



Integrated  
Wellbeing  
Centre

# NEWS Letter

FEBRUARY 2016

## Remember Love

Welcome to February! As Valentine's day is celebrated this month (Sunday, 14<sup>th</sup> February) we thought the theme "Remember Love" for February would be fitting. It's important to remember to have love for those around you, take some time to show the people in your life that you appreciate them for who they are—we often assume people know, but it's also nice to hear! It's also essential to show love for yourself! Take the time this month to implement into your routine some time to relax, to do what you enjoy or something for yourself to prevent burning out later on in the year! Remember to nourish your body with great nutri-

### Ovarian Cancer Awareness Month

You may see an increase in **teal ribbons** this month to raise awareness for Ovarian Cancer. It is imperative that women know the signs and symptoms of ovarian cancer and their family history as there is no early detection test. Four common symptoms reported by women who are diagnosed include:

- **Abdominal or pelvic pain.**
- **Increased abdominal size or persistent abdominal bloating.**
- **Needing to urinate often or urgently.**
- **Feeling full after eating a small amount.**

If you are concerned about symptoms, you can pick up a free symptom diary from Chemart.

If you're interested in hosting an Afternoon Teal event to raise awareness and funds, head to [www.afternoonteal.net.au](http://www.afternoonteal.net.au). Please let us know as we would love to support and help you promote it.

For more information, visit [www.ovariancancer.net.au](http://www.ovariancancer.net.au)

**Teal Ribbon day is on February 24th**

### History Love Lesson

Valentine's Day initially celebrated St Valentine who was martyred about AD269. He was a priest who continued to marry the Christian soldiers in Rome during a time the church was under persecution and the marriage of soldiers was forbidden.

*St. Valentine's Day began as a liturgical celebration of one or more early Christian saints named Valentinus. Very few facts are known about St. Valentine. He was a priest in Rome who was martyred about AD 269 and buried on the Via Flaminia (road leading from Rome over the Apennine Mountains). The most popular martyrology states that he was a priest near Rome in about the year 270 AD, a time when the church was enduring great persecution. His ministry was to help the Christians to escape this persecution, and to provide them the sacraments, such as marriage. The Roman Emperor Claudius II supposedly forbade marriages of soldiers in order to grow his army, believing that married men did not make for good soldiers. (This is cut and paste from the Web—need to reference—Lisa to advise)*

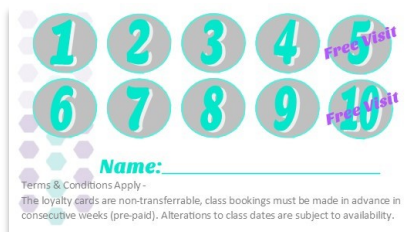
### CLINICAL PILATES

Because we like to reward your commitment to improving your health, Clinical Pilates at our Crafers clinic now have Loyalty Cards Available!

We also have an introductory offer when you book today.

### Initial Assessment 1/2 Price

Offer valid until March 1st 2016



### CONSTRUCTION

Construction for our new clinic at Mannum is in full swing! We now have a roof and bricks are currently being laid. Thank you to everyone who has been patient with our limited car parking situation. Not too much longer now. Once the entire clinic is complete, we will be opening a gym, café and Pilate's classes.

*Stay tuned for when the classes will be up and running*

Updated construction photo

### UP-COMING EVENTS

February is already here! Below are just a few of the upcoming events this month to keep an eye out for.

#### 1st February

.Back to School Term 1 Commences

.Carmen Bubner Naturopath treating at Mannum

#### 12th February

Adelaide Fringe Festival Opens

#### 13th February

Cultured Vegetable Class with Remedy Bliss

#### 14th February

Valentines Day

#### 20th February

Uraidla Fair

#### 29th February

Teal Ribbon Day - Ovarian Cancer Awareness

#### 29th February

It's a leap year!

# Magic Bean Chocolate Cake

Yum!

By Sarah Wong, Thermomix Recipe Community

This is a delicious **gluten free** chocolate cake which you have to try to believe! It is a very rich, moist treat and is free from expensive gluten free flours and nuts so it can make a perfect addition to a school lunchbox or can be served as a decadent Valentine's Day treat. No one will ever guess the "secret" ingredient!

## Ingredients (makes 12)

- 420g can kidney beans or butter beans, drained and rinsed
- 1 Tablespoon water or coffee
- 1 teaspoon vanilla extract, or more to taste
- 70g raw cacao or cocoa powder
- 1 teaspoon gluten free baking powder
- 1/2 teaspoon bicarbonate of soda
- 1/4 teaspoon salt
- 125g butter
- 5 eggs
- 140g rapadura or coconut sugar

## Method (This is a Thermomix recipe but should work with a blender and mixer)

- In a Thermomix (or blender) puree the beans, water/coffee, 1 egg and vanilla until smooth on speed 7. Set aside.
- Without washing the bowl, beat the butter and sugar on speed 5 for 30 seconds. (or use hand mixer as you would a normal cake mix)
- Add the remaining eggs and beat for 20 seconds on speed 4.
- Add the bean mixture and beat for 5 seconds on speed 4.
- Add the cocoa powder, baking powder, baking soda, and salt and blend for 10 seconds on speed 4.
- Pour batter into greased ring tin pan and bake in Moderate oven for 30 minutes or until a skewer comes out clean.

## Tips

This gluten free/nut free/high protein cake is wonderfully moist and works with most canned beans. Chickpeas work but they have a bit of a strong taste. I you use a round tin it will take a few minutes longer to bake. You can use oil instead of butter to make it dairy free - but better is better? You can also make it in muffin tins which take about 20 mins to cook.

## Book Review

### 'The Happiness Project'

"A "happiness project" is an approach to changing your life. First is the preparation stage, when you identify what brings you joy, satisfaction and engagement, and also what brings you guilt, anger, boredom and remorse. Second is the making of resolutions, when you identify the concrete actions that will boost your happiness. Then comes the interesting part: keeping your resolutions"

Gretchen Rubin finds herself on a city bus, asking herself as many of us do, "What do I want from life, anyway?" She answers, "I want to be happy." The Happiness project is Gretchen's own venture into implementing achievable changes in her life to become a happier person. She writes with a certain matter-of-factness and humour that makes this read stand out from personal development books. It takes place over a year with a different theme each month that Gretchen focuses on. From money to love, friendship to work, spirituality to vitality, Gretchen focuses on something that will resonate with everyone. The book is filled with intriguing research and facts about the science of Happiness and practical tips on finding the balance in life.

Gretchen now has her own podcast, "Happier with Gretchen Rubin" and has continued this project online on her blog [www.gretchenrubin.com](http://www.gretchenrubin.com) where she continues to give tips in happiness and good habits.

## FEM & COL Product Review

Many times throughout our lives, especially as a woman, we can experience hormone fluctuations that cause us to become stressed and irritable. The process of beginning menses to ceasing menstruation can be for some a challenging one, with 30-40% of females reporting that their symptoms are interfering with their day to day lives. Often symptoms become unbearable and interfere with sleeping patterns, adrenal health and relationships.

**Bio-Research FEM** and **COL formulations** offer homeopathic support for these times in our lives. Both formulations can be used under practitioner supervision to help promote balance of the female reproductive system.

**FEM** may help relieve symptoms of PMS, absent, irregular and heavy periods.

**COL** may help with the many symptoms of menopause including hot flushes and night sweats.

Carmen Bubner  
Naturopath

## The Power of Pets

The Australian Companion Animal Council estimated in 2009 that 63% of Australian households owned some kind of pet with 53% of them being a cat or dog. Pets have become a significant part of our lives. You may be thinking what have pets got to do with our health? Well studies have shown they have an enormous benefit to our health and wellbeing. Not only are they wonderful companions they also provide significant psychological and physiological benefits. They provide us with unconditional love, friendship and comfort in a way that is often unmatched by other humans.

Owing a pet has a powerful benefit to our health they can help to reduce the risks of heart disease by lowering blood pressure and cholesterol levels. They can provide a positive effect on our body's reaction to stress, this includes a decrease in heart rate, blood pressure and adrenal hormone release that has us in flight or fight response. A cat's purr gives off low-frequency vibrations that may provide the owner with pain relief and increased wound healing ability.

Humans have been sharing their lives with companion animals since ancient times.

Animals are widely used today within the frame work of human therapy ranging from the young to the elderly. Pets today are considered to be "one of the family", more than ever before. So the next time your cat gives you a smooch or your dog wags his tail to welcome you home, stop for a minute and appreciate their positive healing benefits.



by Carmen Bubner

## URAILDLA FAIR

Come and say HI!

Our friendly chiropractors, Lisa & April, will be holding a stall at the Uraidla Fair on the 20th February at the Uraidla Sports Grounds. They will be giving **free spinal and postural assessments**, offering free Dr Graeme massages and selling chiropractic pillows

Some people care too much,  
I think it's called Love

-Winnie the Pooh