anita Euler** and **Michael Wong**

Please visit our web site for practitioner profile and information on treatments  
[www.rtcmm.com.au](http://www.rtcmm.com.au)

The clinic is now **open Monday, Wednesday and Friday evenings and  
all day Saturday for massage**

We are excited to offer you  
the following services -

- Therapeutic massage
- Relaxation massage
- Remedial massage
- Trigger point therapy
- Sports massage
- Hot stone therapy
- Manual Lymphatic Drainage
- Ear Candling

### Winter warmer relaxation Special

**Complimentary 15  
minute sauna before  
your massage for June  
& July**

*This voucher can be used for any  
massage*

*Please request sauna when  
booking massage*

**Private health care rebates available with Anita**

### New reception staff

As you are probably aware  
Suzanne is currently on  
maternity leave for the next 3  
months, so there will be 3 new  
staff members covering her  
weekend, evening and Thursday  
sessions.

We would like to welcome:

**Doreen** : Thursday

**Fiona** : Wednesday evening

**Anh** : Monday & Friday evenings  
& Saturdays



*Imagine a time, where for a few  
moments life stands still, where your  
mind is at peace, and the tranquility  
that surrounds you, takes you miles  
away.*

*This is your time, to stop, take a deep  
breath and just for a few moments, let  
the world pass you by*

## Winter

Winter is the season of hibernation- when energy moves inwards. It is the coldest and darkest of seasons. It is the time when living creatures go within, while nature's crops are in storage. It is a time for quiet preparation while awaiting the rebirth of spring. With the rising winds, singing birds, and blooming flowers, it is the stillness and peace that amplify the sounds around us.

Winters power is deep and yin. It is time to conserve energy and resources and not be wasteful with your active outward (yang) energy.

It is said that the kidneys govern the storage of the life force in the bones and the marrow. People with bone marrow problems may have a water imbalance, while healthy water balance keeps the bones healthy and strong. Expressions like "I can feel it in my bones" or "she cries in her bones" suggests the relationship of the bones to deep emotional experiences. Winter is a good time to seek deeper and more intense body therapy to help get deep into the emotional levels

The water element also relates to the sex organs and the sexual functions of the body. It rules over the genital and reproductive organs, and the urethral and anal orifices. It also relates to the urine and sexual secretions. Abstaining from excess sexual practice can benefit exhausted kidney energy.

In winter foods should be nutritious and warming. It is the season for rugging up, and relaxing in front of a fire, a time to recharge our exhausted adrenals.

Winter is a good time for indoor exercise. It is important in winter to balance the outward energy expanding exercises like swimming, walking and jogging with quiet energy accumulating exercise such as yoga, tai qi, and deep breathing.

Much of nature is hiding in her roots during winter, gathering the energy to be reborn in spring; this is why we eat mainly root vegetables in winter, and eat lots of thick broths and stews to help keep our energy rejuvenated and strong.

Brewing teas such as ginseng, burdock, comfrey, ginger, licorice, and sarsparilla roots are also traditional energizers.

To help you relax and rejuvenate and to prepare your bodies for spring we are offering the following special for June and July

**This voucher entitles you to save 10% off any massage**



**Only available for June & July**

*Vouchers must be presented at time of massage*

**This voucher entitles you to a complimentary 15 minute Chinese medicine consultation**

**Only available for June and July**



*Vouchers must be presented at time of consultation*

## The Element of Winter

In the Chinese System Winter is governed by the energy of the water

The climate associated with it is cold

The water element rules the organs of the Kidney and Bladder, and governs the bones and the marrow

The water element is associated with the colour blue/black

The characteristics sound or expression of water are groaning and moaning

The emotion of fear

The sense organ for the water element is the ear and hearing

The flavour corresponding to water is salty

## Winter

**At the onset of a common cold, try fresh ginger boiled in water with the white parts of two spring onion stalks. Boil for 10 minutes to give you a warming broth to give you energy and dispel wind and cold.**

**A cold with a runny nose may be treated with lemon in warm water because the lemon is astringent (which should ease the runny nose) and warm. If your nose and sinuses are blocked and your tongue is pale, try cinnamon with fresh ginger and honey, as the cinnamon will warm you and the honey should loosen the blockage**

**To gain more strength after illness you will want to concentrate on energy. Choose easy to digest, but concentrated foods such as lentils, beans and root vegetables – cook together in a pot with a lid for a longer than usual time.**

**Walnuts are great for the kidney yang, and can ease lumbago. Bake in honey and store in a glass jar, eat just one, once a day**

**Oysters combat winter dryness and nourish the yin**

## Winter Foods

### Early winter (June)

Apples  
Avocado  
Bok choy  
Beetroot  
Broccoli  
Brussel sprouts  
Cabbage  
Cauliflower  
Celeriac  
Celery  
Chestnut  
Cumquat  
Custard apple  
Endive  
Fennel  
Garlic  
Ginger  
Hazelnut  
Horseradish  
Jerusalem artichoke  
Kiwifruit  
Kohlrabi  
Leek  
Lemon  
Lime  
Mandarin  
Okra  
Olive  
Onion  
Orange  
Parsnip  
Passionfruit  
Pear  
Peas  
Persimmon  
Potato  
Quince  
Rhubarb  
Shallots  
Silverbeet  
Spinach  
Swede  
Sweet potato  
Turnip  
Walnut  
Witlof

### Mid winter (July)

Apples  
Avocado  
Beetroot  
Bok choy  
Broccoli  
Brussel sprouts  
Cabbage  
**Carrot**  
Cauliflower  
Celeriac  
Celery  
Chestnut  
Cumquat  
Custard apple  
Endive  
Fennel  
Garlic  
Ginger  
**Grapefruit**  
Hazelnut  
Horseradish  
Jerusalem artichoke  
Kohlrabi  
Leek  
Lemon  
Lime  
Mandarin  
Okra  
Olive  
Onion  
Orange  
Parsnip  
Pear  
**Potato**  
**Pumpkin**  
Rhubarb  
Shallots  
Silverbeet  
Spinach  
Swede  
Sweet potato  
Tangelo  
Turnip  
Walnut  
Witlof

### Late winter (August)

Apples  
**Atichoke**  
Avocado  
Beetroot  
Bok choy  
Broccoli  
Brussel sprouts  
Cabbage  
Carrot  
Cauliflower  
Celeriac  
Celery  
Cumquat  
Custard apple  
Endive  
Fennel  
Garlic  
Ginger  
Grapefruit  
Horseradish  
Jerusalem artichoke  
Kohlrabi  
Leek  
Lemon  
Lime  
Mandarin  
Okra  
Olive  
Onion  
Orange  
Parsnip  
**Pawpaw**  
Pear  
**Pineapple**  
Potato  
Pumpkin  
Rhubarb  
Shallots  
Silverbeet  
Spinach  
Swede  
Sweet potato  
Tangelo  
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# Winter Receipes

## Shank Soup with dang gui

Dang Gui Nourishes the blood and improves circulation, supports the heart and helps with health problems such as anemia, menstrual irregularities, injuries and arthritis. The dish can also strengthen the body, improve sleep, warm and ease lower back pain, asthma, anemia and poor appetite

(Serves 1)

1 small lamb shank  
½ teaspoon of salt  
1 teaspoon of finally chopped shallots  
1 knob fresh ginger  
2 chopped walnuts  
5 Chinese red dates (Da Zao or Jujube)  
10g dang gui  
10g dried logan, finally chopped  
1 star anise  
Freshly ground black pepper  
1 tablespoon of rice wine  
Splash of tamari

Place shank and salt in a saucepan and cover with water. Simmer covered for 1 hour; allow cooling and scoping off any fat that rise to the surface. Remove shank from the liquid and use fork to push off the meat in small pieces. Break up any larger pieces. Put bone aside and return meat to the saucepan. Add shallots and ginger, bring to boil and simmer for 10 minutes. Add everything else except wine and tamari and simmer for another 10 minutes. Remove the ginger and dang gui root. Add tamari and wine and serve

## Blood Building soup

This is a simpler version of the Shank soup with dang gui. While both beef and lamb are warm natures, once in the body, they move in different directions. The warmth from the beef moves up to warm the upper parts of the body, whereas the warmth of the lamb moves down to towards the kidneys and the genital area. Lambs downward flow is especially good for the kidney yang

Cook this soup to build the blood in winter, especially for women whose periods have stopped or have become irregular. This dish will also clear wind and cold and increase strength and blood (rather than qi which makes it very good for women). Other conditions this soup may ease include; palpitations, insomnia, cold limbs, and difficulty getting pregnant. This soup shouldn't be taken whilst you have a cold, flu or fever.

10g dang gui  
150g lean lamb  
6 black dates with stones removed  
100g dried logan  
100g ginger  
Pinch of salt

Steam dang gui, then finely dice it. Boil lamb in water for 5 minutes then discard water and chop off any obvious areas of fat. Add enough fresh water to cover all the ingredients by 2 cm, re-boil the lamb. Add all other ingredients except salt, cover and simmer for 3 hours, and serve with some rice.