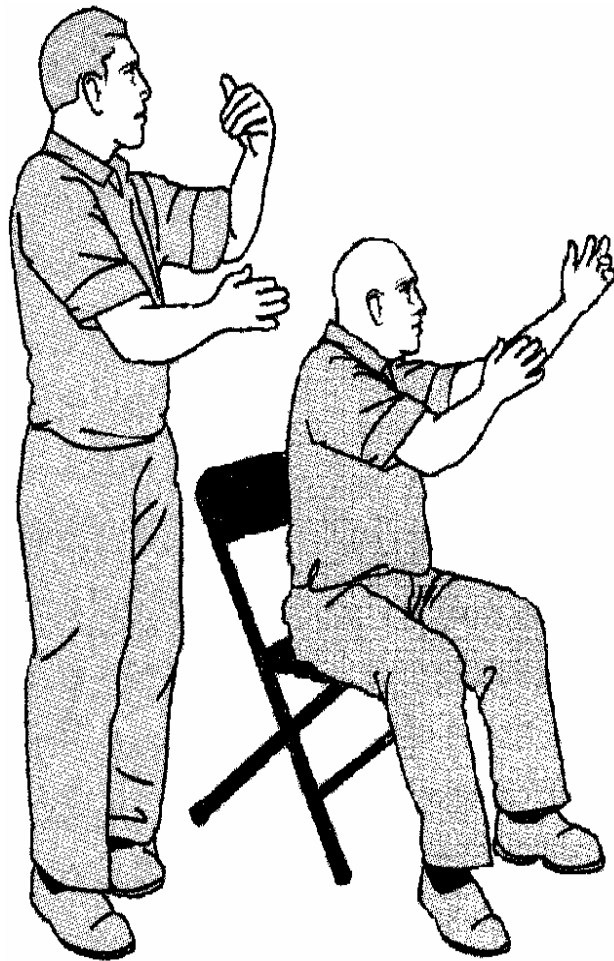


Fall 2007

FREE!

Complementary Health & Exercise



Simplified T'ai Chi

Introducing our new series of classes for people of all abilities, these classes can be done seated or standing as needed. See the centre pages!

Also inside

Reiki: A Path to Wellness
Lucky Bamboo, what it means
Diaphragmatic Breathing
And more!



The Quarterly Magazine bringing you news and programs on complementary methods of healthcare and exercise



Discover the Secrets of Chinese Therapy Balls



Discover how they can improve strength, dexterity and circulation. Their use prevents and treats carpal tunnel, tendonitis, arthritis and repetitive strain injury. They can reduce stress, are deeply relaxing, and improve overall health.

Tuesday, 2nd October @ 3:30pm

Tuesday, 4th December @ 3:30pm

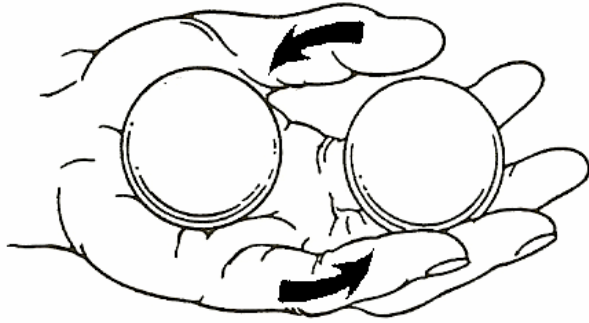
Elmhurst Memorial Health Education Center
for the Community of Villa Park
318 S. Ardmore Avenue, Villa Park, IL 60181

Thursday, 8th November @ 7:00pm

Elmhurst Memorial Lombard Health Center
130 South Main Street, Lombard, IL 60148

**To register call
Carematch on
630 782 7878**





Have you been working with your Therapy Balls, and now want to take your practice further? Or maybe you're having difficulty with some of the skills?

Then come and network with other users in our

Further Adventures

with

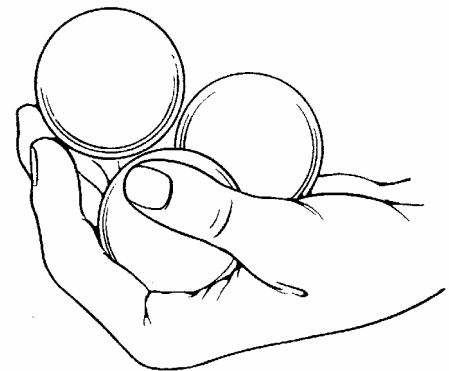
Chinese Therapy Balls

at

3:30pm on Thursday
The 8th of November

Elmhurst Memorial Health Education Centre
for the Community of Villa Park
318 S. Ardmore Avenue, Villa Park, IL 60181

To register call
Carematch on
630 782 7878



Taiji: 48 Forms & Swordplay: \$12.00



Do you have a growing desire to raise your technical standard further by learning something more demanding? The 3rd book in the China Sports Series describes, with over 320 illustrations, the 48 posture form, and the 32 posture sword form. Soft cover.

Gold Lion T'ai Chi Sword: \$60.00

The Gold Lion T'ai Chi Sword is a classic among Kung-Fu style swords. This straight blade T'ai Chi sword measures 34" overall, with a 25½" stainless steel 'unsharpened' blade. The lion head hand guard is made of polished brass. The black cord wrapped handgrip is accented by two yellow and red tassels attached to the end of the sword. A brass tipped scabbard is covered with leather and comes with a chain hanger for easier display.



Hardwood T'ai Chi Sword: \$20.00

Beautifully hand-crafted, this hard-wood broad-sword is designed to have the look and feel of a real T'ai Chi sword but without the weight, hazard or expense. - Great for every-day training.



T'ai Chi Sneakers: \$25.00



As worn by the Shaolin monks! White canvas laced shoe with red and blue stripes and brown plastic sole. The solid sole makes them perfect for T'ai Chi and Qi Gong practice.

All designs, colours, products and prices are subject to availability. See your instructor to place an order.

Complementary Health & Exercise

Fall 2007

Editor/Publisher
John Robertson

630 229 4434

john@7starsma.com

www.7starsma.com

www.worldkigong.com

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Seven Stars
Martial Arts



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The publisher expressly disclaims any and all liability relating to the manufacture, sale or use of such products and services and the application of the techniques discussed or illustrated in this magazine.

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Because of the nature of some of the products, services or techniques advertised or discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.

The Wisdom of Confucius

“Before you embark on a journey of revenge, dig two graves.”

Editor's Notebook

Welcome to our latest issue, here we continue our look at notable figures in T'ai Chi history with philosopher Lao Tzu. We also have a new contributor, Jane Van De Velde. Jane is a registered nurse and Reiki practitioner and teacher, here she explains exactly what Reiki is and how it can be used to maintain and improve your health. Darla Tegtmeier our resident hypnotherapist describes some of the upcoming programs she has planned through Elmhurst Memorial Healthcare. Also Dr John Hosten of Borré Chiropractic talks through some simple steps we can all take to benefit our health and heart.

Our new website is now online, with details, articles and pictures of all our programs, it's well worth a visit, go to www.7starsma.com.

This fall we introduce our simplified T'ai Chi classes at Courts Plus in Elmhurst, with sessions in August and November. The class is a gentle, beautiful and flowing exercise routine that is a joy to do, energising, deeply relaxing, bringing health and vitality to all those who attend. The class is suitable for participants of all ages and abilities, including those who have difficulty standing or walking. It is particularly suitable for people who cannot stand or are wheelchair bound. To register for this class please call Courts Plus on 630 833 5064.

We are always looking for contributions and advertisements to help out magazine grow, if you would like to contribute an article, or would like to advertise please e-mail your articles, pictures requests and adverts to info@7starsma.com.

We have Instructors available for talks, demonstrations, and lectures; classes are also available to private individuals and groups. Call 630-229-4434 or e-mail us at info@7starsma.com to discuss your requirements.

*He lives most life whoever
breathes most air*

Chinese Therapy Balls: \$10.00



Available in all sizes from 1¼", through to 2½" in diameter.

In many different styles, our stocks changes frequently, so call to find out what we have available.

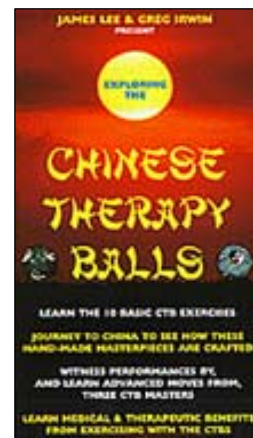
There are many more styles available such as solid jade, marble, wood & chromed solid steel, plus many different styles of cloisonne.

These are available by special order: \$15.00 and upwards!

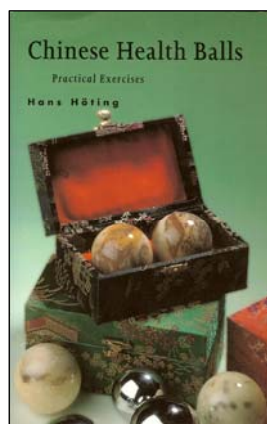


Exploring the Chinese Therapy Balls By James Lee & Greg Irwin: \$30.00

For expert instruction in using your Chinese Therapy Balls, Finger Fitness™ expert Greg Irwin leads you through uses of the balls. The video shows how the balls are manufactured in a visit to one of the factories. Then Chinese Masters demonstrate advanced moves. Commentary is also provided from a certified hand therapist. Available on DVD.



Chinese Health Balls by Hans Hoting: \$11.00



The author discusses meditation exercise, walking exercises, using them for massage, as well as working with the energy in the palms of your hands so that you can strengthen the yin/yang energy in your body. This is a very practical guide. Soft cover.

Simplified "Taijiquan": \$10.00



Published as part of the China Sports Series, this is the version practiced by over 95% of the Chinese population. Each move in the form is described in detail, and illustrated with 174 drawings. It also includes sections on the

history and evolution of T'ai Chi, a medical assessment, and push hands. Soft cover.

T'ai Chi Sneakers: \$25.00

As worn by the Shaolin monks! White or black canvas laced shoes with red, white and blue stripes and a brown plastic sole. The solid sole makes them

perfect for T'ai Chi and Qi Gong practice.

T'ai Chi Slippers: \$10.00

Our T'ai Chi slippers are an extremely lightweight shoe featuring a very flexible synthetic rubber sole and a rubberised canvas top.

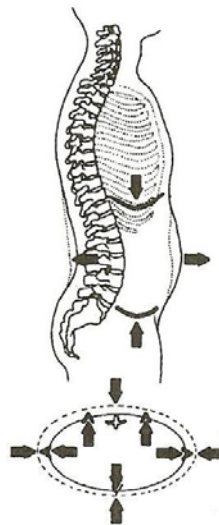
These are especially suitable for Qi Gong, T'ai Chi, Yoga or Kungfu training!



T'ai Chi Trousers: \$15.00

These loose fit cotton trousers with an elasticated drawstring waist, allow you to move more freely and make practice easier and more comfortable. Available in black, white and blue to order. As worn by your instructors.

Diaphragmatic Breathing



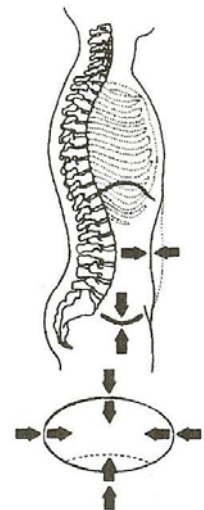
For most people normal breathing is rather shallow and rapid, and usually involves expanding and contracting the chest. It is estimated that 90% of the adult population does not breathe efficiently.

Habitual shallow breathing lowers vitality, reduces resistance to disease, and can lead to a negative frame of mind. Deep diaphragmatic breathing is the more natural and beneficial method of breathing.

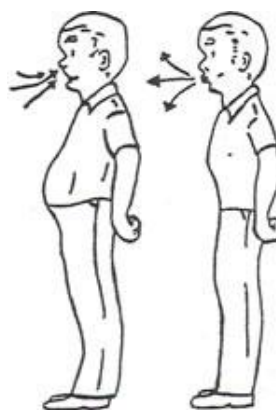
When breathing; touch the tongue to the center of the roof of the mouth to complete the Conception Channel and allow the free flow of Qi.

Inhale slowly through the nose by contracting the diaphragm pulling it downward into the abdominal cavity so the ribs flare, the stomach pushes out and the lungs fully expand.

Exhale slowly through the nose or mouth contracting the diaphragm pulling it upward into the chest cavity so the ribs compress, the stomach pulls in and the lungs fully contract.



Practice should be aimed at increasing the length and depth of the breath.



Physical effects:
Improves the heart-lung function, decreases the onset of stomach and motion symptoms, reduces blood pressure, prevents hyperventilation, slows the heart beat, and massages the internal organs.

Continuing T'ai Chi

Continue your T'ai Chi practice with sections five to eight, completing your study of the 24 posture form.

Learn new postures, advanced techniques.

Take your composure, relaxation, and balance to new levels.



At EMH in Villa Park

At 2:00p.m. every Thursday afternoon, sessions begin
September 27th and November 8th

Elmhurst Memorial Health Education Centre
for the Community of Villa Park
318 S. Ardmore Avenue, Villa Park, IL 60181

Call Carematch on 630 782 7878 to register

Class Calendar

Elmhurst

Elmhurst Memorial Hospital
200 Berneau Ave.
Elmhurst, IL 60126

Smoking Cessation

Thursday, November 15th
@ 7:00pm

Registration: 630 782 7878

Elmhurst Memorial Center for Health

1200 South York Rd.
Elmhurst, IL 60126

Smoking Cessation

Wednesday, December 12th
@ 7:00pm

Registration: 630 782 7878

Lombard

Elmhurst Memorial Lombard Health Center

130 South Main Street,
Lombard, IL 60148

Weight Management

Wednesdays @ 7:00pm
September 26th to October 24th

Registration: 630 782 7878

Accelerated Learning

Wednesday, December 5th
@ 7:00pm

Registration: 630 782 7878

Wood Dale

Elmhurst Memorial Occupational Health Services Wood Dale

230 East Irving Park Rd.
Wood Dale, IL 60191

Accelerated Learning

Monday, November 5th
@ 7:00pm

Registration: 630 782 7878

Can Hypnotherapy Help Me?

By Darla Tegtmeier

Yes, Hypnotherapy can help you, if you want it to. For this type of therapy it is of utmost importance that you want the results you are asking for. For example; if you are coming to see me to quit smoking to stop some one from nagging you, and you really have no desire to quit, it will not work. You need to do it for yourself.

I would like to stress here that hypnotherapy is a therapy and an event. It is not that "magic pill" that will make all your problems disappear instantly. There is some work involved on your part, mostly the openness and willingness to let go and be taken down into hypnosis, and you must truly want what you are seeing me for.

Here are just a few of the ways hypnotherapy can help you.

Smoking Cessation

Are you truly ready to quit? Ready to stop polluting your lungs, the air you breathe, the air your loved ones breathe. Are you tired of smelling like an ashtray? Having bad breath, yellow teeth, bad skin? Not to mention all of the health concerns that come along with smoking.

If you smoke one pack a day, you spend over \$2000.00 a year. Can't you think of a better way to spend or save that money?

This is an intense two and one half hour session that has had amazing success. Before you come, throw out all your smoking materials because you will leave a non-smoker.

Accelerated Learning

Don't waste another hour of unproductive studying! Using hypnosis you will create a special place to store material you want to retain for rapid and reliable recall. Once learned this technique can be used for lectures, classes, reading, tests, learning languages, final exams, and for anything that you wish to retain and recall. This method has been used with great success for bar exams, medical exam preparation, and university exams. Never again will you have to "stress out" over whether or not you will remember what you studied.

Weight Management

This is a five session program that will greatly increase your chances of success. Through the course of these sessions you will learn how to change your outlook on food, learn to change your eating habits, your self confidence will improve and you will have a better out look on life in general.

You will also learn why the scale is not is not important, why diets don't work and how the toxicity of your body greatly effects your weight.

To register for any of these programs in Elmhurst, Lombard or Villa Park call Carematch on 630 782 7878. To schedule a private meeting to discuss your needs call 847 334 1580.

Hypnosis can treat insomnia, help you quit smoking, improve study habits, nail biting, stuttering, weight management - all without side effects.

Set yourself
free with
hypnosis

Do you have stress in your life?

We all have to deal with stress every day. Stress is a natural part of life. The problem is when we are faced with too much stress for an extended period of time it affects our health. Stress has been linked to high blood pressure, trouble sleeping, chronic fatigue, heart disease, and many more health related issues.

Sitting in front of the television or going on vacation are all well and good but will not reduce the overall affect of stress in your life.

Through hypnotherapy I can teach you how to reduce the negative effects that stress has on your mind and body.

By using the technique I teach you, you will be able to calm yourself in a matter of seconds, making it possible for you to deal with the problem or issue at hand more effectively and efficiently.

IMAGINE, EMPOWER, and ACCOMPLISH

Hypnosis and its uses in the practice of hypnotherapy is rapidly emerging as a highly effective science in solving people's problems. It can be beneficial in many cases as a therapy in itself and is a valuable adjunct in psychotherapy, psychiatry, and medical care.

If it is needed, or if you've been diagnosed with a specific medical or emotional problem. A professional referral will be required.

Before your first visit you will have a thirty minute consultation. You will learn about hypnosis and all your questions will be answered. Your interests and desires will be discussed and your goals defined. Through the course of three sessions you will learn self-hypnosis. You will then be able to use this incredible tool for future goals.

Private sessions and group rates are available.

Mission Statement: To help people achieve a better quality of life using hypnotherapy alone, or as an adjunct to other therapies.



Tegtmeier Hypnotherapy
81 Stratford Drive
Bloomington, IL60108

Phone: 847-334-1580
Fax: 847-930-1350
E-mail: darlaj1580@aol.com



Flax - A Healthy Food

Flax comes from the blue-flowered plant crop grown mainly in the cool, northern climate of the western Canadian prairies. The omega-3 fatty acid and fibre in flax are nutrients that help keep us healthy and well. Flax is a high quality food. Flax contains the omega-3 fatty acid, alpha-linolenic acid (ALA); fibre; and lignans. Health experts prescribe these nutrients and other compounds for better health.

Omega-3 fatty acid: About 42% of flax seed is oil, more than 70% of that oil is polyunsaturated fat, a healthy fat. Flax also contains 57% of the important omega-3 fatty acid, ALA.

Extra fibre: Flax seed contains soluble and insoluble fibre. Soluble fibre can lower blood cholesterol levels, while insoluble fibre moves the stool through the colon more quickly, helping bowel movements.

Lignans: Flax seed is also one of the richest plant sources of lignans, providing up to 800 times more lignans than most other foods in a vegetarian diet. Lignans are phytoestrogens – compounds that have been shown in laboratory studies of animals to help protect against certain kinds of cancer, particularly cancers of the breast and colon, by blocking tumour formation.

The Health Benefits of Flax

The omega-3 fatty acids have a balancing role in the diet. They correct imbalances in modern diets that lead to health problems. Nutritionists caution that the amount of omega-3 fatty acids eaten in North America no longer meets our bodies' needs. You can balance your consumption of fatty acids by adding flax to your diet. Current research shows eating flax seed provides the following health benefits.

A lower risk for heart disease: Nutritionists advise paying attention to the kinds of fats eaten. They suggest you eat less saturated fat and trans fats, and more polyunsaturated fat – which flax provides. Studies show a diet high in ALA reduces the risk of heart disease by lowering cholesterol and by preventing the buildup of harmful deposits in arteries. In other studies, where scientists studied large groups of people to find disease trends, increasing the ALA content of the diet corresponded to a decrease in risk of stroke and heart disease.

Prevention of some forms of cancer: The link between diet and cancer is well-known. Flax contains dietary fibre and omega-3 fat in the form of ALA, which can reduce the risk of cancer. Furthermore, studies showed the ALA in flax slowed inflammation which led to cell growth in cancer. Another study on women newly diagnosed

with breast cancer showed a slowing of tumour growth with the addition of flax to their diet.

Treatment of immune disorders: The lignans and ALA in flax help prevent inflammation that affects the body's immune system. Flax in the diet may be useful in the treatment of such immune disorders as rheumatoid arthritis, psoriasis and lupus.

Diabetes: Studies show flax lowers blood glucose in healthy, young adults. The effect of flax in the diets of people with Type 2 diabetes is currently being investigated.

Relief from constipation: Studies in older adults show eating flax helps increase the frequency of bowel movements.

How To Add Flax to Your Diet

Flax adds a pleasant, nutty taste to foods. You can buy flax by the scoop, vacuum pack, bottle or capsule, or find it in some favourite foods. Here are some ways to use flax.

Whole Seeds: Whole flax seeds add colour and crunch to foods. You can sprinkle flax seeds on top of home baking or mix them into dough. However, to obtain benefit from flax, you should first grind flax seeds because whole seeds will pass through your system undigested.

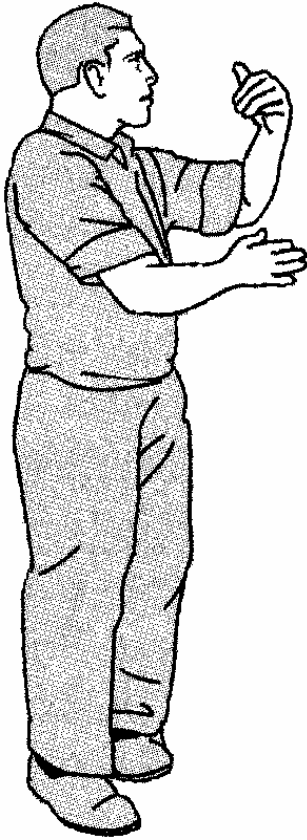
Milled Flax: Grinding whole seeds breaks their tough outer skin, creating a light-coloured powder. Milled flax is sold in a vacuum package, or you can prepare it yourself in a coffee grinder. You can sprinkle milled flax on cereal, or add it to doughs, batters, casseroles and other cooked foods.

Flax Oil: Flax oil is sold in bottles. The oil is extracted from whole flax seeds, using a cold-press process especially developed for plant oils. Pour flax oil on fresh salads. Flax oil provides ALA, but no fibre or lignans.

Gel capsule: Flax oil is sealed in gel capsules and sold as a dietary supplement. You should follow manufacturers' dosages.

Omega-3 enriched eggs: Omega-3 enriched eggs contain extra omega-3 fatty acids from flax fed to hens. You can use omega-3 eggs wherever you would use regular eggs – there's no taste difference, only nutrition enrichment. If eaten on a regular basis, omega-3-enriched eggs make a substantial contribution to your need for omega-3 fatty acids. The caloric value and protein content of omega-3 enriched eggs are similar to that of regular eggs.

Beginners T'ai Chi



Enjoy a happier, healthier, and more harmonious life through the practice of T'ai Chi Ch'uan.

T'ai Chi Ch'uan can relax the body, reduce stress, release tension, and you can expect a feeling of positive energy to flow through your body.

T'ai Chi Ch'uan is proven as the most effective way to delay the onset of falling.

At EMH in Villa Park

At 2:00p.m. every Tuesday afternoon, our next session begins September 25th, then November 6th

Elmhurst Memorial Health Education Centre
for the Community of Villa Park
318 S. Ardmore Avenue, Villa Park, IL 60181

Call Carematch on 630 782 7878 to register

Did You Know?...

A healthy diet and lifestyle are the best weapons you have to fight cardiovascular disease.

Remember, it is the overall pattern of the choices you make that counts.

Make the simple steps below part of your life for long-term benefits to your health and your heart.

Healthsource of Warrenville, IL - Use up at least as many calories as you take in - Start by knowing how many calories you should be eating and drinking to maintain your weight. Don't eat more calories than you know you can burn up every day. Increase the amount and intensity of your physical activity to match the number of calories you take in. Aim for at least 30 minutes of moderate physical activity on most days of the week or — best of all — at least 30 minutes every day. Regular physical activity can help you maintain your weight, keep off weight that you lose and help you reach physical and cardiovascular fitness.

Eat a variety of nutritious foods from all the food groups – You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients but are lower in calories.

To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often. Vegetables and fruits are high in vitamins, minerals and fiber — and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure. Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight. Eat fish at least twice a week.

Eat less of the nutrient-poor foods - There is a right number of calories to eat each day based on your age and physical activity level and whether you are trying to gain, lose or maintain your weight. Limit foods and beverages that are high in calories but low in nutrients, and limit how much saturated fat, trans fat, cholesterol, and sodium you eat. Read labels carefully.

As you make daily food choices, base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1 percent fat and low-fat dairy products.

- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 milligrams of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 milligrams of sodium per day.
- Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes.

And do not forget, physical activity, physical activity, physical activity in conjunction with a healthy diet. A healthy lifestyle includes physical, mental, spiritual and chemical (diet, environment, etc.) health. We cannot neglect one in favor of the other. If you are ailing in any of these areas and it is manifesting in physical problems, do not hesitate to consult with one of our physicians! We will show you the proper way to exercise safely, if this is your need.

We will diagnose and will give you treatment customized to your needs. We employ powerful treatment including spinal manipulation, physical therapy, manual trigger point therapy, spinal decompression (per pictured ad), to name a few.

My name is Dr. John Hosten and on behalf of Healthsource of Warrenville (Borré Chiropractic), I would like to extend an open invitation to come to our office, meet one of the physicians or call us up on the phone to discuss what we can do to help you get your life back NOW!

Please call us at 630-393-2828 to schedule your consultation today. I look forward to shaking your hand and getting you back on track to doing what you want in life.

May the light of excellent health shine upon you,

John Hosten, D.C.
Healthsource of Warrenville
www.healthsourcechiro.com
<http://borréchiropractic.chiroweb.com>

BREAKING NEWS!

Only available at Borré Chiropractic!

SCIATICA?

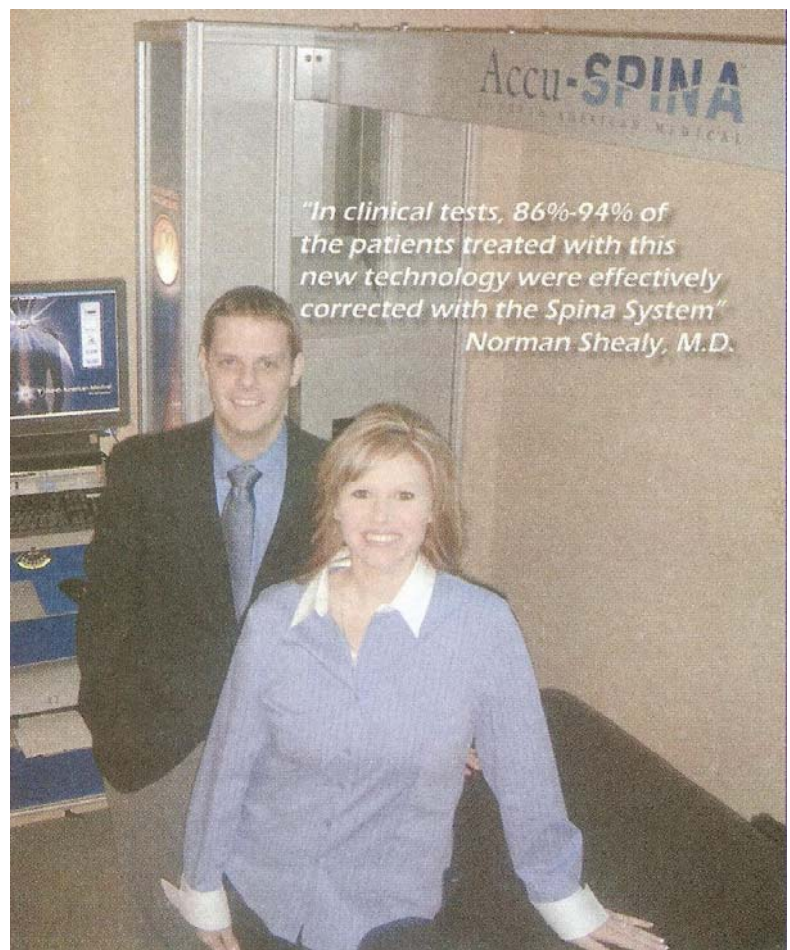
New medical technology treats herniated discs and severe back & neck pain without surgery!

Borré Chiropractic LTD
Dr. Amanda Borré
Dr. John Hosten

2 S 610 State Route 59,
Suite 9, Warrenville,
IL60555
630-393-2828

Effective Back Therapy as
reported on ABC, NBC &
CBS News.

*"I refer to my results as a
miracle. My pain is gone.
My back has been pain
free for months." W.T.*



Simplified T'ai Chi

By John Robertson October 2007

This fall we introduce our simplified T'ai Chi classes at Courts Plus in Elmhurst, with sessions in August and November. The classes are based on The 'Eighteen Form T'ai Chi Qi Gong' or T'ai Chi Qi Gong Shibashi. The exercises are suitable for participants of all ages and abilities, including those who have difficulty standing or walking. And are particularly suitable for people who cannot stand or are wheelchair bound

Our class is designed to improve the general health and wellbeing of our students. The gentle rocking motions and stretching movements improve circulation and digestion. The chest exercises and controlled breathing are good for lung conditions and asthma. The overall effect of our class is to reduce mental stress and physical tension carried in the muscles of the body.

'T'ai Chi Qi Gong Shibashi' is a Qi Gong exercise based on the philosophy of T'ai Chi and extracts some of the best movements from the Yang style T'ai Chi Ch'uan and combines them with ancient Qi Gong exercises to create a gentle, beautiful and flowing exercise routine that is both a joy to do and deeply relaxing. The exercises are very effective and easy to learn. The routine is practiced around the world by over 10 million people, and is considered a national health exercise in Malaysia and Indonesia.

Our class places an emphasis on synchronizing the eighteen movements with diaphragmatic breathing techniques. The movements are all done naturally and gently, remaining relaxed and fluid throughout, flowing from one technique to the next without pause.

T'ai Chi Qi Gong Shibashi was developed by T'ai Chi Master He Weiqi and Professor Lin Hou-Sheng in 1979.

Master He Weiqi was a national champion of martial arts in China in the 1960's and was nicknamed one of the "three swordswomen of China". She has been devoted to the martial arts for more than four decades.

Professor Lin Hou-Sheng is a renowned Qi Gong Master, scientist and Master Healer. His remarkable credentials include Professor of the College of Chinese Medicine in Shanghai, Director of Qi Gong Research Institute in China and Honorary President of the International Society of Natural Cures.

T'ai Chi Qi Gong Shibashi

1. Commencing Form
2. Broadening One's Chest
3. Dancing With Rainbow
4. Circling Arms
5. Twisting Waist And Swing Arms
6. Rowing A Boat
7. Holding A Ball
8. Carrying The Moon
9. Twisting Waist And Pushing Hands
10. Playing With Clouds
 - Take a half step forward with the left foot
11. Scooping From The Sea
12. Playing With Waves
13. Spreading Your Wings
 - Step back to shoulder width
14. Punching
15. Flying Like A Goose
16. Spinning Wheels
17. Bouncing A Ball
18. Pressing The Palms

What Students Have Said About Our Simplified T'ai Chi Classes

"Instructions were low key and [the instructor] patient with us. Thank you for that."

"I like it very much."

"I use two types of inhalers - one daily the other as needed. Since doing this breathing, I have not yet needed the second one at all. I have really enjoyed this class."

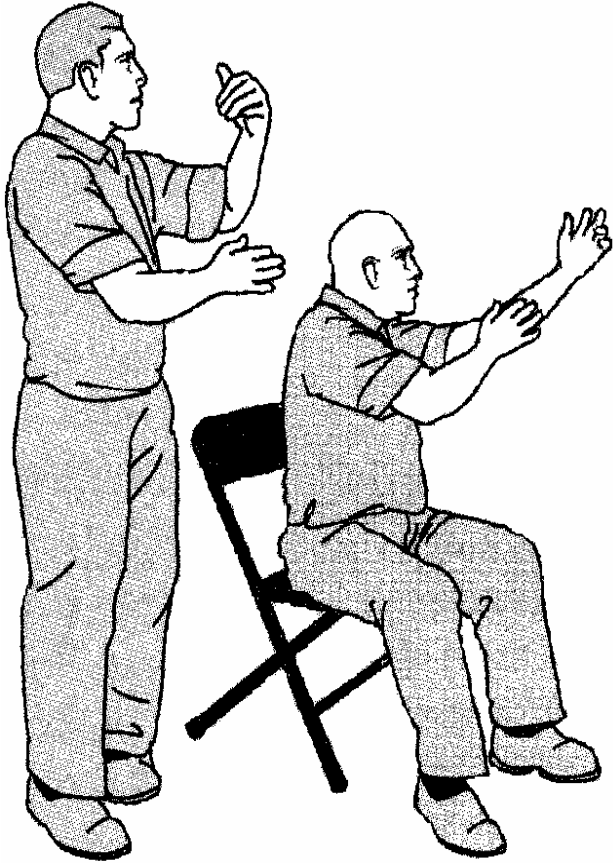
"Excellent class, excellent instructor."

"I had trouble doing regular T'ai Chi in the past. Now I feel I can at least get a start and still get some of the benefits from it and if I'm ever ready can move to regular T'ai Chi in the future."

"John was extremely patient and helpful in teaching us the 18 different movements. He used all available modalities (written instruction, demonstration, and verbal directions) so that we could learn and practice these movements. His enthusiasm and knowledge made the class enjoyable and stress-free."

To register for this class call
Courts Plus on 630 833 5064.

Simplified T'ai Chi



Simplified T'ai Chi is a gentle, beautiful and flowing exercise routine that is a joy to do, energising and deeply relaxing; it brings health and vitality to all those who practice it.

The class can be done standing or seated as needed. It is suitable for students of all ages and abilities including those that have difficulty walking, standing, cannot stand, or are wheelchair bound.

**Every Thursday at 11:30am
beginning November 29th**

Courts Plus - A Centre for Sports, Health and Fitness
186 S. West Avenue, Elmhurst, IL 60126

Call Courts Plus on 630 833 5064 to register

Who was Lao Tzu?

Lao Tzu (Chinese: 老子; Pinyin: Lǎozǐ; Wade-Giles: Lao tzu; also Lao Tse, Laotze, Lao Zi, and other variations) was a philosopher of ancient China and an important figure in Taoism (also called Daoism). Lao Tzu literally means "Old Master" and is generally considered an honorific.

According to Chinese tradition, Lao Tzu lived in the 6th century BC. Many historians contend that Lao Tzu actually lived in the 4th century BC, concurrent with the Hundred Schools of Thought and Warring States Period, while others claim he is not a historical figure. Lao Tzu was credited with writing the central Taoist work the Daodejing (also called the Tao Te Ching), which was originally known simply by his name. Taishang Laojun is a title for Lao Tzu in the Taoist religion, which refers to him as "One of the Three Pure Ones".

There are many popular accounts of Lao Tzu's life, though facts and myths are impossible to separate regarding him. He is traditionally regarded as an older contemporary of Confucius, but modern scholarship places him centuries later or questions if he ever existed as an individual. Lao Tzu is regarded as the author of the Dao De Jing, though it has been debated throughout history whether he authored it.

In legends, he was conceived when his mother gazed upon a falling star. It is said that he stayed in the womb and matured for sixty-two years. He was born when his mother leaned against a plum tree. He emerged a grown man with a full grey beard and long earlobes, which are a sign of wisdom and long life.

According to popular biographies, he worked as the Keeper of the Archives for the royal court of Chou. This allowed him broad access to the works of the Yellow Emperor and other classics of the time. Lao Tzu never opened a formal school. Nonetheless, he attracted a large number of students and loyal disciples. There are numerous variations of a story depicting Confucius consulting Lao Tzu about rituals.

Lao Tzu is said to have married and had a son named Tsung, who was a celebrated soldier. A large number of people trace their lineage back to Lao Tzu,



Lao Tze

as the T'ang Dynasty did. Many, or all, of the lineages may be inaccurate. However, they are a testament to the impact of Lao Tzu on Chinese culture.

Traditional accounts state that Lao Tzu grew weary of the moral decay of the city and noted the kingdom's decline. At the age of 160, he ventured west to live as a hermit in the unsettled frontier. At the western gate of the city, or kingdom, he was recognized by a guard. The sentry asked the old master to produce a record of his wisdom.

The resulting book is said to be the Tao Te Ching. In some versions of the tale, the sentry is so touched by the work that he leaves with Lao Tzu to never be seen again. Some legends elaborate further that the "Old Master" was the teacher of the Buddha, or the Buddha himself.

Legendary Lineage

By Lao Tzu

Who is firmly established is not easily shaken.
Who has a firm grasp does not easily let go.
From generation to generation his ancestral sacrifices shall be continued without fail.
Cultivated in the individual, character will become genuine;
Cultivated in the family, character will become abundant;
Cultivated in the village, character will multiply;
Cultivated in the state, character will prosper;
Cultivated in the world, character will become universal.

Being & Non-Being

By Lao Tzu

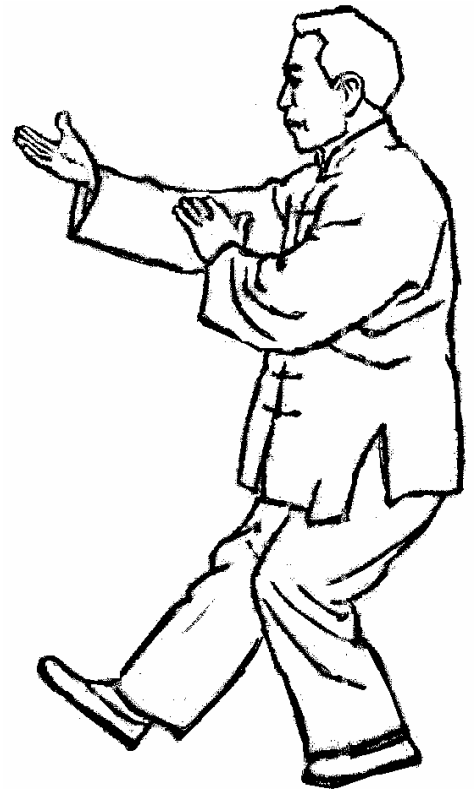
Clay is moulded to form a cup, But it is on its non-being that the utility of the cup depends.
Doors and windows are cut out to make a room, But it is on its non-being that the utility of the room depends. Therefore turn being into advantage, and turn non-being into utility.

Beginners T'ai Chi

Enjoy a happier, healthier, and more harmonious life through the practice of T'ai Chi Ch'uan.

T'ai Chi Ch'uan can relax the body, reduce stress, release tension, and you can expect a feeling of positive energy to flow through your body.

T'ai Chi Ch'uan is proven as the most effective way to delay the onset of falling.



At Courts Plus in Elmhurst

Beginners meet every Tuesday afternoon at 12:30pm, the next session begins October 9th & November 20th

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We can now provide Lucky Bamboo
in any number of stalks, from one to
twenty-one. We have a constantly
changing variety of pots and
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Bamboo will survive on water alone
but thrives with this fertilizer.

\$2.00 each, or \$9.00 for five.



Call 630-229-
4434
or speak
to your
instructor
to discuss your
requirements

Lucky Bamboo

Lucky Bamboo, is not actually a bamboo, its botanical name is *Dracaena Sanderiana*. It is a tough and resilient plant that does not require much care and grows well in indirect sun light and grows well in places like the bathroom where sun light is not usually available in most houses. It grows in water like cut flowers, and will last for years.

With its fresh green hues and its vigorous tenacity, Lucky Bamboo has been a symbol of good fortune in the Asian culture more than 4000 years. It is one of the plants recommended by feng shui masters to improve feng shui and create a space where you feel safe and more energized.

Feng shui is believed to produce greater harmony and a more positive life experience by bringing the five natural elements of water, fire, earth, wood and metal into balance in our surroundings.

The five elements can all be contained within each pot of lucky bamboo.

EARTH: the rocks, sand, pebbles and clay contained in the pot are substitutes for earth. Shades of brown also represent earth.

WATER: is always kept in the Lucky Bamboo container. The colour blue also represents water.

WOOD: the plant itself represents the wood, as does the colour of green.

FIRE: is represented by the colours red, burgundy, pink or maroon. The pot and/or the adornment should include one or more of these colours such as a red ribbon tied to it.

METAL: a glass pot belongs to the metal element. If the bamboo is not in a glass pot, feng shui coins may be added to the arrangement or little ornaments and figurines of metal or metallic colouring. The colours gold, silver, brass, bronze and copper may also be used as substitutes for metal, such as the twist ties holding the bamboo in place.

In the next issue:
The meaning of the number of
stalks in your display.



Continuing T'ai Chi



Have you completed a beginner's class and are ready to continue your T'ai Chi practice through sections five to eight? Or do you have previous T'ai Chi experience?

Then this class is for you. Concentrating on the advanced sections of the form; learning new postures, techniques and advanced skills we seek to improve our practice and improve our ability.

At Courts Plus in Elmhurst

Continuing students meet every Thursday afternoon at 12:30pm, sessions begin October 11th & November 29th

Courts Plus - A Centre for Sports, Health and Fitness
186 S. West Avenue, Elmhurst, IL 60126

Call Courts Plus on 630 833 5064 to register

Reiki: A Path to Wellness

By Jane Van De Velde, RN, N.D.

Growing numbers of people are seeking new and different ways to care for themselves outside the boundaries of western medicine. More people are beginning to realize that true wellness is not merely a matter of physical health but also mental, emotional and spiritual health. Greater attention is being given to modalities that come from eastern philosophies and traditions.

Reiki is one these modalities that has come to the west from Japan. Reiki is a simple, natural healing method that allows the practitioner to direct life force energy into the physical body and energy field of the receiver. The purpose and intent of Reiki is to move the receiver towards balanced functioning on every level—physical, mental, emotional and spiritual.

As a nurse, I find that Reiki complements my own personal and professional beliefs about health, wellness and compassionate patient/family care. As an individual, I find that Reiki has brought greater peace and balance into my own life.

The word Reiki is made of two Japanese words; “Rei”, which means “universal” or “higher power” and “Ki”, which means “life force energy”. In essence, the word Reiki means “universal life force energy”. Reiki is safe, gentle and non-invasive. It is always available, ready for use anytime, anywhere. It is very “low-tech”; no special environment or equipment is needed to offer or receive Reiki. This energy is simply transmitted through the hands of the practitioner to the person receiving it. The practitioner’s hands can be held over or placed lightly on the person’s body. One of the wonderful things about Reiki is that you can also offer it to yourself for healing and balance.

As a Reiki practitioner, I start the flow of energy by simply giving intent. The Reiki energy enters through the crown of my head; passes through my heart and out my hands to the receiver. Many people ask if I am tired after offering them Reiki. I explain that Reiki does not drain my energy because I am not offering my own personal supply of “Ki”. I never feel depleted and I receive the benefit of this healing energy at the same time that I am offering it to others.

During a session, the receiver of Reiki may feel warmth or heat from the practitioner’s hands, sometimes a mild pressure or a sensation of coolness. There may be a gentle feeling of energy moving through the body like a wave or mild current. Sometimes people will enter a light dream state during a Reiki session or even fall asleep. Some of my clients have described a feeling of

floating. Everyone experiences Reiki differently; each session is unique.

Reiki creates many positive effects. Relaxation and stress reduction are the two most common benefits of Reiki. My clients often report feelings of peacefulness, well-being and serenity following a Reiki session. Reiki can help to decrease pain and speed the healing process. It can release emotional blocks and enhance personal awareness and clarity in thinking. Reiki supports the immune system and can be used preventively. Since I began practicing self-Reiki on a regular basis, I am rarely ill with colds or flu and no longer suffer periodic cold sores. My sleep is also more restful with few episodes of insomnia.

Reiki can do no harm. It will always serve the highest and greatest good of those who receive it because Reiki is guided by a Higher Intelligence. The practitioner and receiver of Reiki do not need to consciously direct the energy; it simply flows to those areas of the physical body and energy field that are most in need of healing. Each person will receive as much or as little Reiki as needed at any given time. Reiki treats the whole person; body, mind, emotions and spirit.

Reiki is complementary in nature and should not be substituted for any kind of regular medical care. However, it will support and positively enhance the medical, psychological or therapeutic care you are receiving.

Reiki can be learned by anyone and does not take years of practice to become proficient. It is taught in three levels with the first level focusing on self-healing. You begin by learning about the history of Reiki, how it works and basic hand positions. You receive your first attunement, which is a sacred ceremony that empowers the student to become a channel for Reiki energy. At the end of this first class, you are immediately able to use Reiki energy for personal healing for yourself and others.

There are many paths to wellness; many traditional and non-traditional ways that we can care for ourselves. Each person must find his / her own unique path. The Reiki path is one way to bring more balance and well-being into your life.

“Reiki can move us gently and powerfully into a deeper state of balance, and connect us to untapped inner resources.”

Reiki: A Comprehensive Guide (2006)
By Pamela Miles



~Reiki~



Reiki is a Japanese technique used for stress reduction and relaxation. It can promote personal well-being, balance and self-improvement. Reiki is safe, gentle and non-invasive.

Jane Van De Velde, RN, ND
Reiki Practitioner &
Teacher

Services Available:

Private Reiki Sessions

Reiki In-Home Services

Presentations for Community Groups

Reiki Classes:

Level I

Level II

Level III-Advanced Reiki

Jane Van De Velde has been a registered nurse for thirty years.

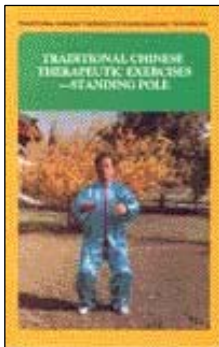
She has experience in a variety of areas; geriatrics, hospice, home care, continuing education, public speaking and program management. Reiki is her most recent area of interest and expertise.

For more information or to schedule a class or session,
contact Jane Van De Velde

Phone: 630-244-8141 Email: janevdv@sbcglobal.net

Traditional Chinese Therapeutic Exercises - Standing Pole: \$10.00

Standing Pole Exercises are a unique form of the ancient Chinese tradition of Qi Gong practiced by people of all ages and physical conditions. These exercises involve calisthenics which incorporate mind and body and constitute a very simple and effective system for the treatment of illness and the development of overall health and fitness. Fully illustrated.



White Crane Hard & Soft Qigong by Dr. Yang, Jwing-Ming: \$70.00

Shaolin White Crane Hard Qigong strengthens muscles, tendons, and ligaments and develops the strength and flexibility of the torso and spine. Shaolin White Crane Soft Qigong trains you to be soft, relaxed, and coordinated. It also promotes smooth Qi flow and builds robust health and longevity. Soft Qigong promotes good health of the spine and helps to keep the waist and torso fit and flexible. On DVD.



The Dragon Gate Form by John Robertson: \$20.00

The Dragon Gate form is a system of Chinese Qi Gong that has been used for over 900 years and helps improve the body's flow of energy. This program contains detailed descriptions of each move. Available on DVD and VHS.

Questions & Answers

Our experts answer all your questions on health and exercise.

Q: What is feng shuei? B.K.

A: Feng Shuei literally means "wind" and "water". Like wind and water, its principles involve movement, flow, circulation, and the harmonious rhythm of natural energies.

According to Chinese belief, a vital energy called "chi" animates all life. Chi flows through the earth, through the heavens, and through our bodies. Chi that flows through our environments, our homes, work places, and communities can also become blocked. Just as a flower garden can't thrive if it is clogged up,

Feng Shuei's intent is to balance and focus the chi in a particular environment and to correctly align it with the forces of nature. When our environments are in harmony with the universe, the "three great blessings" - health, happiness, and prosperity can be achieved.

Send your questions to chilsungmoodo@yahoo.com

Flax - A Healthy Food

Continued from page 10

Omega-3 enriched foods: Omega-3 enriched foods, such as yogourt and milk, may contain flax oil, while flax baked goods, such as breads, can include milled or whole flax.

How Much Flax to Eat

Like any fibrous food, flax can upset your digestion if you add too much, too quickly. In a balanced diet, eating 5 g (1 teaspoon) of flax oil or 8 g (1 tablespoon) of milled flax daily provides enough ALA to meet dietary needs. Eating 5 g of flax oil or 8 g of milled flax daily provides enough ALA to meet dietary needs.

Storing Flax

Whole flax seed: You can store whole flax seed, which is clean, dry and of good quality, at room temperature for up to a year.

Milled flax seed: To keep flax fresh, you should grind it as you need it. You can keep milled flax refrigerated in an airtight, opaque container for up to 30 days.

Note: Because there are wide variations in kitchen temperatures and situations, the above guidelines limit storage times; however, people often keep milled flax for much longer periods. Let your nose be your guide: If the flax develops an off-odour, discard it.

Taken from The Flax Council of Canada website
<http://www.flaxcouncil.ca>

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Tuesday, December 4th
at 7:00pm

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T'ai Chi Ch'uan



T'ai Chi Ch'uan is characterised by slow, graceful movements.

The gentle movements make it appropriate for participants at any age or fitness level.

Through practise you can expect to improve balance, co-ordination, flexibility & strength, and reduce blood pressure.

At Eagle Academy in Warrenville

Beginners meet every Monday at 9:15a.m., sessions begin September 24th & November 5th

Advanced students meet every Wednesday at 9:15a.m., sessions begin September 26th & November 7th

Eagle Academy of Martial Arts

2 S 525 Route 59, Warrenville, IL 60555

Call Eagle Academy on 630 393 0033 to register

T'ai Chi Class Calendar & Programs

Villa Park

Elmhurst Memorial Health
Education Centre for the
Community of Villa Park
318 S. Ardmore Avenue
Villa Park, IL 60181

Beginners T'ai Chi

Tuesdays @ 2:00pm

September 25th

November 6th

Registration: 630 782 7878

Continuing T'ai Chi

Thursdays @ 2:00pm

September 27th

November 8th

Registration: 630 782 7878

Discover The Secrets of Chinese Therapy Balls

Tuesday, October 2nd
@ 3:30pm

Tuesday, December 4th
@ 3:30pm

Registration: 630 782 7878

Further Adventures with Chinese Therapy Balls

Thursday, November 8th
@ 3:30pm

Registration: 630 782 7878

All classes require a minimum
number of students to run.

Lombard

Elmhurst Memorial
Lombard Health Center
130 South Main Street,
Lombard, IL 60148

Discover The Secrets of Chinese Therapy Balls

Thursday, November 8th
@ 7:00pm

Registration: 630 782 7878

Warrenville

Eagle Academy of Martial Arts
2 S. 525 Route 59
Warrenville, IL 60555

Beginners T'ai Chi Ch'uan

Mondays @ 9:15am

August 27th

October 15th

Advanced T'ai Chi Ch'uan

Wednesdays @ 9:15am

August 29th

October 15th

Registration: 630 393 0033

2007 Calendar

September 21st-23rd
West Coast Ki Gong Clinic
Valley Forge, PA

Nov 3rd - 9:00am
Courts Plus Open House
Courts Plus, Elmhurst

Elmhurst

Courts Plus
- A Centre for Sports,
Health and Fitness
186 S. West Avenue
Elmhurst, IL 60126

Beginners T'ai Chi

Tuesdays @ 12:30pm

October 9th

November 20th

Registration: 630 833 5064

Continuing T'ai Chi

Thursdays @ 12:30pm

October 11th

November 29th

Registration: 630 833 5064

Simplified T'ai Chi

Thursdays @ 11:30am

November 29th

Registration: 630 833 5064

Discover The Secrets of Chinese Therapy Balls

Thursday, August 30th
@ 3:00pm

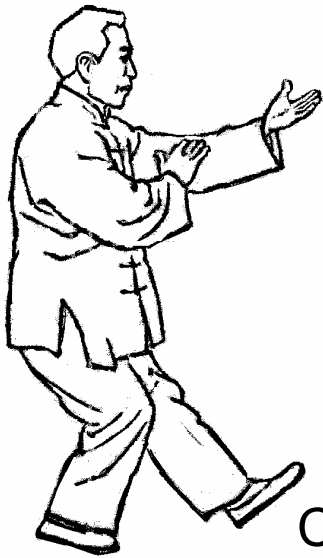
Tuesday December 4th
@ 7:00pm

Thursday, January 24th
@ 4:00pm

Registration: 630 833 5064

All class times and dates are
subject to change.

Building health and vitality through classes in

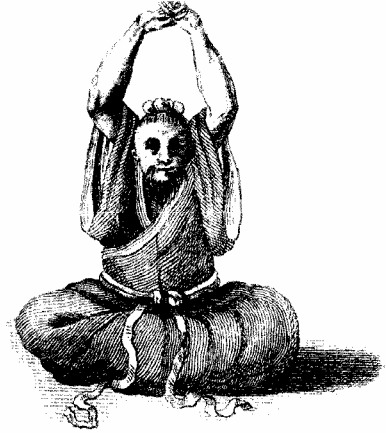


T'ai Chi Chu'an
Simplified T'ai Chi

T'ai Chi Sword

Qi Gong

Chinese Therapy Balls



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