

Quote to reflect on:

To get a true sense of who we are, become more complete and integrated human beings, we must go to the unconscious and set up communication with it. There are two ways of setting up a communication with our unconscious minds: one is by recording dreams and two is through imagination and creativity.

*Inner Work,
Robert Johnson*



Book Review:

Easy way to stop smoking:
Allen Carr

A number of my clients thoroughly recommend this book to help finally QUIT.

Allen carr's 100-cigarettes-a-day addiction drove him to despair, but after countless attempts to quit he discovered what the world had been waiting for - the easy way to stop smoking. Recognised as the expert on helping smokers to quit, Allen Carr's informative, no scare tactics methods are a revelation for those desperate to kick the habit.

ISBN:
0140277633

Format: Paperback:
B format

Pages:
256

Author:
Carr, Allen

Imprint:
Penguin Books Ltd

Publisher:
Penguin Books Ltd

Published:
30/04/1999

Hey if anyone knows of a good book on health feel free to contact me. You can even write the next book review if you like. Lets get together and help each other achieve better health. To submit a book review just e-mail me osteoclinic@optusnet.com.au

Lady Heather's Summer Dessert (Melbourne's own version of Donna Hay)



Heather has been a client for over a decade and a country cook for three decades feeding working men and shearers alike. Here is a recipe she wanted to share with all of you.

At this time of year we are often looking for a dessert that is light, looks good and can be prepared in advance. Here is one that is perfect that has been in my family for a couple of generations. My Mother always made it and my sister and I continue to make it. It is consistently reproducible, a real crowd pleaser and perfect for any occasion.

- 5 eggs
- Juice and rind of a lemon
- 1 tbsp gelatine dissolved in ¼ cup hot water
- 125ml castor sugar
- Apricot jam
- Cream

Separate yolks and whites. Beat yolks with half the sugar then add juice and lemon rind, gelatine and water. Beat whites with remaining sugar till stiff. Fold into lemon mixture. Sit in fridge. Spread top with apricot jam and top with whipped cream.

PS: her hint is to serve it in a straight sided glass dish for presentation.

Happy Hanukkah (Chanukkah)



Pam's chicken soup or "Jewish Penicillin" recipe

Pam has been making this chicken soup for forty years or more and a valued and regular client of mine for a couple of years.

- 4 chicken frames
- 6 necks
- 1 skinless drumstick
- 4 medium carrots sliced
- 2 whole onions skin on
- ½ celery cut into pieces

Method: Place all in large saucepan. Fill with water salt and pepper to taste. When it comes to boil skim off froth. Simmer for 1 hour. Remove bones onions and celery. Keep some carrots. Boil thin noodles and then leave as many noodles as you like in soup dish and soup. Yummy!!! – sure to cure all ailments.

Thanks also to Janine from "Jenny Craig" for her help in putting this section together!



SUMMER SPECIALS

The team here at Prahran Osteopathic Clinic Scott, Ewen and Mike want you to all look your best, feel your best and be your best for Summer and the New year so we are offering these Summer incentives for you to come in for tune ups.

Recommend a friend:

Send a friend or family member and get \$5 off your next visit.

Step1: send a friend or family member to us.

Step 2: we will send you a \$5 voucher in the mail to get a discount off your next treatment.

Step 3: Bring voucher in.

Vouchers only valid for a 3 month period from the date of issue. All steps must be completed for voucher system to be valid. Voucher cannot be used in conjunction with any other discount offer or voucher. Voucher may not be redeemed for cash or on remedies. Only one voucher can be used per treatment.

PS: Make sure your current mailing address is valid.

25% reduction off the first appointment

As part of a summer offer we also offer a 25% reduction off the first appointment with presentation of this newsletter. So give it to a friend – they get 25% off their first appointment and you get \$5 off your next visit!

\$15.00 off when you spend \$100.00 in December at Prahran Health Foods

Prahran Health Foods special offer to clients of the Prahran Osteopathic Clinic

We would like to offer your clients \$15.00 off when they spend \$100.00

or more in store for the month of December.. Just mention you were referred to us by Mike Rowan and team.

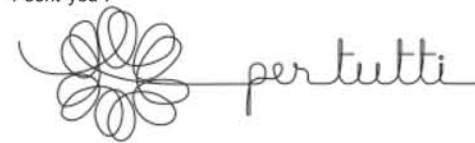
Mike Jacobs



Genesis gym is offering a free 14 day membership to all clients of Mike, Ewen or Scott with presentation of this newsletter – an exclusive offer only to clients of the Prahran Osteopathic Clinic.



"Hey there is a great place to buy that gluten free pasta that we have talked about just 50 metres from my front door in Chatham Street. For all your gluten free pasta needs visit Michael and his staff at Pertucci - the masters in pasta. Oh and don't forget to say that I sent you".



Whatever your religious, agnostic or atheistic position we – the team at Prahran Osteopathic Clinic - wish you all the best of continuing good health and a great new year. Together lets make 2006 a great year and have you look your best, feel your best and be your best!.



<http://members.optusnet.com.au/~drmdr/clinic.htm>

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