



Merry Christmas

*From Unique Health
and Wellness*

To Our Valued Clients..... What a great 1st year we've had here at Unique Health and Wellness. It's been so fantastic keeping in touch with our long term clients and of course welcoming new clients into our Clinic. We are really enjoying our new location . . . beautiful weather . . . so many good things to celebrate and with Christmas just around the corner we are here to wish you all a very Merry Christmas.

Our wish for you, your families and friends this Christmas is that you will be surrounded by beautiful moments, special memories, love and laughter and may the New Year be filled with an abundance of peace, joy, happiness and good health. We sincerely thank you for being a part of our Unique family and look forward to working with you on your pathway to inspired wellbeing of body, mind and spirit.

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We are really heartened by your commitment and the many positive changes you have applied to your life throughout the year. To help you stay on track, our Christmas Newsletter includes our **Seven Top Tips** for supporting your body and loving your liver throughout the Christmas/New Year celebrations.

We all know how the lead up to Christmas/New Year can be – with all the partying can come the over-indulging of food and drinks with the champagne flowing, everyone giving you boxes of chocolates and then the other things we need to do and organise like shopping for pressies, preparing food, menus and fitting in time to catch up with friends and family. All of this plus juggling your normal workload! This can make it challenging to be jolly this season without producing the Santa Belly to go with it. **The great news is that it is possible to fully enjoy the season and keep our health and weight on track!** It's not hard to take charge of your health during the 'silly season' - being organised and prepared is the key.



OUR SEVEN TOP TIPS TO SURVIVE THE FESTIVE SEASON

1. Damage Control

We all love the sparkle of champagne, or blowing the froth off a few at this time of year. And yes, there are lots of comforting articles telling us that a glass of red is so good for us. We get into trouble however when this tips into excess. **Alcohol has the same effect on our body as fructose**, so just as we restrict the amount of high fructose soft drinks we consume, we need to similarly limit our alcohol.

Research shows that alcohol, like fructose, taxes the liver. It contributes to belly fat, insulin resistance, metabolic syndrome and fatty liver. So Mum was right – moderation is the key. If drinking spirits, choose gin and tonic over scotch and coke. If drinking white wine or champagne, try making spritzers by diluting with either sparkling mineral water or peach nectar. Or be the designated driver and just stick to mocktails. Refreshing, bubbly and celebratory, you will be surprised that you can still have just as much fun with your Clayton's cocktails.



Mocktails are a great alternative for alcoholic beverages— Refreshing and Celebratory!

2. Just Say No

We often fear our host will be offended if we don't eat and drink all that's on offer. We think our friends will find it strange if we are saying no to the bubbly or the beer... My experience has been that at 'drinks' parties in particular, nobody notices what you're doing. So, just say no to that extra drink. Say no to the canapés when they come around. Say no to that extra Christmas party invitation.

3. Be a Weekend Warrior

Yes, it's a busy time of year, which makes organisation your best friend. Use any spare time you have to do a good grocery shop, and to invest in baking. Whizz up some protein balls or whip up some hummus for healthy snacks. That means you'll also have something on hand should guests pop in. Make sure you have some of our **Raw Meal** and **Raw Protein** in your pantry for a healthy snack in 1 minute. (See our recipes inside this newsletter).

4. Party at Home

If invited to an evening cocktail party, eat dinner or at least some of those healthy snacks you've just made before you go, or whizz up a quick protein shake. This will reduce temptation to eat all the nibblies, or better still, host the party yourself, giving you complete control over the menu.

5. The Advance Decision

There is great power in the advance decision. Decide before you go to the party how many drinks you will have. Decide whether you will stick to your normal gluten free or sugar free diet, or have a night off. (Making sure of course that not every party is a 'night off'!) Never go into a social situation with the attitude that you'll just see how it goes, or that you'll "try to be good". **As Yoda from Star Wars says, there is no such thing as try, only do or do not do.**

6. A Party Only Lasts 3 Hours

If you do decide to sample the party food or a glass of champagne, enjoy it then get back in the saddle straight away. A night out with friends eating pasta AND dessert is not going to derail all your good work throughout the year. It's the party in between the parties that does the damage. A party has a start time and an end time. While it's on, it's time to enjoy yourself. When it finishes, it's time to get back to your normal program.

7. Superboost Your System

Drinking alcohol and eating too much sugar suppresses our immune system and harms our gut, effectively putting our body's soldiers to sleep. **It's so important at this time of year to keep our defences high with extra doses of nutrients, and some prebiotics for gut health.** It's also easy for our body to become acidic with the consumption of extra sugar, wheat, soft drink or alcohol. **Our range of Raw foods** and superfoods boosts our nutrients, protects our gut and are alkalising – your perfect partner this party season!

Fun In The Sun

When we think of Christmas Holidays in Australia, we think of surf, sun and sand, beautiful climates and the great outdoors. With vitamin D readily available from the sun, then why are so many people deficient in this important vitamin? An estimated 73% of adults suffer from inadequate vitamin D levels, with almost 60% of women living in southern areas being completely deficient during the winter/spring months. Are we spending too much more time indoors? Are we obsessed with the need to cover up and use sunscreen every time we step outside?



Vitamin D is well known for its role in maintaining the health of bones and improving calcium absorption; but D is so much more than this! **It helps improve immunity; reducing the frequency of colds and flus, and managing more serious autoimmune conditions.** Vitamin D also improves muscle strength and can reduce fractures in the elderly. Did you realise that low levels of vitamin D have also been associated with an increased risk of certain cancers and other chronic diseases, including cardiovascular disease and diabetes? Interestingly, vitamin D may even help support healthy moods and is a beneficial part of the treatment for depression. However for some people taking Vitamin D supplements is not the answer.

With so many factors influencing vitamin D, what can you do to ensure you and your family have adequate vitamin D levels and be safe while having “fun in the sun” this summer.

Recommendations for Achieving Optimal D Levels

The amount of vitamin D you get from exposing your bare skin to the sun depends on:

- **The time of day** – your skin produces more vitamin D if you expose it during the middle of the day, but of course you have to be sensible. However, to be safe with sun exposure, we recommend you aim for 6 to 15 minutes mid-morning or mid-afternoon during our hot summer months, depending on your skin type.
- **The color of your skin** – pale skins make vitamin D more quickly than darker skins.
- **The amount of skin you expose** – the more skin you expose the more vitamin D your body will produce.
- **The time of year and time of day.** When the sun's rays enter the Earth's atmosphere at too much of an angle, the atmosphere blocks the UVB part of the rays, so your skin can't produce vitamin D. This happens during the early and later parts of the day and during most of the day during the winter season.

The closer to midday you expose your skin, the better this angle and the more vitamin D is produced. A good rule of thumb is if your shadow is longer than you are tall, you're not making much vitamin D. In winter, you'll notice that your shadow is longer than you for most of the day, while in summer, your shadow is much shorter for a good part of the middle of the day. While covering up to prevent too much sun exposure is an important step in protecting yourself from skin cancer, research has not always shown that sunscreen is the safest and most effective method.

Research has shown that sunscreen helps prevent squamous cell carcinoma, but has no effect in preventing basal cell carcinoma. For melanoma, research has been contradictory. Some research shows that sunscreen prevents melanoma, while other research shows that it increases your chance of getting melanoma. Normal sunscreens contain some troublesome ingredients like synthetic fragrance, oxybenzone and retinayl palmitate. Adequate Omega 3 is essential as part of your risk reduction strategy.

For these reasons, the Vitamin D council believes that covering up with clothing and/or going into the shade (after you get a little bit of sun exposure) is a safer way to protect yourself from too much exposure. For children, the advice is the same as for adults. However, with infants their skin is more delicate and burns more easily, so we do not recommend exposing their bare skin to the sun at all.

We recommend **Wotnot 30+ SPF Sunscreen 135g**, it's safe, effective with no nasties. We will have this product in stock very soon if you wish to purchase some for your “Fun in the Sun” this Christmas.

Healthy 'Feasting Season' Snacks

Having a good supply of healthy treats on hand means you are less likely to reach for the Tim Tams, and you'll have something to offer guests who drop in at short notice. Try these ideas for year round yumminess.

Liver Loving Veggie Juice



Ingredients:

- ◆ 1 large carrot
- ◆ 2 stalks celery
- ◆ 1 handful parsley
- ◆ 1cm ginger, scrubbed
- ◆ 1 green apple
- ◆ 1 scoop Perfect Food Raw

Method:

- ◆ Roughly chop all vegetables and fruit.
- ◆ Juice.
- ◆ Add Perfect Food Raw and stir.

Berry Blast

To Keep up your Antioxidants

Ingredients:

- ◆ 1 cup unsweetened organic coconut water
- ◆ 1 cup fresh or frozen organic berries
- ◆ 1 ripe banana, cut into chunks
- ◆ 1 tbspn coconut oil
- ◆ 1 handful spinach leaves
- ◆ 1 serve Chocolate Cacao Raw Protein

Method:

- ◆ Blend all ingredients in a blender on high speed until smooth. Serve immediately.
- ◆ Throw in some turmeric if your blender can cope.



Choc Bliss Balls

So delicious that everyone will want to be eating these treats over Christmas ... and at Easter ... after school ... in lunch boxes ... **DF, GF, Grain Free, Vegetarian** Makes 25 bite size balls

Ingredients:

- 20 dates
- 1 cup cashews
- 1 cup almond meal
- 3 tbspn raw honey or coconut nectar
- 1 tspn vanilla essence
- 4 tbspn raw cacao
- ½ cup Coconut Crunch (or desiccated coconut)



Method:

- Soak dates in boiled water
- Place cashews in a blender and whizz until it forms a coarse meal. Remove from blender
- Roughly chop the soaked dates, then place in blender and whizz until they form a paste
- Place cashew meal back in the blender, plus the almond meal, raw honey, vanilla and cacao. Blend until smooth.
- Place Coconut Crunch in a bowl
- Scoop out teaspoon size portions of the mixture and roll into bite size balls. Roll the balls in the coconut
- ◆ Place in fridge to firm

Hummus Bi Tahini

Yes, you can buy this from the shops, however it is so easy and delicious to make at home yourself. And will last well in the fridge. **DF, GF, Grain Free, Vegan**

Ingredients:

- ◆ ¾ cup dried chickpeas
- ◆ ¼ tspn Himalayan salt
- ◆ 1 clove garlic, crushed
- ◆ 1/3 cup tahina
- ◆ ¼ cup lemon juice
- ◆ Pinch cayenne pepper
- ◆ 1 tbspn finely chopped parsley
- ◆ 2 tspn extra virgin olive oil



Method:

- ◆ Soak chickpeas overnight. Drain.
- ◆ Place in medium saucepan, cover with fresh water, and bring to a boil. Reduce heat and simmer, covered for about 50 minutes or until tender.
- ◆ Drain chickpeas over a large bowl, reserving ½ cup liquid.
- ◆ Blend or process chickpeas with salt, garlic, tahini, lemon juice and reserved liquid until smooth.
- ◆ Serve drizzled with olive oil and sprinkled with cayenne pepper and parsley. Enjoy on crackers or with lovely fresh vegetable crudité's.



'UNIQUE' CHRISTMAS GIFT IDEAS FROM OUR CENTRE

Looking for some inspiration for Christmas Gift Ideas for your family or friends? Well we might just have the perfect gift for that someone special.

Aroma-Joy, Aromatherapy Diffuser, Night Light, Humidifier, Air Purifier, Ioniser by Lively Living - \$79.95

Many of our clients have commented on the Aromatherapy Diffuser we use here in the clinic. Due to popular request, we now have them in stock and available for you to buy. Also included is a colourful Travel Bag and comes beautifully boxed for presentation.



Also available Aroma-O'mm, Aromatherapy Diffuser, Ioniser, Humidifier, Air Purifier, Mood Light by Lively Living - \$88.00

This outstanding diffuser utilises real bamboo to give an authentic and natural appearance. Bamboo brings strength and beauty as well as being environmentally safe. Great for either a male or female.



And to Compliment your Diffuser -

Lively Living's boutique collection of premium grade, 100% Certified Organic Essential Oil blends to enhance your life and wellbeing - \$22.95 Each



The unique synergy of the oils are combined to create optimum health and healing benefits. The oils are sourced from around the world, yet are blended locally in Australia, with the formulations having had input from leading Aroma therapists. The essential oils are further enhanced from the high vibrations of the ultrasonic waves of the Lively Living ultrasonic diffusers.

**Blends available
Relaxation, Romance,
Breathe, Harmony & Vitality**

UNIQUE HEALTH AND WELLNESS GIFT CERTIFICATE

You may know of a friend or relative that has just about everything - but may not have the best of health. What a beautiful gift to give - "The Gift of Health". Help someone on their journey to better health with a Gift Certificate for an appointment with Lorraine for a Mind/Body Consultation or for a Combined Consultation with our Health Coaches. It would be our pleasure to help you out with a Gift Certificate that could change someone's life.



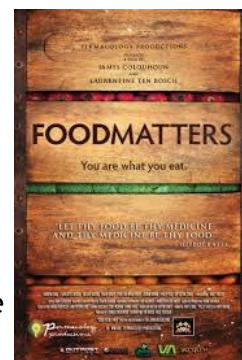
INSPIRATIONAL AND LIFECHANGING HEALTH DVD'S -

We have a great selection of health and lifestyle DVD's suitable for young teens onwards. The first 2 DVD's - *Food Matters* and *Hungry for Change* are perfect for those starting out on becoming informed and ready for change.

Food Matters—\$24.95

Are you sick and tired of the confusion surrounding food? Want to feel good and prevent or reverse illness and disease? Join the leaders in nutrition and natural healing from around the globe in a mission to uncover the truth...

'Food Matters' features interviews with leading health experts who reveal the best natural healing choices you can make for you and your family's health. In the film you'll discover what works, what doesn't and what's potentially killing you when it comes to your health.



Hungry For Change—\$29.95

HUNGRY FOR CHANGE exposes shocking secrets the diet, weightloss and food industry don't want you to know about; deceptive strategies designed to keep you coming back for more. Find out what's keeping you from having the body and health you deserve and how to escape the diet trap forever.

Featuring interviews with best selling health authors and leading medical experts plus real life transformational stories with those who know what it's like to be sick and overweight. Learn from those who have been there before you, then continue your health journey.



Overfed & Undernourished—\$29.95

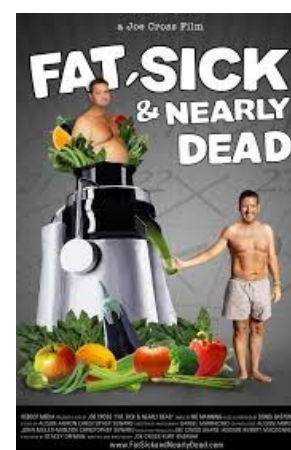
Overfed & Undernourished is the latest health and lifestyle documentary produced and directed by Troy Jones. It examines a global epidemic and our modern lifestyles through one boy's inspiring and personal journey to regain his health from the inside out. The film is interspersed with interviews and advice from leading health and wellbeing experts from around the globe, providing simple solutions to improve the quality of our lives, and ultimately asking the fundamental question... *Are we really nourishing ourselves?*



Fat Sick and Nearly Dead—\$19.95

100 pounds overweight, loaded up on steroids and suffering from a debilitating autoimmune disease, Joe Cross is at the end of his rope and the end of his hope. In the mirror he saw a 310lb man whose gut was bigger than a beach ball and a path laid out before him that wouldn't end well— with one foot already in the grave, the other wasn't far behind. **FAT, SICK & NEARLY DEAD** is an inspiring film that chronicles Joe's personal mission to regain his health.

With doctors and conventional medicines unable to help long-term, Joe turns to the only option left, the body's ability to heal itself. He trades in the junk food and hits the road with juicer and generator in tow, vowing only to drink fresh fruit and vegetable juice for the next 60 days. Across 3,000 miles Joe has one goal in mind: To get off his pills and achieve a balanced lifestyle.



CHRISTMAS CRAFT - MAKING A GRATITUDE TREE

There's probably no better time of the year to celebrate and be thankful for the blessings we have received throughout the year.

Gratitude is a virtue we should practice on a daily basis. However, the idea we have put together here is one that will involve your family and friends and create a wonderful atmosphere in your home during this beautiful season.

Taking the time to be grateful can have a significant impact on our lives, it can create a powerful and magical shift within our being and allow us to radiate appreciation, positivity, contentment, happiness and love.

And when we practice the Art of Being Grateful it has its own rewards as we regularly create more of the same, attracting an abundance of these wonderful things to us every day. Gratitude has also been shown to improve health and reduce stress.

Creating a Gratitude Tree is really easy and an activity the whole family can enjoy.

Collect some fallen small branches from the trees in your local park or around the neighbourhood. If you like you can have the children paint or decorate them or just leave them natural. Display them in a vase or nice pot.



*An example of a gratitude tree.
Have fun creating one for your home.*

If you wish hang a few Christmas Decorations on the tree.

For your Gratitude Tags, you and the children can cut out some different coloured tags in Christmas shapes or you may like a natural theme. Make a hole at the top of the tag, thread a little string or ribbon through the hole and place them in a box or bowl ready for your guests to write their words of gratitude and hang on your tree.

Have fun creating your own theme. I'm sure you'll agree that your Gratitude Tree will be a much loved decoration filling your home with love and joy this Christmas.



UNIQUE HEALTH
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Christmas/New Year Clinic Hours

We're hanging up our hats for a short holiday to celebrate Christmas and the New Year with our Families.

The Clinic will be closed from 4.30pm Tuesday, 23 December and will re-open at 8.30 am Monday, 5 January 2015.



*Looking forward to
seeing you in 2015*