



Rosanna
Traditional
Chinese
Medicine
Centre



December and January Special

Hair Analysis

Normally \$175.00

Special Price \$140.00

Saving of \$35.00

New Web Site

We are excited to announce that our new web site is now on line

We will constantly be upgrading the web site and adding a lot of new information.

www.rtc.com.au

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Merry Christmas

There is no more appropriate time to say

Thank-you

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



Christmas Holiday Business hours

The clinic will be closed between Christmas and New Year and re- open on Tuesday the 4th January

Congratulations Jeffrey

Congratulations Jeffrey, Lauren & Alexander on the safe arrival of your beautiful baby girl, Rachel Clare Segal

The Element of summer

In the TCM system Summer is correlated with the element Fire

The nature of summer is yang.

The Fire element rules the organs of the Yin Organ of the heart and Yang organ of the Small intestine

The Fire element is associated with the colour red.

The characteristics sound or expression of fire

The emotion is joy

The Heart and fire element corresponds to the blood vessels and the tongue.

The flavour that corresponded to Fire is bitter

The Mind and Spirit (*Shen*) reside in the heart, and Fire rules memory, thinking and dreaming. Imbalances of the Fire element may appear as poor circulation, chest pains, poor memory, insomnia, speech disorders or mental illness.

The Heart

An indicator of the general states of the heart health is the tongue, which in the Chinese system is the sense organ of the heart. In fact the fire element gives it energy to the function of speech.

Tongues are usually moist and pink. If it's red, then the fire or heart energy may be too strong, which could lead to an inability to relax or slow down. If the tongue is pale, it may reflect weakness of the fire element, as possible anaemia.

Anaemia is a reduction of circulating red blood cells which may cause weakened capacity to carry oxygen and nutrients throughout the body.

There are many causes but all affect the amount of circulating oxygen, and thus can create symptoms like lethargy, slowness in action and thought.

To check the hearts function, observe the facial complexion colour and body colour, especially the finger tips and under the finger nails. Also check for swelling particularly in the ankles and legs, this could be due to excess salt intake.

A personal gift for Christmas



The Carp, -
Success, Perseverance, Courage

Fish/Carp

In ancient China the carp was a symbol of strength, perseverance, and courage. It was said they had the ability to jump over rapids leaving other fish behind, and were therefore associated with endurance and success in both career and business. Because they swim in pairs they are the emblem of the joy and union in partnership. As Carp are content in their own element, and move effortlessly in all directions, they have come to represent harmony and freedom from all restraints.



Bamboo –
Longevity, strength, and grace

Bamboo

The long life of the bamboo makes it the Chinese symbol of longevity, strength and grace. It bends readily but doesn't break easily. Even in the strongest wind and the roughest storms it maintains its delicate structure. In Chinese philosophy the straight stem of the bamboo symbolizes the path towards enlightenment, and the different segments of the stem being the steps along the way. Similarly our journey through life will have many challenges that will test our strength of character. Therefore the bamboo reflects the enlightened soul which remains focused, yet is flexible and strong. It represents a person that can undergo difficult and tough times, yet is adaptable, never breaks, and never lose their sense of worth. No matter how bad their circumstances appear they are able to maintain the essence of their true self.



Guan Yin, -
Wise, merciful, compassionate

Guan Yin

Guan Yin, famously known as the Goddess of Mercy, She brings out the feeling of compassion and unconditional love. She especially connects with those in need of help, in sickness, or simply in unfortunate circumstances. She is a great benefactor and protector of the weak, the ill and is widely known for her reputation as the “bestower of children”. Her beauty, grace and compassion have come to represent the ideal woman who brings forward the knowledge of truth.

Christmas Gift Voucher



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 into giving and have no desire to get anything from, or change another person.

The giving motion leads to a sense of inner peace and joy that is unrelated to time. - Gerald G. Jampolsky

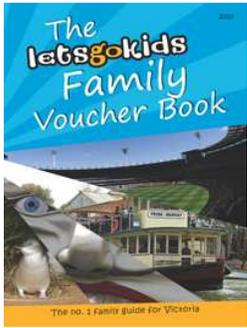
Gift vouchers can be used for any of our services including

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Acupuncture,
Ear Candling,
Sauna Therapy,
Hair Analysis**

**Gift vouchers can also be used to purchase
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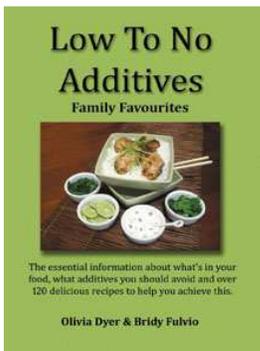
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Lets go Kids family voucher books –

This great new book is just what the family needs to see around Victoria, shop and more... Its a FAMILY FRIENDLY discount voucher book with approx 700 vouchers. It covers, general information on kid friendly places to go in Victoria, plus places to eat, shop and play You may have purchased other discount voucher books previously and found not enough kid friendly activities - this book is ALL family friendly. Buy now for the school holidays.. A great gift for a entire family!



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**

Herbal Tea's



The main benefits of Chinese Herbal Tea are to ensure good health. They help

- Lower cholesterol,
- Lower Blood Pressure
- Regulate blood Glucose
- Relax the nervous system creating a calmer and more relaxed state of mind
- Aid the stomach and digestive problems
- Provide cleansing properties for the body
- Promote energy and wellness
- Natural antioxidants

Rosanna Traditional Chinese Medicine Centre supplies a variety of teas to choose from. They are of the world's highest quality and sourced from the most exotic and recognized tea producers.

Dragon's Well (Lung Ching)

Lung Ching is as close to pure freshly cut tealeaves as possible. The young leaves are picked and pan-fried to halt the fermentation process. When added to water the tea transforms into perfectly formed tiny camellia leaves. The taste is fresh, grassy and clean. The liquor is clear and green. Lung Ching is extraordinarily high in antioxidants and naturally low in caffeine. A subtle taste for those who enjoy their tea pure and unadorned.

Pu-Erh & Chrysanthemum

This special blend of Pu-erh with Chrysanthemum flowers is very popular in Hong Kong. It is commonly served in many Chinese restaurants, especially during a Dim Sum meal. Not only is it delicious, but it is considered particularly good for cooling internal heat, as well as being able to aid digestion of oily food. The sweetness of the Chrysanthemum flowers nicely complements the earthy taste of Pu-erh, creating a healthy and soothing tea with a subtle sweet floral fragrance. This tea is highly recommended for those who are new to Pu-erh.

Iron Goddess (Ti Kuanyin)

Ti Kuanyin of Mercy tea is one of the most famous Oolong teas in the world. Oolongs are semi-fermented teas and there is much skill involved in their preparation and processing. Literally translated, Oolong means Black Dragon and these teas are highly sought after for their depth of flavour, fully developed aroma and digestive properties. Oolong teas are often marketed as weight loss teas, as they aid digestion.

Begin your journey to learning about the pleasures and rewards of drinking one of the world's favourite beverages.



Fruit Tea's

A delightful way to unwind and relax after a days work is to try one of our fragrant teas.

Tea is a good source of fluid intake that replenishes lost body liquid. Doctors recommend that it is vital to drink at least 1.5 litres of fluid a day. Tea is low in calorie and it is a great thirst quencher.

You may not know that Red Rose Buds, Rosehips or Hibiscus has more Vitamin C than an orange. Combine them all and you have a wonderful immune boosting tea. These fruit and herbal infusions teas refresh the sense and are great for winter. They provide a hot beverage to warm your hands and your body without putting extra fat on you and can also be enjoyed as an ice tea in summer.

Bedtime Blooms

Created to promote a good night sleep, this sleepy time tea blend is made from whole Chamomile flowers, lavender blossoms and red rosebuds and petals. A delicate, floral infusion that can be enjoyed at any time of the day.

Also useful for relaxing in a soothing bath or foot spa!!

Berry Bonanza

This is a naturally sweet berry infusion with strawberries, rhubarb, apple, elderberries, beetroot, hibiscus, blackberries and red currants expertly blended together to create a deep red infusion with a strong fruity flavour.

This infusion can be enjoyed hot or iced and can also be used to make jellies.

Peppermint

This organic herbal infusion has been used for centuries to assist with digestion, morning sickness and to aid respiratory infections; however its sweetness can be enjoyed at any time. Peppermint is thought to have greater stress-relieving attributes than chamomile tea and still a primary ingredient of many cough syrups and the menthol it provides is present in most toothpastes and mouthwashes.

How to make Berry iced tea:



1 heaped teaspoon to 1 tablespoon of any fruit infusion (we used berry bonanza) infuse with 1 litre hot boiled water, steep & cool in fridge.

you can serve as is with chunks of fruit/ iced cubes & fresh mint, or strain.

For a bubbly mix just add 20% soda or mineral water or a sweeter version add lemonade.

For an alternative: Green tea & berry punch, as above but steep 1 tablespoon of Okinawan Green tea into hot water! Continue with next steps.

Foods for Summer

Early summer (December)

apricot
asparagus
avocado
banana
basil
beans green & snake
blackberry
blueberry
capsicum
celery
cherry
chervil
chives
coriander
currants
cucumber
dill
eggplant
gooseberry
honeydew
lettuce
loganberry
lychee
mango
marjoram
mint
onion
orange
oregano
nectarine
passionfruit
pineapple
peach
peas
radish
raspberry
sage
spring onion
starfruit
strawberry
sweet corn
thyme
tomato
watercress
watermelon
zucchini and zucchini flower

Mid Summer (January)

apricot
avocado
banana
basil
beans butter green & snake
blackberry
blueberry
boysenberry
cantaloupe
capsicum
celery
cherry
chervil
chives
coriander
cucumber
currants
dill, eggplant
gooseberry
honeydew
lettuce
loganberry
lychee
marjoram
mulberry
mango
mint,
nectarine
okra, onion
oregano
passionfruit
peach, peas
pineapple
plum
radish
raspberry
sage, spring onion
squash
starfruit
strawberry
sweet corn
tamarillo
thyme tomato
watermelon
zucchini and zucchini flower

Late Summer (February)

apple
avocado
banana
basil
beans
borlotti
butter
blackberry
blueberry
boysenberry
cantaloupe
capsicum
celery cherry
chilli
chives
coriander
cucumber
daikon
dill, eggplant
fig, grapes, guava,
honeydew, kiwifruit
leek, lemon, lettuce
loganberry, lychee
mango, nectarine
okra onion
orange, oregano
passionfruit
peach
pear
peas
plum
radish
thyme tomato
raspberry rhubarb
sage
spring onion
squash
starfruit
strawberry
sweet corn
tamarillo
tomato
watermelon
zucchini

Summer Recipes

Stuff Eggplants.

Red Capsicums are the colour of summer. They reduce swelling and distension and promote circulation. Both eggplants and capsicums are good for the digestive system, but avoid eggplant in excessive amounts.

4 eggplants

Salt

2 tablespoons olive oil

One small onion, finely chopped

1 clove of garlic

2 red capsicums, chopped

One bay leaf

1 teaspoon ground cinnamon

3 tablespoons chopped parsley

1 small handful sultanas

Juice of a juicy lemon

Cut eggplants in two lengthways. Scoop out flesh, then slice, add the salt and put aside. Salt inside of shells and leave aside. Preheat the oven to 180 degrees. On the stovetop, in a non stick pan with one teaspoon of olive oil. Sauté onion and garlic, then add capsicum. Cook for two or three minutes, then tip into a bowl.

Rinse salt from the eggplant flesh and shells. leave moisture on the flesh but dry the shells. Sauté the eggplant shells. Oil a baking dish and brush top of mixture with oil. Make sure the baking dish is small enough so the shells are squished in together for support. Pour a blend of lemon juice and the remaining oil and water into the baking dish so the water comes almost to the tops of the shells. Bake until the eggplants are soft, which will be about 40minutes.

Sweet adzuki dessert.

This is an excellent dessert for people trying to remove excess damp and wean tastebuds off desserts big on chocolate and cream.

90 g adzuki beans, pre soaked

10 lychees

1 piece of mandarin skin

1 tablespoon of rock sugar salt.

Amply cover all ingredients with water and bring to the boil. Reduce heat, cover and simmer for 1 1/2 hours. Serve.



Sweet corn with crab meat

AS they are water based, soups are great for the body's yin. Corn supports digestion, opens the lungs and settles the heart. Crab can clear heat and boots the body's ability to heal itself, but avoid this dish if you have skin rashes or ulcers.

Sesame oil

2 tablespoons finely chopped spring onion

2 slices ginger, finely chopped

250g picked crab meat

Pinch of salt

1 table spoon rice wine

500ml chicken stock

4 corn cobs, grated

2 tablespoons of Shoyu

2 tablespoons cornflower

1 egg

1 tablespoon rice vinegar.

Heat one tablespoon of sesame oil in wok. Sauté spring onion and ginger for one minute. Add crab meat, salt and rice wine. Stir through. Add stock, corn and shoyu, stirring until mixture reaches boiling point. Reduce heat and simmer for three minutes. In a bowl, mix cornflour, two tablespoons of water, a teaspoon of sesame oil and a tablespoon of the soup until smooth. Gently pour the mixture into the soup, stirring constantly, Remove from heat. With a fork, rapidly stir a teaspoon of sesame oil into an egg. Add egg and rice vinegar to the soup. Stir and serve.

Basil and Tomato Salad

Basil is both cooling and drying. Its drying quality counteracts the dampening effect of the bocconcini. There are several sour tastes here, including the tomatoes, olives and vinegar, which encourages energy down and enhances the cooling effect. People with damp can lightly grill the tomatoes, and use less cheese and more basil.

3 cups of Bay leaves, torn in half

Black pepper

1/2 cup cold pressed extra virgin olive oil

500g cherry tomatoes, halved

1/2 cup black olives, pitted and sliced

6 Bocconcini (small white cheese), sliced

2 teaspoons of red wine vinegar

place basil, pepper and most of the oil, tomatoes and olives in a large bowl. Put cheese and remaining oil in another bowl. Add a couple more twists of pepper. Let everything sit for 1/2 hour. Drain the cheese and place in a bowl. Add vinegar to the basil and tomato mix, then tip over the bocconcini. Serve with warm wholemeal toast

All recipes taken from

*Food for the Seasons Professor Lun Wong & Kath Knapsey
Available for purchase from the clinic*

Disclaimer:

The content in this newsletter or article does not constitute medical advice. Specific treatment depends on responds and plans tailored to individuals.