

Complementary Health & Exercise

Spring 2008

FREE!

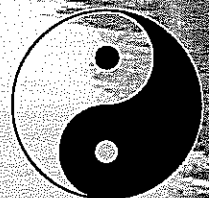
Second Anniversary Issue!

**How to Age
Healthily**

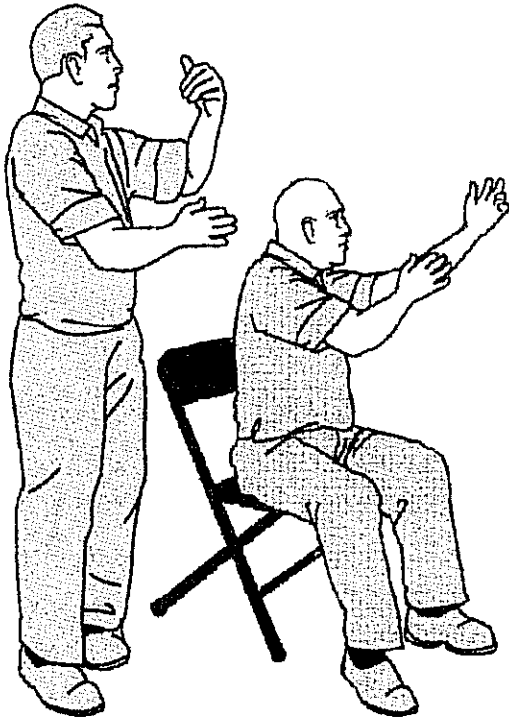
Meditation at Work

~ by relaxing the mind, it is
much easier to make decisions

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



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
11:45am beginning
May 8th & June 26th**



We invite anyone with a special need to contact our staff upon registration so that a smooth inclusion may occur

COURTS PLUSSM

186 S. West Avenue, Elmhurst, IL 60126
Call 630 833 5064 to register

T'ai Chi ~ Exercise for LIFE!

T'ai Chi is practiced by millions of people everyday, who consider it to be an integral part of their lives, giving them good health, vitality, a calm stress-free mind and a strong, flexible body.

T'ai Chi is proven as the most effective way to improve balance and delay the onset of falling.

Beginners meet every Thursday afternoon at 12:30pm;
classes begin May 8th & June 26th

Continuing students meet every Tuesday afternoon at 12:30pm;
classes begin May 6th & June 24th



We invite anyone with a special need to contact our staff upon registration so that a smooth inclusion may occur

COURTS PLUSSM

186 S. West Avenue, Elmhurst, IL 60126
Call 630 833 5064 to register

T'ai Chi Audio CD's

These are the perfect audio accompaniment to your T'ai Chi practice at home. Each audio CD takes you through each of the postures as if you were in class. Also included are inhale/exhale tracks of 4, 5 and 6 seconds so you can time your practice.



Beginners
T'ai Chi ~
Part 2: \$5.00

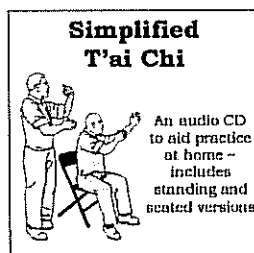


Simplified
T'ai Chi
: \$10.00 soon!

Beginners
T'ai Chi ~
Part 1: \$5.00



T'ai Chi ~ The
Complete Form
: \$10.00 soon!



See your Instructor to
purchase your copy

These are only available to
students!

Complementary Health & Exercise

Spring 2008

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www.7starsma.com

www.worldkigong.com

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Seven Stars
Martial Arts



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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



"He does not preach
what he practices till he
has practiced what he
preaches."

Editor's Notebook

This month we expand our Chinese Health Balls class to a three hour workshop as part of a Relaxation, Meditation & Chinese Therapy Balls workshop at Relax 4 Life in Barrington. In this class you will learn to tap into your intuition and spiritual growth as well as learn to control how your mind and body respond to stress. The class is held on April 22nd, check out the back cover for full details.

Our Yahoo Group is now up and running, to join go to www.7starsma.com/group.html or to <http://groups.yahoo.com/> and search for 7starsma. Joining our group will allow everyone to ask and have answered questions, get reminders about upcoming classes and class start dates.

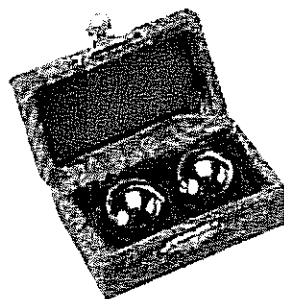
This issue we look at the effect of the increase in life expectancy for the average person, and the consequences of living longer.

We are always looking for contributions and advertisements to help our magazine and website grow, if you would like to contribute an article, or to our website or would like to advertise please e-mail your articles, pictures requests and adverts to info@7starsma.com. We have Instructors available for talks, lectures, and demonstrations; 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.

John Robertson

*He lives most life whoever
breathes most air*

Chinese Health Balls: \$10.00

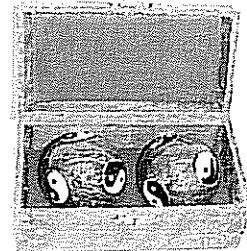


Available in all sizes from
1¼", through to 2½" in
diameter.

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

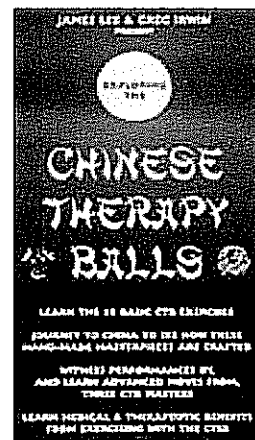
There are many more styles
available such as solid jade,
marble, wood & chromed
solid steel, plus many
different styles of cloisonné.

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

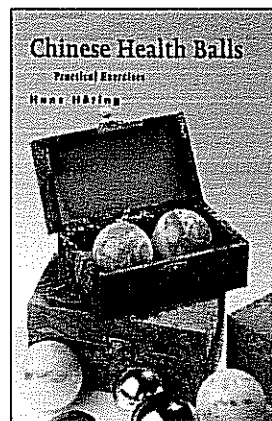


Exploring the Chinese Therapy Balls by James Lee & Greg Irwin: \$30.00

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.

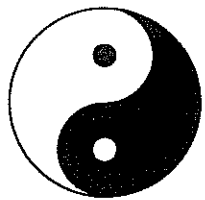


Chinese Health Balls by Hans Hoting: \$11.00



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 or
yang energy in your
body. This is a very
practical guide.

Available in soft cover.



T'ai Chi Ch'uan



Gentle, simple, powerful, profound and effective, T'ai Chi Ch'uan is a system of physical and mental exercises to promote health and wellness that has been practiced for hundreds of years.

We are currently accepting students for our 9:15a.m. Monday morning class beginning April 14th

The class is limited to eight select students to ensure individual attention, call today to reserve your place!

FREE Sampler class Monday April 7th 9:15am!

Eagle Academy of Martial Arts

2 S 525 Route 59, Warrenville, IL 60555

Call 630 393 0033 today to secure your place

Book Reviews

Feng Shui Essentials:

A How-to Guide for Creating the Life You Desire
by Juliette Looye, M.Ed.



Feng Shui Essentials is different from the normal Feng Shui books; it doesn't seek to tell you about Feng Shui, it seeks to find out what you know and to expand and apply that to your own home or office.

Feng Shui Essentials is a highly entertaining and educational read that allows the lay person to apply Feng Shui to their own home or

office in a simple, effective, straightforward manner.

It is recommended to anyone who wants to feel more comfortable around their home or office.

In our next issue we will begin a small series of extracts from the book. Beginning with 'A Brief Introduction to Feng Shui'.

Feng Shui Essentials is available from your instructors, or by mail order. Simply complete the order form on page 26.

The Mind Moves The Qi

The mind moves the qi...

Circulate the qi throughout the body, and direct it without obstruction, so that it can easily follow the mind.

To become nimble the mind-intent and qi must interchangeably respond to each other, and achieve the most subtle pliability...

The energy is issued from the spine... first in the mind, then in the body...

Constantly relax the abdomen...

Seek to penetrate the qi into the bone...

— from the Mental Elucidation of the Thirteen Kinetic Postures by the Immortal Wang, Chung-yueh

Feng Shui Essentials: \$20.00

A How-to Guide for Creating the Life You Desire

by Juliette Looye, M.Ed.

Feng Shui Essentials is an extremely user-friendly book that not only presents the basic principles of feng shui but takes readers through a step-by-step process for applying those principles to their own homes and lives.



Fans of the movies *The Secret* and *What the Bleep Do We Know!* will especially understand this book's underlying principle that what "matters" to us most becomes the physical matter with which we surround our-selves.

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.



Simplified "Taijiquan": \$10.00

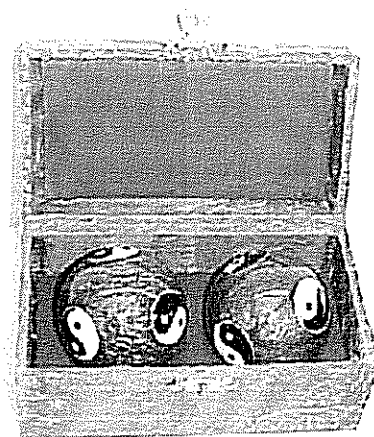
Published as part of the China Sports Series, this is the version practiced by over 95% of the Chinese population. Each move in the form is described in detail, and illustrated with 174 drawings. It also includes sections on the history and evolution of T'ai Chi, a medical assessment, and push hands. Soft cover.



Discover the Secrets of Chinese Health Balls

Chinese Health Balls can:

- Stimulate the mind, improve memory and promote new brain growth
- Improve overall health, stimulate blood circulation and reduce blood pressure
 - Improve hand and wrist strength, flexibility, and dexterity
 - Reduce stress, promote sleep and relaxation, and aid meditation
- Relieve joint stiffness and soreness, relax muscles and joints



Tuesday, April 1st - 9:15am-10:15am

At the Iowa Community Centre, 338 North Iowa Ave, Villa Park
~ To register call 630 834 8970

Tuesday, May 20th - 4:30pm-5:30pm

At Courts Plus, 186 S. West Avenue, Elmhurst
~ To register call 630 833 5064

Saturday, June 7th - 1:00pm-2:00pm

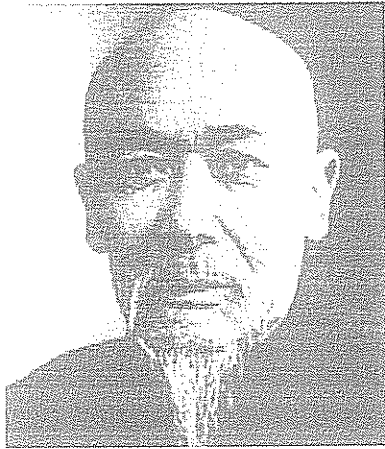
At Eagle Academy of Martial Arts, 2 S 525 Route 59, Warrenville
~ To register call 630 393 0033

FREE!

Health Balls for
all participants

Their use can help prevent
carpal tunnel syndrome,
tendonitis, arthritis,
rheumatism, repetitive strain
injury, and Alzheimer's

Notable Figures in T'ai Chi Ch'uan History: Yang Shao-hou ~ 1862-1930



Yang Shao-hou

Yang Shaohou 楊少侯 (1862-1930) along with Yang Chengfu 楊澄甫 (1883-1936) represent the 3rd generation of Yang Family T'ai Chi Ch'uan 楊氏太極拳. Although Yang Shaohou studied T'ai Chi Chuan from his father Yang Jianhou 楊健侯 (1839-1917), it is said that he mainly learnt from his uncle Yang Banhou 楊班侯 (1837-1890).

Likely influenced by his uncle's teaching style, Yang Shaohou was also known to have had a slightly eccentric and bellicose nature, and both of these masters are

considered to have been very demanding teachers, only interested in teaching those that could stand their tough training regimes.

Yang Shaohou's influence on modern Tai Chi is also represented in his instruction of many influential teachers of generations after his; among those (subsequently to become famous in their own right) who were referred to him for instruction were Wu Kung-i, Wu Kung-tsao and Tung Ying-chieh.

According to the famous Tai Chi Chuan historian and disciple of Wu Jianquan, Wu Tunan 吳圖南 (1885-1989), who also studied under Yang Shaohou for four years, this master was known for his "small circle" style of Tai Chi Chuan. The motions of Tai Chi forms and pushing hands are all based on different sized circles, small circle movements in the forms and applications follow a more compact pathway for different leverage applications than larger circles.

This style was similar in posture to the modern Wu style Tai Chi Chuan, yet generally practiced at higher speed with fast jumps and kicks. This form was known as the Small Frame 小架, Fast Frame 快架 or Practical Frame 用架 and was considered to require the highest level of skill to perform.

It is said that when Yang Shaohou demonstrated this style of Tai Chi Chuan the movements alternated between fast and slow, soft and hard, along with crisp Fa Jin 發勁 expressions supported by intimidating shouts.

The most developed characteristic of his martial art style was the use of soft interception to overcome hard energy or Hua Jin 化勁, followed by the use of powerful Fa Jin pushes to counter attack.

During practice with his students, Yang Shaohou was not known for pulling his punches and subsequently few were able to complete the full course of training and become disciples.

Although he was as famous as his younger brother, Yang Chengfu was said to be an easier going, adaptable and charming character and as a result able to train more students and therefore the Yang Chengfu style of Tai Chi Chuan is more widely known throughout China and the rest of the world.

Continues next issue:

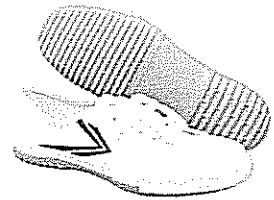
Simplified "Taijiquan": \$10.00

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



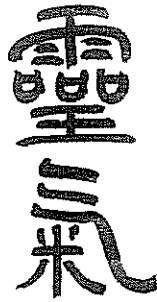
As worn by the Shaolin monks! White or black canvas laced shoes with red, white and blue stripes and a brown plastic sole. The solid sole makes them perfect for T'ai Chi and Qi Gong practice.

T'ai Chi Slippers: \$10.00

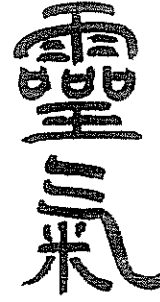
Our T'ai Chi slippers are an extremely lightweight shoe featuring a very flexible synthetic rubber sole and a rubberised canvas top.

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





~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

Reiki and Healing

By Jane Van De Velde, RN, N.D. ~ Reiki Practitioner & Teacher - February 2008

Reiki is a simple, natural healing method that comes to us from Japan. The word Reiki means spiritually guided life force energy. The purpose and intent of Reiki is to move the receiver towards balance on every level — physical, mental, emotional and spiritual. The most common initial response to Reiki is relaxation. When a person enters a state of relaxation, there is usually a reduction in stress levels. It is at this point in time, that personal healing can begin. Reiki always supports the receiver's own healing process.

Within our western medical system today, the emphasis is often placed primarily on disease management and cure and not so much on healing. This model of care is reflected in the type of services that insurance companies will cover. What is lost is the notion that general well-being is much more comprehensive. There are many people who cope with chronic illness and disability on a daily basis; i.e., Parkinson's disease, stroke, multiple sclerosis, fibromyalgia, emphysema, and cardiac disease. These illnesses have no known "cure", so the challenge is to shift the focus towards a broader concept of health and healing.

There is a distinct difference between curing and healing. "Cure" is objective meaning that a disease or illness is completely eradicated. "Cure" often requires a person to rely on specialists and multiple tests and procedures to be certified as cured. But a cure does not necessarily mean the person returns to general health and well-being. It is at this point that the idea of healing becomes important.

In my years as a hospice nurse, I learned the difference between curing and healing. When a new patient was admitted into the hospice program, the clinical team's goal was to help the patient move towards a peaceful, comfortable death. We also supported family and friends through this process. The outcome—eventual death—was fairly certain for every patient. By the time patients came to hospice, curing their disease was no longer possible. However, I witnessed many instances of profound healing for these patients.

Physical healing included pain management, relief of symptoms such as shortness of breath and constipation, and provision of basic comfort care. From a mental and emotional perspective, some patients came to view their illnesses as an opportunity to grow and learn life lessons. Many patients became very philosophical at the end of their lives. They experienced personal healing by eventually accepting their illness, feeling peaceful and unafraid to face death. Patients would explore their relationships with the Universe, and come to

terms with religious and spiritual beliefs. Acts of forgiveness and compassion were common. These patients were healed, not cured.

As a Reiki practitioner, I find many parallels to my work as a hospice nurse. My Reiki clients come to me with a variety of problems and personal challenges. As the practitioner, my intent is to offer this healing energy to others. However, I am not responsible for my clients' healing. I am simply giving them the opportunity to use Reiki in whatever way is appropriate for them at that moment. We are ultimately responsible for our own healing which involves balancing our selves on every level—physical, mental, emotional and spiritual. Healing is personal and unique for everyone; healing requires active participation; healing calls for insight and sometimes courage to make changes in our lives.

Reiki will support your personal healing journey. This energy is safe, subtle and non-invasive. It is very "low-tech"; no special environment or equipment is needed to offer or receive Reiki. The Reiki practitioner simply directs this life force energy into a person's physical body and energy field. The pathway of the energy is through the crown of the practitioner's head, through the heart center and then to the hands placed lightly or held over the person's body.

You can go to a Reiki practitioner for personal sessions. However to be truly empowered, you can learn to tap into and channel this energy. One of the wonderful things about Reiki is that you can offer it to yourself for healing and balance. It is always available and can be used anytime, anywhere. Reiki can easily be learned by anyone and has been taught to persons with such conditions as cancer, developmental disabilities, AIDS and neurological disorders to name a few. There are even Reiki Masters who teach special classes for children of all ages. Many children are very open to working with subtle energy.

We all have areas in our lives that require healing and balance. There is no one easy solution to our challenges. True healing may require lifestyle changes, a different job, a new perspective, moving away from certain people in your life, forgiveness, the courage to visit your physician, admitting that you need help, taking that needed vacation, spending more time with loved ones. The choice is yours, to begin your own healing. And consider Reiki as one tool that will support you along this path.

"Reiki can provide quiet, steady support for all levels of healing and growth."

Reiki: A Comprehensive Guide (2006) By Pamela Miles

How to Age Healthily

~ T'ai Chi Ch'uan

John Robertson - January 2008

In the United States a child born in 1905 could expect to live, on average, to 48.7 years old. Now a child born in 2003 can expect to live, on average, to 77.4 years old. Life expectancy is going up.

However it is not all good news, people today may live longer, but it should not be assumed that because they do so, they are happy, healthy and full of vitality.

While medical science has had great success in staving off illness and curing disease, in many ways it has failed to develop ways to maintain and improve the quality of life for an aging population.

As we age, our bodies and minds change. As a part of the natural aging process there is loss of

Average Life Expectancy at Birth¹

<u>Year</u>	<u>Expectancy</u>
2003	77.4
2000	77.0
1995	75.8
1990	75.4
1985	74.7
1980	73.7
1975	72.6
1970	70.8
1965	70.2
1960	69.7
1955	69.6
1950	68.2
1945	65.9
1940	62.9
1935	61.7
1930	59.7
1925	59.0
1920	54.1
1910	50.0
1905	48.7
1900	47.3

Average Life Expectancy at Current Age¹

<u>Current Age</u>	<u>Expectancy</u>
45	79.9
50	80.5
55	80.2
60	82.2
65	83.4
70	84.8
75	86.7
80	88.9
85	91.6
90	94.8

agility, fluidity of movement, flexibility, and easy blood flow. Common physical complaints are a lack of energy, poor balance, stiff muscles and aching joints, osteoarthritis, rheumatoid arthritis and gout.

By age 65, half of the American population has some x-ray evidence of osteoarthritis in at least one joint, most often in the hips, knees, or fingers.²

Pain, physical discomfort or the stress of modern day living may lead to debilitating depression.

With increasing age there is a greater incidence of cognitive decline, with a risk of developing any one of the many forms of dementia, including Alzheimer's disease.

A new analysis by the National Institutes on Health suggests that about 3.4 million Americans age 71 and older - 1 in 7 people in that age group - have dementia, and 2.4 million of them have Alzheimer's disease.³

Almost everyone over age 60 could, if they wanted to, or were capable of, tell a story of pain and loss of physical or mental ability.

The great Dr. Charles Mayo, one of the founders of the Mayo Clinic said "That which can be foreseen can be prevented". With adequate physical exercise, proper nutrition,

mental exercise, a healthy social and emotional life many of the problems associated with aging can be delayed, or avoided altogether.

The adage "use it or lose it" holds true, the more we make use of our current abilities, the more we will maintain, and possibly improve them.

The practice of T'ai Chi and its simplified version can bring peace, relaxation and a sense of well-being to people who suffer from the ailments of advanced age.

The exercise [T'ai Chi] is particularly good for seniors, because it promotes better balance, agility and strength, improves breathing and blood circulation, and even boosts the immune system, according to recent studies, including one supported by the U.S. National Institutes of Health at the University of California in Los Angeles.⁴

"it's [T'ai Chi] like meditation in motion, and as a result, my outlook on life and the world has improved. I only wish I'd started earlier."

Sue Clark 77 in 'Mind, Body and Soul - Seniors Connect with The Benefits of T'ai Chi' taken from 'Global Action on Aging' - November 11th, 2003

Practicing T'ai Chi maintains and improves range of motion, balance and posture; delaying the onset of arthritis, loss of flexibility, loss of balance and cognitive decline. It allows people to move naturally and safely into later life.

The ability to move naturally without the fear of falling allows people to maintain their quality of life. The ability to travel outside the home, to go to the grocery store, to take exercise, to socialize with friends and neighbours all contribute to healthy aging.

In a typical T'ai Chi class time is spent on deep breathing, relaxation, exercises to improve flexibility, dexterity, strength and endurance, and movements to improve posture and balance.

"That which can be foreseen can be prevented."

Dr. Charles Mayo
Founder of the Mayo Clinic

After a class, a student's physical difficulties are much reduced. They walk more easily, stiffness and soreness can disappear, and their posture and balance is improved. Their blood pressure is lower and their cardiac profile is improved.

The mental challenges involved keep the mind active and working; preventing cognitive decline and dementia. They are relaxed and tension free, the stress of modern-day living is much reduced.

"Use it or lose it."

However the improvements gained in a T'ai Chi class may not last more than a few days. The old discomfort can return, and there is stress and depression again, so regular practice, in class and at home, is very important. Regular classes gradually bring real health to older people.

T'ai Chi Ch'uan and Simplified T'ai Chi can improve the lives of so many more people, whatever their current state of health, or ability. They both have something to offer everyone, from the very physically active to those who have difficulty, or cannot walk.

You only need to enrol in a class and get started, then continue those classes. The earlier you start classes, the more you practise, the fewer problems you will encounter as you age, your normal aging process can be delayed.

We know the problems that face us in later life; today is the day to take steps to prevent that which we can foresee, today is the day to enrol in a T'ai Chi, or a Simplified T'ai Chi class, to age healthily and maintain your quality of life.

Sources

1. National Center for Health Statistics - U.S. Department of Health and Human Services April 19th 2006 - Updated March 28th 2007
2. National Institute of Arthritis and Musculoskeletal and Skin Diseases
3. National Institute on Aging
4. Global Action on Aging - 11/11/2003

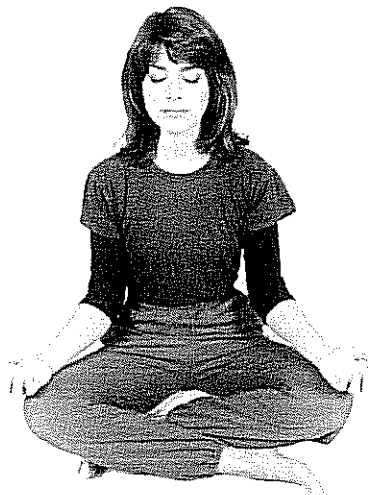
Meditation at Work

By relaxing the mind, it is much easier to make decisions.
By Neal Harris - December 2007

If you poll most people at your company about what they do for relaxation, few will say they practice meditation. Before we get into the reasons why people avoid meditation, let me give you three components that can be found in the majority of meditation practices.

The first is paying attention to the breath. This is a Yoga tradition. The breath is considered to be a major determining factor in our ability to maintain our health. The second is some form of prayer, which may include imagining that the creator is bestowing upon us great wisdom, compassion, understanding, love, and a greater ability to serve humanity. It may also take the form of being thankful for all the blessings that we have been given. The third component is the letting go of thoughts, or watching thoughts as they parade by in the mind. With this practice, we recognize that we are not our thoughts, and so it becomes easier to avoid reacting to unproductive thoughts.

So why wouldn't your colleagues practice meditation? Three reasons; and I'm not writing this to judge the correctness of these, only to bring to awareness that they exist. One is the old adage that "Idle hands (minds) are the workshop of the devil." Therefore to empty the mind (the heart of Buddhist and Tibetan meditation) welcomes in the possibility that "evil" will enter and fill the gap. The second is that sitting forms of



meditation can be quite frustrating.

Many people in my relaxation seminars report something like "It's almost impossible for me to sit still when a million thoughts are bombarding me, and so my attempts to quiet my mind are dismal at best."

The third reason is that lately meditation has been lumped together in our society with the practices known as visualization and guided imagery. If a person doesn't value or enjoy visualization, they tend to transfer that dislike to meditation. While visualization and guided imagery can begin the meditation, it is usually not continued throughout the practice session.

Having practiced meditation, off and on since childhood, I can attest to the experience that meditation is a way to see the larger picture in the face of conflict. By learning to relax the mind, it is much easier to think through all options before making decisions.

Continued on page 21

Neal Harris is a Licensed Clinical Professional Counsellor, with a Master's Degree in Applied Psychology, and a diplomat of the American Psychotherapy Association.

He is the managing director of Relax4Life, a holistic education and services center in Barrington, Illinois, and has been a workshop leader in the holistic health and self-enrichment fields since 1985.

Neal's experience stems from training in both the United States and India. In addition, he was also a member of the first bodywork team invited to China to study Tuina, a form of Traditional Chinese Medicine and massage. Neal has been teaching traditional Usui Reiki for over 10 years and been providing Reiki therapy for over 20 years. Neal is also certified as both a Quantum-Touch® practitioner and instructor. In his private practice, Neal assists those individuals who are experiencing a variety of concerns including life-affirming conditions such as Diabetes, Cancer, Heart Disease as well as anxiety and more general concerns.

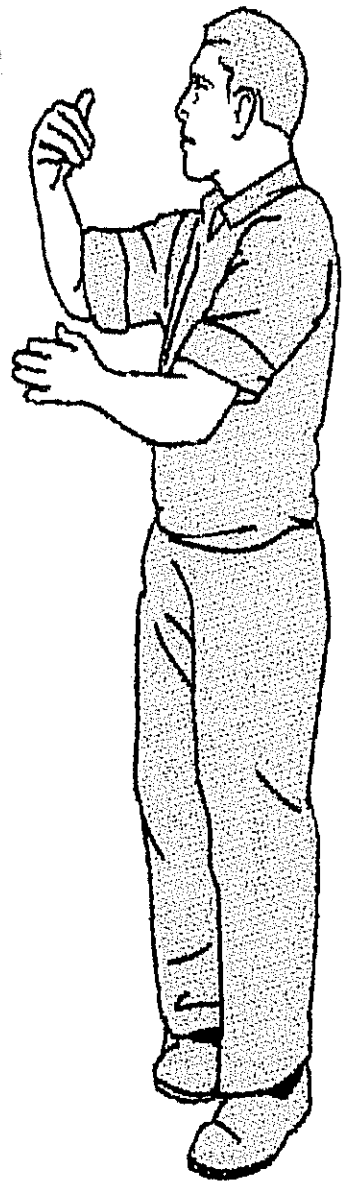
To promote healing on many levels, he uses relaxation and meditation training, EFT, Reiki, Quantum-Touch® as well as his own modality "labyrinth counseling" (using a specialized 2-person finger labyrinth design known as the Intuipath). This work explores integrative medical options, as well as the psychology and spirituality of illness and recovery.

PARKS & Villa Park *Recreation*

Tai Chi Ch'uan is characterised by slow, graceful movements. These gentle movements make it appropriate for participants at any age or fitness level.

Through practise you can expect to improve balance, flexibility, coordination, & strength, and reduce stress & blood pressure.

Beginners meet every
Tuesday morning at 10:30am; new
classes begin May 6th & June 24th



**At the Iowa
Community Centre in Villa Park**

338 North Iowa Avenue, Villa Park, IL 60181

Call 630 834 8970 to register today

Beginners T'ai Chi

開運竹

Lucky Bamboo

Is now available from your instructor.

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 displays. Call us or speak to your instructor to discuss your requirements.

Prices start at \$6.00 for one stalk in a small pot.

Green Green Plant Food

Green Green Plant Food will keep your bamboo healthy and promote bright green leaves and stems. Lucky 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

Caring for your Lucky Bamboo

Caring for lucky bamboo plants is very easy. Typically, they are grown in a few inches of clear water, perhaps supported by small pebbles, stones, or marbles. It is important that the water be kept clean and fresh and not allowed to stagnate.

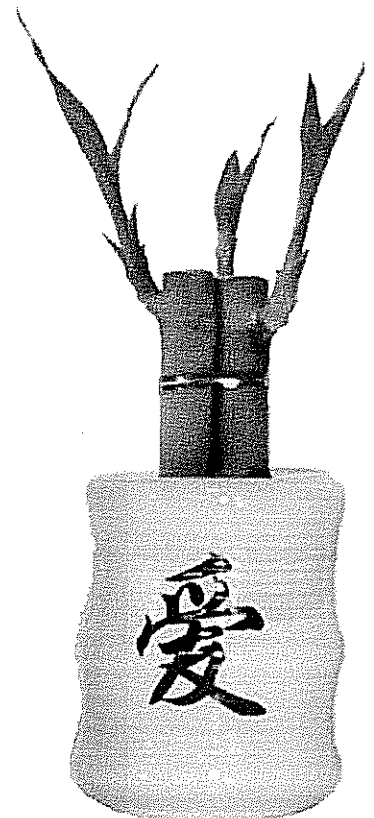
In areas where the local water is heavily treated with chlorine or fluoride the leaf tips or edges of the lucky bamboo may become yellow or brown. This condition can also be caused by too many salts in the water, such as in "softened" water. It is advisable to allow tap water to stand in an open container for 24 hours, allowing the chlorine and fluoride to dissipate, before using it with your plants. In the presence of salts, it is best to use filtered or distilled water.

Appropriate light levels are also an important factor in caring for lucky bamboo. The plants grow naturally under the shady canopies of taller rainforest trees. Thus, they prefer an indoor location with bright, indirect light. They will perform well under artificial lighting. Too much direct sun can cause burning of the leaves. Too little light will lead to weak growth, stretching and poor coloration. Normal household temperatures are ideal.

Since water contains no nutrients per se, the best care for lucky bamboo plants includes the occasional use of a dilute solution of plant food. Without soil to buffer the fertilizer salts, the roots are susceptible to burning if the solution is too strong. You can use any standard house plant food at about one-tenth the recommended dilution rate each time you change the water.

We recommend Green Green Plant Food, Green Green will keep your Lucky Bamboo healthy and promote bright green leaves and stems. Lucky Bamboo will survive on water alone but thrives with this fertilizer.

Lucky Bamboo and Green Green Plant Food is available through your instructor.

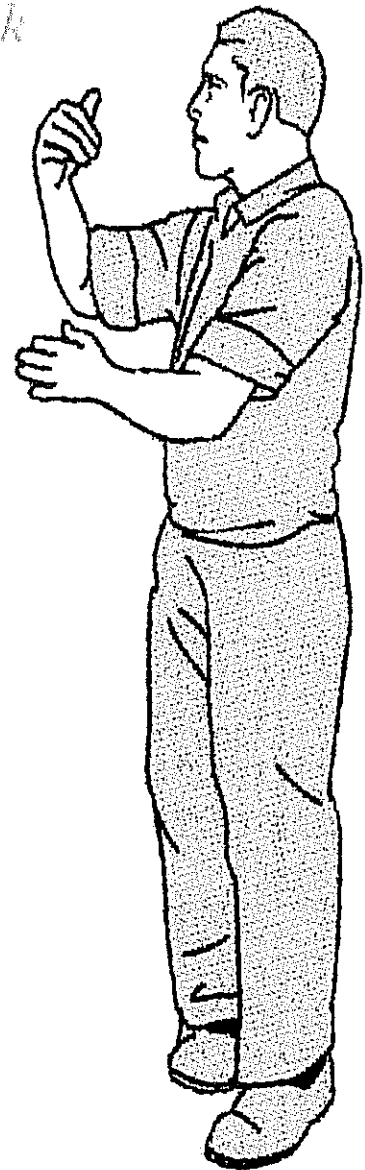


PARKS & Villa Park Recreation

T'ai Chi Ch'uan is characterised by slow, graceful movements. These gentle movements make it appropriate for participants at any age or fitness level.

Through practise you can expect to improve balance, flexibility, coordination, & strength, and reduce stress & blood pressure.

Continuing students meet every Thursday morning at 10:30am; new classes begin May 8th & June 26th



At the Iowa

Community Centre in Villa Park

338 North Iowa Avenue, Villa Park, IL 60181

Call 630 834 8970 to register today

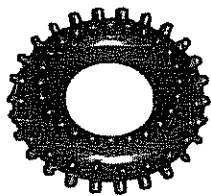
Continuing T'ai Chi

Foot Rubz™: \$5.00

Makes feet and hands feel great in minutes! Roll this unique ball under your feet, in your hands, or over any sore and tired muscles. 160 nubs provide soothing stimulation that will immediately begin to relax and eliminate tension. You control the depth of massage with applied pressure to ensure the utmost relief of muscle soreness. Small enough to fit in handbag, sports bag, briefcase or desk drawer, this easy-to-use massage ball is great for use any where, any time.



Handhealth Ring: \$8.00

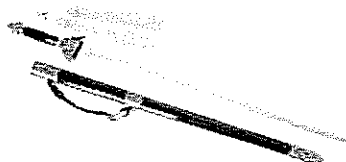


For Hand Massage, Strengthening & Stress Relief!

The HandHealth Ring is an excellent massage tool for your hands. Perfect for warming-up before or warming-down after any type of hand-intensive activity. The ring is also beneficial during times of high stress. The Hand Health Ring has been designed to help stimulate the main acupressure points in your hands to reduce pain and cramping, while improving flexibility and mobility. This durable ring is great to have while stuck in traffic...waiting at the doctor's office...or next to your favorite reading chair.

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.



Meditation at Work

Continued from page 17

This is in direct contrast to feeling compelled to react the same way in similar situations over and over again, even though the results each time are equally unproductive and get us into trouble. It's no wonder that several CEO's of large corporation's report that they meditate, and why many TV, movie, radio personalities and sports figures do the same.

Aside from this benefit, meditation has been researched by medical science over the past thirty years. Some of the results of daily meditation include: lower blood pressure/blood sugar, respiration rate and slowing down the rate of physical aging.

'meditation will help keep the cost of recurrent surgeries and expensive treatments down'

Dean Ornish, a renowned cardiac physician, teaches his cardiac patients meditation, and a large health insurance corporation covers the training. This insurance company knows that for those patients who learn it; a consideration for the H.R. Departments out there who are looking to cut healthcare costs.

In my previous training of corporate groups in various forms of meditation, participants are encouraged to choose which practice works best for their particular temperament and lifestyle. Some corporations noticed a reduction in sick days and health care costs among those who chose to maintain a daily practice.

There are many forms of sitting meditation, but for those who cannot sit still for any length of time, there are more active forms of meditation; "Right Mindfulness", (every act you perform with complete attention is a meditation, e.g. sipping your coffee, walking in a park and so on) various forms of Yoga, Martial Arts forms such as T'ai Chi and Chi Gung, and one that is relatively new to this area of the country, but very old in origin, "walking or finger walking a labyrinth."

Neal Harris and John Robertson are teaching a workshop on 'Relaxation, Meditation & Chinese Therapy Balls' on Tuesday, April 22nd from 9:00am to 4:00pm. There you can learn several simple, fast and effective relaxation, meditation and self-development techniques. And you will discover the secrets of Chinese Therapy Balls; how they can assist with hand dexterity, Carpal Tunnel, repetitive stress, joint strain, rheumatism, arthritis and circulation. These practices will help you learn to tap into your intuition and spiritual growth as well as learn to control how your mind and body respond to stress. To register call 847 842 1752, or register online at <http://www.relax4life.com/relaxmedit.html>

Does it Feel Like a Toothache in Your Leg or Thigh?

Do You Have Hip Pain? Are You As Stiff As a Board When You Try to Get Up From a Chair? Have You Run Out of Hope?

How 5 Lies About Low BACK PAIN Will Keep You Hurting, Frustrated & Exhausted...Forever!

NEW Scientific Breakthroughs Make Short Work of Low Back Pain...Just What Big Medical Centers and High Priced Clinics Are PRAYING You Never Figure Out On Your Own!

Hi, I'm Dr. Chris Tomshack, and if you've got any kind of back, hip or leg pain, your worries may be over in just a few minutes. Why? Because I'm the National Director of HealthSource® clinics, and I've discovered what may be the best healing secrets for "bad backs"—EVER!



Dr. Christopher Tomshack, D.C.

I'd be stupid to make such a claim if I couldn't back it up. But I'm so confident we can help your back, I insist on giving you a 100%, UNCONDITIONAL SATISFACTION GUARANTEE at our HealthSource® clinics (details at bottom). I hate empty promises, and I also hate the lies most folks have been told about their backs. That's why it's important I expose these MYTHS about back pain:

MYTH #1: Sciatica (pain down your leg) is always caused by a herniated disc!

No way...even though most doctors will sell you a \$3,000 MRI at the first sign of leg pain. But they don't tell you about a 5-inch muscle in the hip that can squeeze the sciatic nerve. And it feels EXACTLY like you've got the worst slipped disc on earth. It's a major discovery and...the good news is that it can be easy and inexpensive to correct! How? Just keep reading! But first, here's a picture to show you where the pain comes from:



MYTH #2: Stiffness from Arthritis means you're getting old...and it must be the reason for all your pain and stiffness!

Not true, because thousands of folks with arthritis in their backs have absolutely NO PAIN! Then why do YOU feel like your back will snap if you bend forward or twist too fast? Because the truth is:

Your stiffness may be caused by a hidden, even more dangerous problem than arthritis, and it can lead to a hip replacement! You see, most folks believe that something mysterious (like maybe an "arthritis fairy"?) waved a wand over them, and they're cursed...doomed to suffer forever. But did you know that many arthritis problems are CAUSED by a combination of unseen imbalances in the spine and surrounding muscles. It's the most common cause of hip replacements but not that hard to correct if we catch it in time. It's like the tires on your car...

If the alignment is off just a teeny-weeny bit, at first you don't notice, but over a few thousand miles you start to see signs of wear...that is, if you're lucky enough to catch it before a flat on the freeway ruins your day. In your spine, you're lucky if you catch untreated imbalances before they ruin your spine! How to fix them? Just look at Myth #3.

MYTH #3: Your Back is "Out"!

Sure, that's exactly how it feels. But old-fashioned chiropractors (the ones who only "crack" your back) really

thought the spine worked this way. Now we know better. New research provides a whole new arsenal of tools—not just a "crack". You see, there are 7 different reasons for that painful, locked-up and stuck feeling that causes so much misery:

- low-grade spasm
- imbalance of hips
- stiff vertebra joint
- pinched nerve
- pelvis torque and tension
- fallen or dropped arches
- adhesions in leg muscle

It's NOT just your spine, and it's NOT just your muscles. As a matter of fact, if one of the major muscles that stabilize the spine is partly spasmed, a "2nd stringer" will have to carry the load. But this is a serious problem...

It's like having your plumber doing all the dangerous electrical work!

Sure, he may get it done, and it may work at first, but how long until there's a fire? Or your back locks up? Which leads me to our next myth:

MYTH #4: "It's Only a Muscle!"

Boy, it's scary how many people think muscle problems are no big deal. Unfortunately, tight, bound-up, and spasmed or tight muscles can wear out joints faster than you can say, "Charley Horse"!

That's why it's important to examine the spine AT THE SAME TIME as the muscles that control it. It's also why we've had such outrageous success with even the worst backs at HealthSource®. Because we deal with BOTH the spine and muscles at the same time. We have spine experts (chiropractors) and muscle experts (therapists) and together they deliver the absolute best way to help "bad backs"...EVER!! This ties in to Myth #5 and the diagram:



MYTH #5: "Muscle Relaxants" will help your muscles heal! Good grief, NO!

Your muscles tighten up for a reason, and muscle relaxants are like turning back the clock on a time-bomb...you know it's still going to blow up! Sure, you may feel better now, but you'll pay later...and pay "in spades"! So don't fall for these lies about your low back. They'll keep you hurting, frustrated and exhausted—forever!

WOULDN'T YOU RATHER:

- Turn over in bed without pain waking you up?
- Get up in the morning without being as stiff as a board?
- Be able to stand for as long as you want without sitting down for relief?
- Lean forward over the sink without that "stabbing" in your back or leg?

Then cut out my FREE coupon NOW!

Call NOW! 4 HealthSource® Locations:

- WARRENVILLE 630-393-2828 / 2S 610 State Route 59
- VILLA PARK 630-691-1234 / 411 W. St. Charles Road
- WESTMONT 630-323-2225 / 780 Burr Oak Drive
- WILLOWBROOK 630-887-9400 / 555 Plainfield Rd., Ste. B

SCIENTIFIC BREAKTHROUGH:

A hidden muscle may be causing your SCIATICA! Does Your Back Seem "Too Old" for Your Own Body? Not everyone qualifies for treatment, so help us see if you do. If you check off even one box, drop what you're doing and call HealthSource® NOW.

And bring this coupon when you come in for your FREE, guaranteed*, 19-point "Back Pain Track-Down Exam." Now check off what describes you:

- Tension...always tight across the beltline
- Bent—crooked off to one side and can't stand up straight if your life depended on it
- Trigger Point...zinging pain to butt-cheek
- Stiff as a board...creek and groan when you first get out of bed in the morning
- Traitor...can't trust your back and what it's going to do—or when!
- Vice-like...constantly locked down tight!
- Shooting...vicious but short-lived
- Lumbago...hard to pin it down—just seems to hurt all the time, but it's hard to say where
- One-sided...right at that "bone" on one side
- Jack hammer...pounding off and on like a heartbeat or a toothache in your back
- Aching from 1-5 years
- Chronic pain for over 5 years

FREE 19-point "Back Pain Track-Down" Exam

This state-of-the-art exam finds referred pain in:

- spine
- neck
- joints
- stuck nerves
- pinched nerves
- trigger points
- tendons
- ligaments
- head posture
- muscle tightness
- range of motion
- muscle balance

(A \$189 Value! X-rays also included, if necessary)

No one will try to sell you anything, and you make no commitment...you just find out what's wrong!

*Our Ultimate GUARANTEE!!

If you DO decide to work with us, your treatments are guaranteed. What this means is that any time, for any reason, if you're not satisfied with your treatments, we'll refund every dime you've spent. No hard feelings, no risk and absolutely nothing to lose except your miserable back pain! P.S. Why You MUST Not Wait! Because of appointment availability, we can only honor this FREE offer through Feb. 28, 2008. So don't say, "Well, maybe I'll be better tomorrow." Don't put your life on hold. Don't call in sick again. Live your life pain free! Tie your own shoes for a change.

FREE Gift: There's one more thing to encourage you to quit waiting for the tomorrow that never comes. You'll receive a FREE 1/4 hour massage, so call before Feb. 28, 2008!

(This offer is part of a community outreach educational program.)

HealthSource®
Chiropractic & Progressive Rehab™

WARRENVILLE 630-393-2828
VILLA PARK 630-691-1234
WESTMONT 630-323-2225

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Marketplace adverts are available in the following sizes:

Standard ¼ page - H4.6" x W3.3"

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Vertical ½ page - H9.6" x W3.3"

Full page - H9.6" x W6.9"

All advertising must be in Microsoft Word format, preferably in an appropriately sized text box.

Magazine schedules and copy deadlines:

Winter issue - includes January, February, March
- published November 31st - deadline October 31st

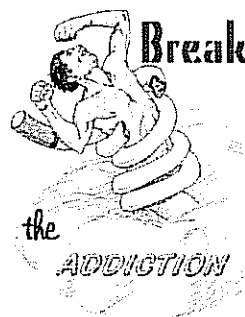
Spring issue - includes April, May, June
- published February 28th - deadline January 31st

Summer issue - includes July, August, September
- published May 31st - deadline April 30th

Fall issue - includes October, November, December
- published August 30th - deadline July 30th

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Rainbow Massage Therapy

The massage therapy atmosphere: Is professional and private, offering you a welcoming environment created for your comfort. It includes lighted candles, aromatherapy and soft music. The massage table is fully dressed with soft linens and a blanket.

Massage has been known to:

- ↓ Relieve muscle soreness or tightness
- ↓ Reduce muscle spasm
- ↓ Address delayed muscle soreness
- ↓ Reduce pain around scar tissue
- ↓ Help with joint and muscle flexibility
- ↓ Relieve tension headaches
- ↓ Assist with relief of chronic pain
- ↓ Assist with blood circulation
- ↓ Assist the lymphatic fluid process
- ↓ Reduce stress
- ↓ Bring about a feeling of calmness
- ↓ Be described as a mini vacation

30-Minute Session \$35.00

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These shorter sessions are for a partial massage, to target a specific area.

60-Minute Session \$55.00

This session is a full-body massage, including the head, neck, shoulders, arms, hands, legs, feet and back. This type of massage may also provide a nice tension-releasing and relaxing experience.

90-Minute Session \$65.00

This is the same session as a full-body massage, and the extra time may be used to address any special problems.

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bringing about a sense of wellbeing,
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Rainbow Massage Therapy

*Present this coupon and get
\$10.00 off your first massage
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Shipping			
Total			

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Please use the order form on this page, list the item, size, colour, quantity, price and total price; your name, address, phone number etc.

Then pass the completed form, with your payment, to your instructor or send to:

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 Warrenville, IL 60555
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Payment is due with your order, and can be made by cash, money order or credit cards via Paypal to:

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Please add 5% to the total if paying by Credit Card via Paypal. There will be a \$10.00 charge for returned checks.

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Delivery can be by hand in class or by mail. Indicate your preferred method. Shipping charges are not applicable to items delivered in class.

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We make every effort to deliver your merchandise promptly. You will be notified of any delays over 30 days. Shipments are made by U.S.P.S. or U.P.S..

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For Alaska, Hawaii and Puerto Rico oadd \$5.00 to the shipping charge.

Class Calendar & Programs

Elmhurst

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

Beginners T'ai Chi
Thursdays, 12:30pm - 1:30pm

May 8th (6 weeks)

June 26th (6 weeks)

Continuing T'ai Chi
Tuesdays, 12:30pm - 1:30pm

May 6th (6 weeks)

June 24th (6 weeks)

Simplified T'ai Chi
Thursdays, 11:45am - 12:30pm



May 8th (6 weeks)

June 26th (6 weeks)

**Discover the Secrets of
Chinese Health Balls**

Tuesday, May 20th
4:30pm - 5:30pm

Stress Management

Tuesday, May 20th
7:00pm - 8:30pm

Smoking Cessation

Wednesday, April 2nd
7:00pm - 9:30pm

Tuesday, June 11th
7:00pm - 9:30pm

Registration: 630 833 5064

All classes require a minimum number of students to run, times and dates are subject to change.

Warrenville

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

T'ai Chi Ch'uan
Wednesdays, 9:15am - 10:15am

July 16th (6 months)

January 14th (6 months)

T'ai Chi Ch'uan
Mondays, 9:15am - 10:15am

April 14th (6 months)

October 20th (6 months)

**Discover the Secrets of
Chinese Health Balls**

Saturday, June 7th
1:00pm - 2:00pm

Registration: 630 393 0033

Roselle

Roselle Park District
Clauss Recreation Center
555 W. Bryn Mawr, Roselle, IL 60172

**Discover the Secrets of
Chinese Health Balls**

Call for dates
7:00pm - 8:00pm

Registration: 630 894 4200

Villa Park

Iowa Community Centre
338 North Iowa Avenue
Villa Park, IL 60181

Beginners T'ai Chi
Tuesdays, 10:30am - 11:30am

May 8th (6 weeks)

June 26th (6 weeks)

Continuing T'ai Chi
Thursdays, 10:30am - 11:30am

May 6th (6 weeks)

June 24th (6 weeks)

**Discover the Secrets of
Chinese Health Balls**

Tuesday, April 1st
9:15am - 10:15am

Registration: 630 834 8970

Barrington

Relax4Life
26402 N. Edgemon Lane,
Barrington, IL 60010

**Relaxation, Meditation &
Chinese Therapy Balls**

Tuesday, April 22nd
9:00am - 4:00pm

Registration: 847 842 1752



All our classes are suitable for students of all abilities; the symbol indicates classes specially recommended for students with special needs.

Relaxation, Meditation & Chinese Therapy Balls

Tuesday, April 22nd ~ 9:00am - 4:00pm

Learn several simple, fast and very effective relaxation, meditation and self-development techniques. Also receive training in the use of Chinese Therapy Balls to assist with hand dexterity, Carpal Tunnel, repetitive stress, joint strain, rheumatism, arthritis and circulation.

These practices will help you learn to tap into your intuition and spiritual growth as well as learn to control how your mind and body respond to stress.

Join Neal Harris and John Robertson for this unique workshop and receive the benefits of greater concentration, intuition, relaxation, dexterity and spiritual connection. (includes book, CD, Chinese Therapy Balls and user guide)



To register call 847 842 1752

or register online at

<http://www.relax4life.com>

[/relaxmedit.htm](http://www.relax4life.com/relaxmedit.htm)

If you are a social worker, counsellor, teacher or massage therapist this workshop is worth 6 CEU's

26402 N. Edgemon Lane,
Barrington, IL 60010

847 842 1752

www.relax4life.com

