



**Integrated
Wellbeing
Centre**

Newsletter

JULY 2016

Vitality *It's time to re-fresh*

This month's newsletter marks the half way point of 2016 and what better time to reflect on the year so far and look at how to refresh ourselves for the next six months. If you set yourself a New Years Resolution, now is a perfect time to review your resolution and make sure you are on track to kicking personal goals. If you didn't set yourself a New Years Resolution, why not set one now?

There are only six months left of 2016, let's make them count!



Enjoy the Outdoors these School Holidays

The July school holidays can be dampened by the wet and cold weather however it's important to still spend sometime outside when possible. Why not wrap the kids up and send them on a Nature Treasure Hunt! (bonus points for every muddy puddle jumped in). Here are some more outdoor activities;

- **Nature Colour Hunt**
- **Nature I spy**
- **Nature Sensory Bag**
- **Nature Crowns**
- **Nature Arts & Crafts**
- **Nature Paint Brushes**
- **Suncatcher Mandalas**

For full details and more Nature Activities head to munchkinsandmoms.com



Get Some More Vitality In Your Life

It's that time of year where we feel our energy levels droop. With the colder weather, it's much more alluring to stay inside where it's warm and huddle in front of the fire. Here are a few tips from Gretchen Rubin's book, "The Happiness Project" to boost your energy and get a bit more vitality back in your life:

- **Tackle a nagging task!**

Unfinished tasks tend to weigh us down and make us feel guilty. Sit down, write a list of everything that needs your attention. Prioritize them and set time-lines as to when they need to be done by. You'll be amazed at how accomplished and you'll feel.

- **Go to Sleep earlier**

Lack of sleep causes us to have impairments in memory, weakens the immune system and slows metabolism.

- **Improve sleep:**

Reduce screen time and turn the lights down low an hour before you go to sleep, avoid any work that requires alert thinking.

- **Exercise**

- **Toss, restore and organise**

Up-coming events

9th - 24th July School Holidays

www.integratedwellbeing.com.au

My BEST Butter Chicken Recipe Ever

served with Cauliflower Rice

Jo Whitton—Quirky Cooking

YUM!

With winter upon us there is nothing like a hearty curry on a cold night. This is one of the easiest and tastiest curries you can make at home from scratch. For more great dairy free, gluten free and additive free recipes be sure to check out: quirkycooking.com.au

Stovetop Method

- Process cauliflower in a food processor until chopped into rice sized pieces. Set aside.
- Chop onion, garlic, ginger and chilli by hand, then saute in a heavy based saucepan with ghee or coconut oil, until soft.
- Add remaining ingredients and simmer gently, covered, for 20 mins or until chicken is cooked through and sauce is beginning to thicken. Stir now and then.
- While chicken cooks, fry cauliflower rice in a frying pan with some ghee or coconut oil, for 15 mins or until soft.
- Serve butter chicken and cauliflower rice with steamed vegetables or a salad.

Ingredients

Cauliflower 'Rice' 800g cauliflower, (cut into small florets)

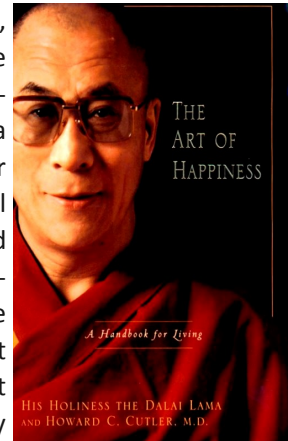
Butter Chicken

4 garlic cloves	2 tsp ground cumin
3cm fresh ginger, peeled	2 tsp ground turmeric
1 long red chilli, deseeded and halved	500g coconut cream
1 brown onion, halved	3 Tbsp lemon juice
100g ghee or coconut oil	200g tomato paste
½ tsp ground cinnamon	3 tsp sea salt
2 tsp ground paprika	1 kg chicken thigh fillets, cut into 3-5cm pieces (or up to 1.3kg for TM5 or stovetop)
3 tsp garam masala	
1 tsp ground cardamom	
2 tsp ground coriander	

The Art of Happiness Dalai Lama

Book Review

"Nearly every time you see him, he's laughing, or at least smiling. And he makes everyone else around him feel like smiling. He's the Dalai Lama, the spiritual and temporal leader of Tibet, a Nobel Prize winner, and an increasingly popular speaker and statesman. What's more, he'll tell you that happiness is the purpose of life, and that "the very motion of our life is towards happiness." How to get there has always been the question. He's tried to answer it before, but he's never had the help of a psychiatrist to get the message across in a context we can easily understand. Through conversations, stories, and meditations, the Dalai Lama shows us how to defeat day-to-day anxiety, insecurity, anger, and discouragement. Together with Dr. Cutler, he explores many facets of everyday life, including relationships, loss, and the pursuit of wealth, to illustrate how to ride through life's obstacles on a deep and abiding source of inner peace."



Review from www.goodreads.com





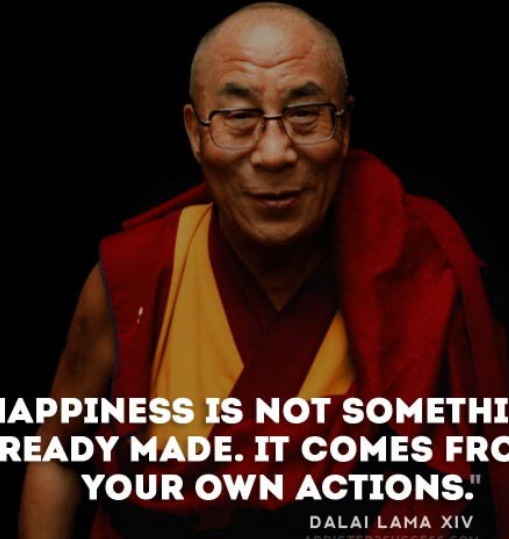
20% off*

CoQ10

Product of the Month

CoQ10 provides nutritional support for healthy periodontal tissue integrity. Coenzyme Q10 is involved in cellular energy production, antioxidant activity and supporting cardiovascular health. Please seek advice from your health care professional to see if this product would be suitable for yourself.

*20% off CoQ10 for the month of July. Information from bioceuticals.com.au



"HAPPINESS IS NOT SOMETHING READY MADE. IT COMES FROM YOUR OWN ACTIONS."

DALAI LAMA XIV
ADDICTED2SUCCESS.COM