



Mind & Body Power

January 2011

We would love to hear from you. Tell us the topics that you would like to see in the newsletter by sending an email to:

membership@mindandbodypower.com.au



Until next month:

Healthy Choices = A Better Lifestyle



Welcome to 2011!!! We hope you have had a great Christmas/New Year break and managed to get some time to relax with family and friends.

The Queensland flood crisis has lifted but with so many still affected it will be a long time until we forget. The floods have not only destroyed homes but also created a lot of Grief and Loss. We are offering Medicare Bulk Billing to those affected. The ways in which psychological support can help:

- Grief and Loss
- Acute Stress Disorder, Trauma, Posttraumatic Stress Disorder
- Anxiety
- Depression
- Planning from here: finding clarity and direction

Some may need help NOW while others will need help to rebuild their futures. Age and gender makes no difference in needing help and receiving help, to live a future free of psychological torment.

Mind & Body Power has launched an e-store on Facebook. Log on and have a look. Payment is secure and made via Paypal (account or credit cards). If you have any questions send us an email.

Until 31st January, ALL SERVICES AND PRODUCTS are 50% off! To help you achieve your goals we are giving you a massive helping hand. What better way to start moving towards your goals and resolutions than receiving 50% off!

WE WANT TO HEAR FROM YOU about your NEW YEAR'S RESOLUTIONS. Send us an email OR post it on our Facebook Page – Mind and Body Power. We can help you achieve your goals!

Each month, we will provide you with an activity challenge to undertake. It's up to you to challenge yourself and reach those goals. Good luck! We'd love to hear your stories of inspiration and motivation.

A word from Kellee...

What an exhausting start to 2011! While we need to be grateful for the rain, we have had just a little too much of a good thing. I have bonded with my squeegee mop over many, many hours and have decided that it is my most valuable household cleaner. My back is killing me, my arms are sore (but increasing in tone), my hands had blisters and the layer of inch thick silt remains as a reminder. The positive is that I am better off than most and that is what I am thankful for.

As mentioned, I am offering Medicare Bulk Billing for psychological services. Just send an email to membership@mindandbodypower.com.au or phone and leave a message on 07 3356 9748 and we will give you the information you need to start rebuilding your life and family. I counsel individuals, couples and families. Your sessions can be in person, over the phone or via webcam. Many people will not need help until 3 weeks to 6 months post-flood. So keep this information handy for when you, a family member, friend or colleague needs it.

On the agenda for this year? Finish my book and have it published by the end of March, provide value packed webinars to you and medical/allied health professionals plus a very special project close to my heart which I am hoping will come to fruition by mid-year (stay tuned!)



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New Year's Resolutions – Why do we make them? How do we stick to them?

Making resolutions is usually an attempt to commit ourselves to a personal goal or project. We expect that we will receive some benefit, improvement or advantage. We believe that the new year is a new beginning and it will be easier to start afresh.

More women than men make resolutions every year. Most of the time it is the same old story – I want to get fitter, I want to lose weight, I will eat healthier, I will give up smoking or reduce alcohol intake. Clearly, if we are making these same resolutions every year, we haven't been able to stick to them.

A 2007 study by Richard Wiseman from the University of Bristol showed that 78% of those who set New Year resolutions actually failed. Only 52% of people believe that they will succeed at their resolutions.

Why such a high failure rate? Some of the external factors involved:

- Saboteurs – these can be friends, family, colleagues. Some will set out to sabotage while others unconsciously will do so. Awareness is the key.
- Supporters – majority of the time we don't tell people how they can best support us. Tell them what you want and need and let them rise to the challenge. Obtain personal and professional support.

- Demands – work, chores, commitments can gobble up time. Be realistic in how much time you really have to commit to goals. Negotiating with others to reduce demands is important.

Some of the internal factors that result in failure:

- Setting too many goals at once
- Time and energy
- Having true belief and confidence in ourselves to achieve. This is usually the key to success and failure
- Addiction – can become their own entity and 'live' within us, controlling us. Know when you need professional help.
- Lack of planning and flexibility especially for setbacks, obstacles and plateaus.
- Progress measures – very poor or limited number. You need lots and lots in all areas e.g. fitness, measurements, scales, clothes, photos etc for real measure of progress.
- Short-term goals that are achievable so you can focus on NOW and not 'down the track'.





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2011 Appointment Days & Times:

On site (Days Rd, Grange):

Wednesday – 10am – 6pm

Thursday – 10am – 7pm

Saturday (1st-3rd Saturday/month) – 9am-4pm

Saturday (4th/last in month) – 2pm – 5pm

Ferny Hills – Fernlands Radius Medical Centre

Saturday (4th/last in the month) – 8am– 12pm

What's New in 2011!



Webinars – an online presentation or workshop that provides interactive elements between Kellee and the audience without leaving the comfort of your office or home.

Some of the topics include:

- **Failure vs Success Model for weight loss**
- **Why does food control me?**
- **Stop being a slave to emotion and become a master**
- **Self Identity – Who am I (outside of addiction, weight, relationship etc)?**
- **Weight Loss Surgery Success (if you have or thinking about having)**

Each webinar consists of 6 x 1hr sessions held weekly or fortnightly apart. This allows you to practice any activities/tasks given in between sessions.

Each Webinar is recorded for you to listen to again OR to listen to if you couldn't attend the live event.

Cost: \$60 (just \$10/session)

Register via purchase from Facebook estore:

http://www.facebook.com/pages/Mind-Body-Power/91624810676?v=app_135607783795&ref=ts

Until 31st January, all webinars are 50% off!

ONLY \$30/Webinar Series OR \$5/session





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Activity Challenge of the Month

Take advantage of the weather. The best time of day is early morning before it gets too hot and while the bugs/insects are still sleeping.

This month we challenge you to walk/jog a minimum of 3 times per week for no less than 30 minutes each outing. If this already seems too difficult, try for a ten minute walk, 6 times per week.



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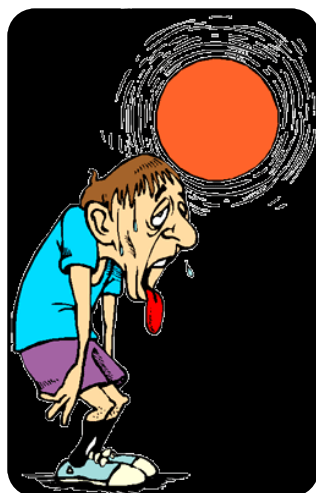
membership@mindandbodypower.com.au

Promotion 1

Medicare Bulk Billing until 31st May for all those affected by the floods (individuals and families)

Q: What did the pig say at the beach on a hot summer's day?

A: I'm bacon!



DON'T FORGET

to take your water with you when you go for a walk. Our bodies dehydrate quickly in this weather.

Promotion 2

50% off all services and products until 31st January 2011!





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FLOOD CRISIS CAUSES US TO RETHINK OUR SUMMER FRUITS & VEGETABLES

The flooding along the Eastern Coast of Australia has affected our fresh produce supply. This has caused a shortage of grains, fruits and vegetables and will make existing produce more expensive to purchase. Some of the main produce that has been affected include:

<i>Fruit</i>	<i>Vegetable</i>	<i>Grain & Other</i>
<ul style="list-style-type: none"> • Melons • Tomatoes • Mangoes • Pineapple • Grapes • Citrus • Bananas • Cherries 	<ul style="list-style-type: none"> • Lettuce • Salad vegetables • Herbs • Corn • Capsicum • Pumpkin • Chickpeas 	<ul style="list-style-type: none"> • Wheat • Sorghum • Sugar • Barley • Canola

The traditional summer salad will be more expensive or will be in short supply. This means that we need to look and think about alternative options to save the hip pocket and fat on the hips and tummy.

At this time we need to look for alternative options. They include:

- Growing your own salad vegetables (buying seeds through to plants from your local nursery can be quite inexpensive)
- Buying frozen alternatives to fresh
- Buying canned alternatives to fresh
- Buy as soon as you can while prices may be lower, cook and freeze, ready to use in the future (e.g. mashed/roasted/boiled pumpkin).





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SUMMER SMOOTHIE

Smoothies can be a great start to the morning particularly for those who don't have much time or who don't really like breakfast. They can also be a great snack or pick me up in the afternoon. In keeping with this issue, we are going to use only frozen and canned products. It is a great way to get your fruit intake for the day. It is important to remember that you need protein in the mornings so we have provided options as well as fibre options.



Ingredients you can choose from and add together:

Fruit & Flavour	Base	Proteins & Fibre
Berries – frozen	Low fat milk	Finely crushed nuts
Passionfruit	Soy milk	Whey powder
Canned fruits (in natural juice) – peach, nectarines, apricots, pears	Low Fat Natural Yoghurt	Protein powders (these tend not to be pure protein so check the label for carb/protein ratio)
Mango – frozen or canned (in natural juice)	Aloe vera juice	Bran (any type)
Coconut	Juice (not highly recommended in large quantities)	Lecithin
Honey		Psyllium husk
Cinnamon		
Nutmeg		

Veggie Muffins

With the kids going back to school, ideas for their lunch boxes are important for variety, health and satisfaction. Veggie muffins are can be a really good way for the kids to get their daily veggie intake up with something that they will actually eat for lunch or as a snack. You can make muffins or a loaf. You can add extra protein and fibre to the mix, if you like. By starting with the base ingredients, you can add whatever else you like. *We have made some suggestions for you on the next page.*

Base

- 2 cups self-raising flour
- 80g melted & cooled butter
- 1 lightly beaten egg
- 1 cup milk





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Ingredients you can choose from and add together:

Vegetables & Flavour

Grated/mashed vegetables of your liking:

- Pumpkin
- Zucchini
- Onion
- Garlic
- Capsicum
- Carrot
- Frozen vegetables (cooked & whole/chopped):
- Spinach
- Carrot, cauliflower, broccoli, sugar snap peas;
- Carrot, peas, corn;
- Corn, peas, carrot, broccoli;
- Corn, peas, beans, carrot;
- Capsicum, peas, corn, beans

Extras

- 2 tbs chopped olives
- Semi-sundried tomatoes to you taste
- *Cheese (only 1 option)*
- 100g tasty cheese
- 100g feta
- 50g feta; 50g grated cheese

Herbs (1 or more)

- Rosemary – 1 tsp
- Mixed herbs – 1 tsp
- Paprika – ½ tsp
- Dried mustard – ½ tsp
- Salt & Pepper to taste

Proteins & Fibre

- 100g chopped ham (chicken, turkey, tuna, salmon)
- Coarsely or finely chopped nuts
- Whey powder
- Bran (any type)
- Lecithin
- Psyllium husk



Method

1. Preheat oven to 200°C. Lightly grease a 12-hole, 1/3 cup-capacity muffin pan.
2. Sift flour into a large bowl. Make a well in centre. Pour butter, egg and milk into a jug. Stir to combine. Pour into well. Stir until almost combined. Fold through all vegetables, cheeses, herbs, seasoning, proteins and fibres. Be careful not to stir the mixture too much.
3. Spoon mixture into muffin holes. Bake for 20 minutes or until a skewer inserted in the centre comes out clean. Set aside in pan for 1 minute. Turn out onto a wire rack to cool completely. Place muffins in an airtight container.





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Chicken & Veggie Sausage Rolls

The kids will love this and you will know what is in the rolls. You can get creative and use the recipe as the base to try adding other flavours, vegetables and more.



600g chicken mince
2 tablespoons chopped parsley
1 egg, beaten
½ cup multigrain/wholemeal/rice dry breadcrumbs
1 cup frozen vegetable (peas, corn, capsicum, onion, carrot, beans, potato etc)
1/3 cup tomato sauce
Salt and pepper
3 sheets prepared frozen puff pastry
1 egg lightly beaten for glazing

Method

Combine chicken mince, parsley, egg, breadcrumbs, vegetables, tomato sauce and salt and pepper in a bowl.

Cut each pastry sheet in half. Divide chicken mixture into 6 and spoon one portion along edge of a half sheet of puff pastry. Brush a little of beaten egg glaze onto opposite edge so that rolls with seal. Roll up pastry and chicken mixture finishing with the seal underneath.

Trim ends of pastry rolls with a sharp knife. Cut each "sausage" evenly into half, then half again making 4 rolls. Place onto baking paper lined tray; mark tops with sharp knife and brush evenly with egg glaze. Repeat with remaining ingredients. Bake in a preheated oven at 200°C for 15-20 minutes.

