

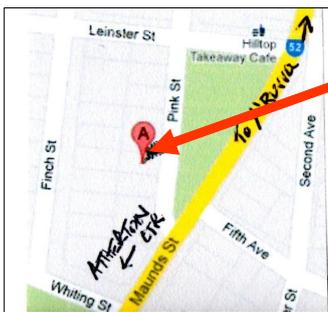
The Body Press



ON THE TABLE THERAPIES

Summer 2012

I Have Moved...



**25 Pink Street,
Atherton, 4883**

The clinic is accessed either via the driveway in front of the double garage doors or down the steps from the curb side and then through the door marked office. You are welcome to park on the driveway, please make sure your car is pulled down to the garage door or you can park on the road, please make sure it is outside the clinic not the neighbours house.

It is early days in my new venture but soon there will products for sale as well as me being able to offer two

Bowen treatments at once - convenient for those who want to come with their partners or a friend. This will also give me more flexibility with time if you need an urgent treatment. If you prefer not to have a Bowen treatment at the same time as other people that is fine - just let me know at the time of your appointment. It is important to me that you are happy with your treatment.

I look forward to seeing you soon and keeping you in the pink of health!!

Christie Tonks
Remedial Therapist
Now Practicing from
25 Pink St.,
Atherton. Tel 0459 547 681

Yes contrary to my last newsletter I have moved. A couple of months ago an opportunity that was too good to pass up came our way and so I am now working from my new clinic at:

Happy New Year

As this newsletter is realistically not going to leave my desk until the new year I have missed the opportunity to wish you a good Christmas. I hope it was a good day for you and that you spent it doing something special. I am not sure about

you but for me 2012 seemed to go at break neck speed. All in all though it was a good year for Paul and I, and I hope the same can be said for you. The fridge magnet calendars I posted out last year will be at the clinic for you to pick up

this year. With a change of address imminent I had to hold off on ordering them. Numbers are limited so please be sure to book your new year appointment soon so that you don't miss out.

So here's hoping your 2013 is a happy and healthy one!

Favorite Quote of the moment:

Enjoy the little things, for one day you may look back and realize they were the big things

Saturday morning appointments now available at the new clinic. Only by prior appointment.





ON THE TABLE THERAPIES

Recipe
Butter Bean Korma

Legumes are a unique food and contain B1, B2, B3, B5, B6, Folate, Vitamin E, Vitamin K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium (small amount), Zinc, Copper, Manganese and Selenium. Because legumes contain carbohydrate and protein plus many nutrients, a meal of a small amount of legumes served with vegetables and salad is a very satisfying and healthy meal.

Ingredients

- | | |
|------------------------------|--------------------------------------|
| 1 teaspoon oil | 500g button mushrooms, halved |
| 1 large onion | 100g ground almonds |
| 2 cloves of garlic, crushed | 2 tablespoons tomato paste |
| 2 teaspoons garam masala | 2 x 300g cans butter beans (drained) |
| 1 teaspoon ground coriander | 1 red capsicum sliced |
| 1 teaspoon ground cumin | 2 teaspoons lemon juice |
| 1 teaspoon chilli powder | 1/4 cup chopped fresh coriander |
| 1/4 teaspoon ground turmeric | |
| 400g can coconut cream | |

If you have a healthy recipe you would like to share email me: christietonks@hotmail.com

January special:
 Chamomile & Peppermint Tea
 \$4 for 30gms (normal price \$5.30)

Calm your nervous system and aid digestion. A refreshing drink for any time of day but particularly good after dinner or before bed.

- Heat the oil in a large pan and fry the onion and garlic until golden. Add the ground spices and cook for 1-2 minutes or until fragrant.
- Add the coconut cream and bring to the boil. Reduce the heat and add the mushrooms, ground almonds, tomato paste and 1 cup (250ml) water. Cover and bring to the boil. Reduce the heat and simmer uncovered for 10 minutes, stirring occasionally.
- Add the beans and capsicum and cook for 5 minutes or until the sauce has thickened. Stir in the lemon juice and coriander. Serve with steamed rice and plain yoghurt.

Thank you to K.M from Malanda for this delicious recipe.

ZenSomatic

Mindful Moments - It's a pleasure to be here

Being here in the present moment is something that we rarely do. We are usually imagining or worrying about something that may happen in the future or remembering or re-inventing something about the past. These thoughts about the future or past are usually not factual (unless of course you have learnt the magic of reading into the future) and so they are really fantasies and often they can be of a negative nature and therefore have a negative impact on our health. They are of

no use whatsoever! Take one day to track these fantasies and note their content. When you notice a fantasy, you can return to the present moment by turning your mind's attention towards your surroundings; its colours, shapes, sounds, smells and sensations. If walking, for example you can look at the trees and how they move or catch the light, if you can feel a slight breeze on your skin notice how soft it feels. If you find that you get upset, judgmental or self blaming be-

cause of your fantasies, remind yourself that a fantasy, or any thought is not necessarily a fact. Be as considerate, kind and forgiving to yourself as you would with a close friend that is trying to deal with a problem. Imagine closing a door on the fantasy or some other visualization to help disregard it and then pull your attention back to experiencing the here and now.

From my own mindfulness practice and excerpts from 'The Mindfulness Code' by Donald Altman.

