

RTCMC newsletter

2011



VOLUME 2 SPRING ISSUE
SEPTEMBER 9TH 2011

Qigong in Rosanna

It gives us great pleasure to announce that we will be starting classes in Shaolin Cosmos Qigong in November.

Classes will be held on Tuesday evenings at the **Arden Crescent Uniting Church** in the Top Hall.

The first class, on **Tuesday, November 8th** will be a free of charge to introduce you to the art of Qi Gong.

What is Qigong?

Qigong, also spelt Chi Kung is the art of developing energy, particularly for health, vitality, longevity and spiritual cultivation. There are many different types of Qigong. Some are dynamic with lots of movement and others are more meditative. Shaolin Cosmos Qigong is a balanced combination of movement and stillness.

Who is teaching the course?

To be able to teach qi gong you not only have to have great respect for the art but also long-ing passion . It is an ancient art that must be respected and taught properly taking into consideration the student and their needs.

It gives us great gratification to be able to offer patients the opportunity to be able to be taught by Sifu Jeffrey Segal. He is an inner chamber disciple of Grandmaster Wong Kiew Kit of the international Shaolin Wahnam Institute (www.shaolin.org).



Sifu Jeffrey Segal is the Chief Instructor of Shaolin Wahnam Australia and has been practicing with Grandmaster Wong Kiew kit for over 10 years.

Si fu Jeffrey has taught classes all over the world including Australia, Ireland, Scotland, Switzerland, Spain and Costa Rica., and is now offering classes in Rosanna.

This Issue

Qi Gong In Rosanna	1
RTCMC customer	1
Hay fever	2
Practitioners	2
Practitioners	3
Spring Foods	4
Spring Recipe	4

For enquires on registering your name for the complimentary introduction evening please contact the clinic-

info@rtcm.com.au

Ph: 9459 0122

For FAQ and more information on qi gong and how it may benefit you, please visit our web site:

www.rtcmm.com.au

RTCM Customer Survey

I would like to thank everyone who has replied to our survey, We know your time is valuable, and would like to take this opportunity to say how much we truly appreciate it. Your feedback and ideas have been invaluable.

For patients who have not had a chance to fill in the Survey, please visit our website :-www.rtcmm.com.au.

The survey takes about 5 minutes and gives us the opportunity to hear your views and ideas on areas where we can improve and areas that you are really happy with.

Hayfever

The long-awaited change from winter to spring is finally here. Spring is a time of regeneration, new beginnings, and revitalizing our energy.

However, while some people are eager for the arrival of Spring, not everyone will be sharing in the excitement. For many, spring is a time of the dreaded sniffles. It seems that each year more and more people are being affected.

What is hay fever?

Hay fever, also known as allergic rhinitis, is an allergic reaction to pollen or dust usually occurring during spring and early summer. Allergies are an auto-immune disorder, which means that the immune system overacts to otherwise harmless substances. This may be due to a weakened immune system.

From a Chinese medicine perspective the immune system is related to the Kidney, Lung, Spleen and Liver energy and if these organs are over worked and stressed then the immune system can't slow down so it begins to over react. Therefore to improve the immune system and allergies, it is important to strengthen and balance the organs that may be out of balance.

How can Chinese Medicine help me?

So many patients have asked us; What can Chinese Medicine do to help?

The lymphatic system helps the immune system to destroy pathogens and get rid of toxins. However, unlike blood the lymphatic system doesn't have a pump to help with the flow of lymph fluid therefore movement is slow. During the winter lack of exercise or a sedentary job or lifestyle will contribute to a sluggish drainage of toxins through the lymphatic system meaning the immune system will become over worked.

Chinese medicine helps by not only relieving the symptoms but by also treating the root cause. By detoxify the liver, calming the kidney (nervous system) and strengthening the spleen, the digestive system improves therefore helping the fluids to move again.

Treatment involves; gua sha (spooning) & cupping, to stimulate the lymphatic system , acupuncture to restore and balance the functions of the organs, herbal formula to boost the immune system and correct imbalances, and diet and lifestyle advice for prevention.

By Catherine Russo

To view the full article please visit our website

www.rtc.com.au **common ailments**

Catherine Russo

Catherine is a qualified and registered Practitioner of Chinese Medicine with over 5 years clinical experience in her field. Catherine is constantly updating her knowledge in Chinese Medicine to further her skills by attending various seminars and workshops.

She has completed a double degree in applied sciences (Chinese Medicine and Human Biology) at RMIT university, and completed her final semester of the Chinese Medicine Clinical Internship at the Jiangsu Provincial Hospital, China. Catherine spent time observing specialists in the Respiratory, Gastro-Intestinal, Gynecology, Dermatology, Pediatrics and Tuina departments where she gained much valued clinical experience.

After personally experiencing the benefits of Chinese Medicine many years ago, it has since given her a great passion and understanding of its healing power.

Catherine treats in all areas of healthcare however she has a special interest in the treatment of infertility, women's health, pain management, muscular skeletal conditions and respiratory/allergic conditions.

Catherine's ability to listen to her patients, with her gentle and understanding nature, has given her great admiration from her patients. She provides her patients with a safe and holistic approach to healthcare in a welcoming environment where patients can feel that their health issues will be treated with sensitivity and care.

Allergies are an auto-immune disorder, which means that the immune system overacts to otherwise harmless substances.

So many patients have asked us; What can Chinese Medicine do to Help?

Catherine's presently working:

Tues 1.00pm -5.00pm

Wed 9.00am -1.00pm

Thurs 1.30pm -7.30pm

Fri 9.00am -1.00pm

Sat 9.00am-3.30pm



Elise Boyar

Elise is qualified Practitioner of traditional Chinese medical. She has completed a double degree in applied sciences (Chinese Medicine and Human Biology) at RMIT university.

Elise's has always had a special interest in female gynecology and Infertility. Whilst Elise was completing a 4 month internship in a hospital in Nanjing China, she was fortunate enough to spend time in the fertility department, further developing her skills and her passion for women's health.

Elise has spent the last two years gaining experience under her mentor a world renown specialist in infertility and Gynecological problems.

Elise is about to embark on another initiative in Beijing, China. She is partaking in a two week internship with world renowned Doctor, Wang Ju-Yi. Dr Wang Ju-Yi has practiced Chinese Medicine for over 45 years in Beijing.

Jeffrey Segal

Jeffrey is a Chinese Medicine practitioner, Qigong and Taijiquan instructor and Qigong Healer.

He graduated with Distinction from the RMIT with a double degree in Chinese Medicine and Human Biology.

Jeffrey has also spent 3 years being mentored by a world renown specialist in infertility and Gynecological problems.

Jeffrey has a great advantage in the healing arts. His knowledge of the Chinese medicine and his experience in the ancient art of Qi Gong allows him to combine two very powerful healing modalities, thus

Whilst working for over thirty years in Beijing Hospital treating patients, he incorporated the classical texts that hold fundamental theories in regard to Traditional Chinese Medicine into his way of treating patients.

Elise's passion for learning is a great asset not only too our clinic but also to her many patients who come to see her for fertility and female health issues. She has a wealth of knowledge, which she shares freely with her patients.

Elise's presently working:

**Thursday 1.00pm-8:00pm
Every second Saturday**

Chinese red dates (Da zao or Jujubes) act as a sedative to calm the mind and spirit.

Make a meal of them by adding a few to rice congee or porridge. They are an excellent support for the spleen during Spring

treating the physical, emotional and the mental wellbeing of his patients.

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.

Jeffrey's presently working :

**Wednesday 2.00pm- 8:00pm
Saturday 9.00am-3.30pm**

Gaye North



Gaye has been practising as a massage therapist for over 15 years. Gaye has a Diploma of Health Science (massage) from Victoria University in Melbourne, and studied Bowen Therapy with the International School of Bowen Therapy.

Gaye was originally working in the North

Eastern suburbs of Melbourne. She then moved to Northern NSW and established a very busy clinic in Walgett. Since returning to Melbourne 7 years ago, Gaye has worked in private practice.

Gaye works holistically and tailors her treatments to meet the individual needs of her clients. She is trained in Remedial and Relaxation Massage, and incorporates Trigger Point and

Myofascial Release Techniques in her treatments.

Lymphatic Drainage and Bowen Therapy are specialties and Gaye is also qualified in Pregnancy Massage.

Gaye's presently working

Thursdays 11:30am-6:00pm



ROSANNA
TRADITIONAL CHINESE
MEDICINE CENTRE

78 Lower Plenty Rd,
Rosanna VIC, 3084

Ph: 03 9459 0122

*To take medicine when you
are sick is like digging a
well when you are
thirsty....is it not already
too late?
Qi Bo*



We're on the web
www.rtc.com.au

What to eat in spring

In Spring we want to eat foods that eliminate Wind, and move energy after a sluggish winter. These foods support the Liver yin, Calm the liver Yang, remove heat and stagnation from the Liver and support the spleen.

In general foods that are good for spring are warm and ascending sweet foods. In early spring try cabbage, sweet potato, carrot and beetroot, as the weather changes move to mint, sweet rice, shitake mushrooms, peas, sunflower seeds, pine nuts and in late spring, Cherries.

Gently warming pungent foods are particularly good for spring, these include fennel, oregano, rosemary, caraway, dill, bay leaf, legumes and seeds.

Pungent flavor foods stimulate circulation of qi and blood, moving energy up and out. But don't over do it .

Pungent also regulate the qi, enhance the digestion, disperse mucus, stimulate the lungs, blood and heart, guard against mucus-forming conditions such as common cold, remove obstructions and improve sluggish liver function.

Pungent also improve the digestion and expel flatulence from the intestines to fix bloating. Other pungent foods you can add to your meal in spring include mint, spring onion, ginger, horseradish, chamomile and black pepper.

Food for the seasons
Prf Lun Wong & Kath Knapsy

*Honey and mint tea
is perfect in spring as
it is gently warming
and encourages the
upward movement
of qi*

Please visit our web site rtc.com.au
for a list of spring foods. It can be viewed
by opening our Spring newsletter 2010

Asparagus Soup

Asparagus Supported the heart, spleen and Kidneys. Asparagus is calming and its Yin Supporting qualities are enhanced by consuming it in the form of a soup. Asparagus helps balance fluids and gets rid of excess moisture while moisturizing dryness. Adding pepper, thyme and onion to this soup counteracts the slightly cold effects of asparagus, making the meal balanced.

50g Butter or vegetable oil

2 sprigs thyme

1 onion, chopped

2 potatoes, scrubbed and finely chopped

500g asparagus

Pinch of salt

Black pepper

Extra thyme, chopped

Sour cream or Yoghurt, optional

In a large saucepan, melt the butter and oil and sauté the thyme, onion add potatoes for five minutes. Add a liter of water, cover and simmer until the potatoes are thoroughly cooked. Meanwhile, break off the tough ends of the asparagus and, with salt, add to main saucepan when potatoes are cooked. Boil rapidly for 5 minutes. Boil the eight spears in a separate saucepan for 5 minutes, then drain. Puree

contents of the main saucepan and put through a strainer to remove fibers from the asparagus. Add two spears, pepper, chopped thyme and a small dash of sour cream to each bowl of soup. Serve

Food for the seasons
Prf Lun Wong & Kath Knapsy

