

# Complementary Health & Exercise

Fall 2010

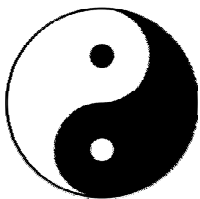
\$4.97



## Falls?

They don't have  
to happen to you

The first week in October is fall prevention week  
- learn everything you need to know about falls  
and their prevention, also try a Tai Chi class!  
See the back cover for class locations!



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



七星武道

 **ROSELLE PARK DISTRICT**

Clauss Recreation Center 630 894  
555 W. Bryn Mawr Ave, 4200  
Roselle, IL 60172

Sunday, October 3<sup>rd</sup>  
1:00pm - 3:00pm



# Self defense for Women

Learn the four levels of  
self defense; then learn and  
practice practical techniques  
that anyone can use to defend  
themselves and avoid  
becoming another statistic.



The Sports Hub  
250 Civic Centre Plaza,  
Glendale Heights,  
IL 60139

630 260 6060

Saturday, November 13<sup>th</sup>  
10:00am - noon

Wear comfortable clothing!

## Complementary Health & Exercise

Fall 2010

Editor & publisher - John Robertson  
630 229 4434 john@7StarsMA.com  
www.7StarsMA.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/discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.



### T'ai Chi Sword

October 14<sup>th</sup> & December 2<sup>nd</sup>  
Thursdays at 3:00pm - 3:30pm

Iowa Community Centre,  
338 N. Iowa Avenue, Villa Park, IL 60181  
630 834 8970

(Previous Tai Chi experience is required)

## The Wisdom of Confucius

"It does not matter how slowly you go so long as you do not stop."

## Editor's Notebook

Welcome to the final edition of 2010, and what an exciting year it is turning out to be! Our classes keep growing; both in student numbers and in offerings, the hugely positive reports I am hearing from students is awesome!

One student has reversed a diabetes diagnosis, another fell without injuring herself - all because of their diligent attendance in class. As Confucius once said "It does not matter how slowly you go so long as you do not stop": that is very true of Tai Chi, as long as you keep coming to class and keep trying, you will get the benefits and you will have the health improvements.

Every study done on Tai Chi has shown it to have tremendous health benefits - including: improved muscle strength, flexibility, posture and balance - it has been shown to be the most effective way of preventing falls. You will boost your immune system, gain relief from the symptoms of fibromyalgia, multiple sclerosis, Parkinson disease and much, much more. So keep coming to class, keep trying and keep reaping the benefits!

This quarter sees the addition of 'Keeping a Gratitude Journal' and 'Self-defense for Women'. Both added by popular request.

Gratitude is the true way to live a happy, satisfying and abundant life; in our 'Keeping a Gratitude Journal' class you will learn how gratitude is, the secret to 'The Secret'®. Learn how to surmount your difficulties, become a better person and attract abundance into your life.

Our 'Self-defense for Women' class is part talk and part action! Find out some of the things you can easily do to keep yourself and your family out of danger. Then learn simple, practical techniques that anyone can use to should they find themselves in a threatening situation. Each participant takes home a self-defense booklet full of tips and advice, plus the knowledge that you can defend yourself. So come out learn some valuable skills, meet new friends and have fun!

*John Robertson*

*He lives most life whoever  
breathes most air*

# Chinese Health Balls

**Chiming chrome sets only \$10.00!**



available in  
1", 1¼", 1½", 1¾" 2" & 2¼"

**Cloisonné enamel sets only \$12.00!**



Available in 1¼", 1½" & 1¾"

Sun & Moon  
Yin & Yang  
Dragon & Phoenix  
Panda's  
Dolphin's



**Solid steel from \$20.00!**



1", 1¼", 1½" & 1¾" - \$20.00  
2" & 2¼" - \$25.00

**Jade from \$20.00!**

Yellow jade - \$20.00  
Cloudy green jade - \$30.00



Black jade - \$30.00  
Translucent jade - \$35.00



**Marble - \$15.00**



**Agate - \$40.00**



This is just a selection of our stock - which is constantly changing! Call to confirm availability!

630 229 4434

John@7StarsMA.com

[www.7StarsMA.com/webstore/healthballs.html](http://www.7StarsMA.com/webstore/healthballs.html)

# Learning Lunches

## Let your employees learn while taking lunch!

Our series of Learning Lunches Seminars are designed to improve employee health and wellness while increasing productivity, reducing absenteeism and cutting health care costs.



Our classes include:

- Tai Chi for Health
- Tai Chi Chuan
- Natural Energy Healing
- The Six Healing Sounds
- An Introduction to Karate
- Adult & Child Self-defense
- Falls? They don't have to happen to you
- Discover the Secrets of Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



Breakfast, lunch, evening and weekend sessions are all available.

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Health and safety education in your location, at your convenience

## Meditation, Relaxation & Contemplative Thought

By: Rev. Wulf

The methods and ideas in this article are ways to incorporate "meditation" into daily life no matter your faith. Meditation has been used by people around the globe for centuries, as a way to heal, to solve problems and to speak with "god" or receive enlightenment. Using forms of meditation on a daily basis can help heal and attune you to the greater good that exists through all things in this world.

Meditation is a form of Prayer in many religions, the act of freeing oneself from the daily troubles and just being. We call our selves human-beings yet we have in this day and age become more of humans-doing. Meditation is that piece of the day where we once again relax and join our spiritual self to promote healing and health. Picture Buddha under the trees just being calm and content with life. Picture Jesus sitting with the apostles on a hilltop no words spoken, just sitting being, feeling.

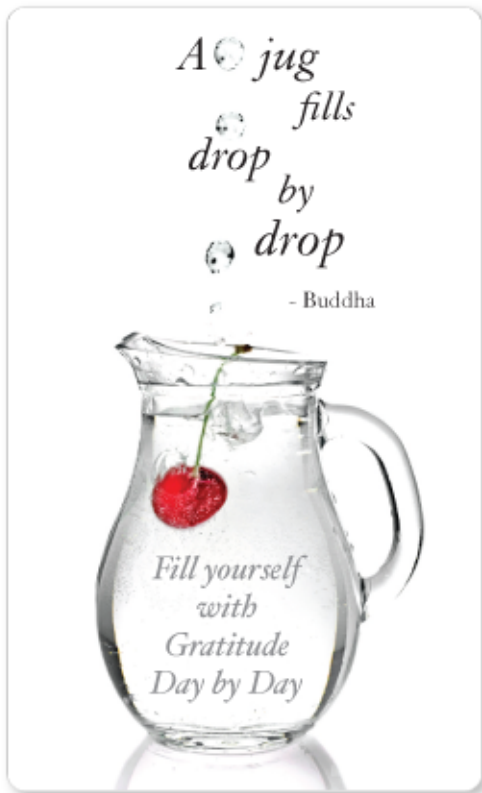
The act of meditation can have profound effects on how we function outside of meditation. Many people have used various forms of meditation without ever knowing it. Jimi Hendrix spoke of going to sleep with a problem from his day and when he woke he had the answer, as I am sure you may have done once or twice. Or those days when you just look off at some item and your mind is traveling, the next words you hear are a friends saying "You there...? Earth to .....". This is a form of meditation. Your mind feels that it can work on an issue deeper under the surface and it drifts to it. Your friend asks you what you were thinking about and 50% of the time you have no clue.

Simple meditation can be done in less than 10 minutes and can sometimes take an hour or more. Often I find myself just tired with the day and want to remember ME for a minute. I go to a quiet place and light a candle and relax, usually just taking 15 to 20 minutes, without looking for answers or anything just sitting and feeling.

A basic meditation that you can do to help you relax or start you out in meditation is as follows:

- First find a quiet place where you won't be disturbed. You don't need to be in a dark corner or anything. A bench in the park, your own bedroom, or even while soaking in the bath. The main thing is that you feel comfortable and at peace to some extent.
- Close your eyes

continued over:



A recent study has found that people who keep a gratitude journal were less likely to be stressed or unhappy.

Learn to surmount your difficulties, become a better person and bring abundance into your life

# Keeping a Gratitude Journal



## ROSELLE PARK DISTRICT

Tuesday, October 5th  
1:00pm - 2:00pm

Clauss Rec Center  
555 W. Bryn Mawr Ave,  
Roselle, IL 60172

630 894 4200

Saturday, November 13<sup>th</sup>  
3:00pm - 4:00pm

The Sports Hub  
250 Civic Centre Plaza,  
Glendale Heights, IL 60139



630 260

Weds, December 15<sup>th</sup>  
6:00pm - 7:00pm

3 S. 260 Warren Ave,  
Warrenville, IL 60555  
630 393 7279

**Warrenville**  
PARK DISTRICT



# Holistic Hands Energy Healing

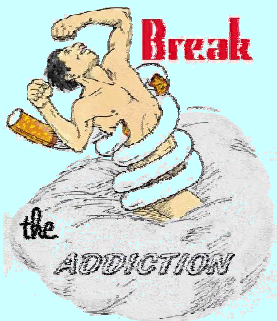
## John Robertson

Reiki Master Practitioner & Teacher

Experience deep relaxation; a feeling of overall wellness, and the soothing comfort of human touch that comes from the power of energy healing

To book a personal treatment call:  
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[www.7StarsMA.com/hypnotherapy.html](http://www.7StarsMA.com/hypnotherapy.html)

- Concentrate on your breathing at first to get a rhythm Inhale for about a 5 count; hold it for a 5 count and exhale for a 5 count. (you need to find your own breathing rhythm).
- Maintain the breathing rhythm but don't dwell on it, just let it happen as it will. With your eyes still closed, look to the left for 3 secs then to the right for 3 secs. You may see shapes and colors, let them fade. This process clears your vision a bit to see images better in your meditation.
- Now, looking straight ahead eyes still closed, visualize a flight of stairs descending downwards for about 10 steps.
- Begin walking slowly down those steps 10,9...2,1.
- When you reach the bottom there will be a door, reach out and open it.
- What you see through the door is your place. This place is a safe place for you I cannot tell you what you will see as it is whatever makes you feel safe. You may be on a beach, in a garden, in the mountains, or your own home. It is all up to you and your mind.
- Upon opening the door and seeing what is on the other side step through the door. You are now in your place. You may or may not see or feel anything. some people feel - some people see. If you see or feel any other being there with you acknowledge them these are your Guides, Angels, Bodhisattva's, your helpers. Talk with them, get to know them. It is also not unusual to see yourself there. You are seeing your higher/spiritual self. Acknowledge him/her, talk with yourself.
- Once you feel you are done and/or are content with what you saw/felt or at anytime you feel uneasy (you shouldn't, but as with all new things you may have "fears") walk back to the door and walk through it.
- Walk back up the stairs 1,2,3,4 .... 9,10
- Once you reach the top when you feel comfortable open your eyes.

This is a basic meditation that can help with many issues or just be used as a calming and peaceful relaxation. If you use this as a means to answer questions you may have or to learn from your guides; you may possibly want to have a journal handy. When you finish the meditation write what you saw or felt, draw pictures or shapes. Often when we look for answers we aren't given the whole answer but maybe the first piece. Or in some cases the middle piece.

I have seen this meditation or variations of, in many books as well as on TV. One of the most interesting uses I saw for this was in a Lamaze/birth readiness class. The expecting mothers and fathers were talked through this meditation by the instructor. When the parents-to-be arrived at the bottom of the stairs they walked into a small room where they were able to speak to their unborn child and connect with its spirit.

Rev. Wulf



# An Introduction to Chinese Health Balls

Their use can reduce your risk of carpal tunnel, arthritis, tendonitis, rheumatism, repetitive stress injury, dementia & Alzheimer's. They can help reduce stress, aid relaxation and help prolong life.

*Free Health Balls for all participants*

**Tuesday, October 5<sup>th</sup> 2:30-3:30pm**

Clauss Recreation Center,  
555 W. Bryn Mawr Avenue, Roselle, IL 60172  
~ To register call 630 894 4200

**Saturday, November 6<sup>th</sup> 1-2:00pm**

Courts Plus, 186 S. West Avenue, Elmhurst, IL 60126  
~ To register call 630 833 5064

**Sunday, December 5<sup>th</sup> 2:30-3:30pm**

Warrenville Park District,  
3 S. 260 Warren Avenue, Warrenville, IL 60555  
~ To register call 630 393 7279

**Balance your body, mind and spirit through the use of Chinese Health Balls!**



# Cobblestone Walking



Aging can be seen as beginning with the feet; where reflex points correspond to organs, muscles, and glands. Modern mats are used to apply acupuncture from the body's own weight stimulating the whole body. Cobblestone walking has been shown to help reduce blood pressure, improve balance & increase physical function; you will begin to strengthen and heal your body from within, boost energy and improve sleep.

Mondays at 9:00am  
starting October 11<sup>th</sup>  
& November 29<sup>th</sup>



3 S. 260  
Warren Avenue,  
Warrenville,  
IL 60555  
630 393 7279

## Tai Chi & Patience

From one of our students

Recently a student in one class asked if everyone did Tai Chi because they were patient, or had Tai Chi taught them patience. I thought this a very, very interesting question, so I asked a couple of classes what they thought.

Here is one of the answers I got back:

On any given day, every single moment, I will give a different answer, depending on my mood, the weather, comfort level / pain tolerance, and any other number of variances.

You'd think that there is only Yes or No, to the first and second question, giving the possibility of 4 responses now, but there are many different answers.

To elaborate: Mood can make me approach the class with an attitude of making every moment count. While everyone is talking and listening in class, it's the opportunity to work on my weakest point—balance. On days of bad moods (or bad attitudes or depression) - on those days I feel that it's 'just one hour of this day to be gotten through'. So creating an atmosphere of Patience and Calmness slows down my inner self, centering it and focusing it to concentrate on only the lesson of that day. That alone helps to lift me above the mood/attitude/depression and it tends to have a lasting effect, sometimes for many hours afterwards.

I don't deal well with the summer heat & humidity; dressing appropriately helps: for me this means loose cotton clothing and moving slowly and purposefully—just what T'ai Chi was developed for. While it can produce much muscle heat when done properly, this produces a cooling effect. I know that Summer will pass, I practice 'Patience' in waiting for the first cooling breaths of Fall!

I have continuous levels of discomfort / pain from different aspects of aging and post-surgical affects during each day, every day. I'm sure that many of my classmates are in the same position: while not pleasant, I've found that without regular, daily exercise, these conditions are much worse. I have a personality which rises to personal challenges: Patience play a large part in these as I set goals for achievement and then make them happen!

T'ai Chi has also taught me patience in knowing that continuous small steps are achieved in helping myself to slowly heal after medical procedures but only if I keep working on myself, to never quit.

I will always continue to practice T'ai Chi - knowing the benefits it has for me. Fortunately, my character includes patience and I don't expect fast results but glory in the small ones that I see in my own personal progress learning the proper form!



# Tai Chi Chuan

"the secret to anti-aging" it's the  
"miracle exercise" for people seeking  
to avoid drugs, surgery, and expensive  
doctor bills. Dr. Mehmet Oz on Oprah

## In Elmhurst

Courts Plus  
186 S. West Avenue,  
Elmhurst, IL 60126

All students meet every  
Monday at 8:00pm  
October 11<sup>th</sup> & November 29<sup>th</sup>

Continuing students meet every  
Tuesday at 12:30pm  
October 12<sup>th</sup> & November 30<sup>th</sup>

Beginner students meet every  
Thursday at 12:30pm  
October 14<sup>th</sup> & December 2<sup>nd</sup>

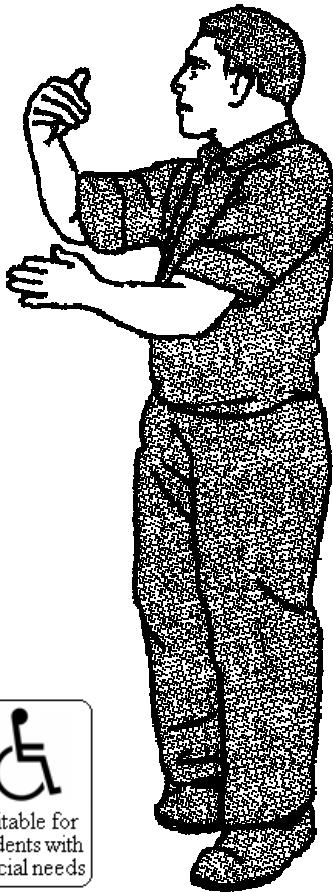
Call: 630 833 5064

## In Lombard

Sunset Knoll Recreation Centre  
820 S. Finley Road,  
Lombard, IL 60148

All students meet every  
Monday at 6:00pm  
October 11<sup>th</sup> & November 29<sup>th</sup>

Call: 630 620 7322



## In Roselle

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

Beginner students meet every  
Tuesday at 9:00am  
October 12<sup>th</sup> & November 30<sup>th</sup>

Continuing students meet every  
Tuesday at 10:05am  
October 12<sup>th</sup> & November 30<sup>th</sup>

Call: 630 894 4200

## In Villa Park

Iowa Community Centre  
338 N. Iowa Avenue,  
Villa Park, IL 60181

Beginner students meet every  
Tuesday at 2:00pm  
October 12<sup>th</sup> & November 30<sup>th</sup>

Continuing students meet every  
Thursday at 2:00pm  
October 14<sup>th</sup> & December 2<sup>nd</sup>

Call: 630 834 8970



# ROSELLE PARK DISTRICT

# Save A Life! – Yours!

George R Leach - Revised 12/1/2006

Do you have, or have you experienced.....

High blood pressure?	Heart problems?	Rapid pulse?
Angina?	Stress?	Anxiety?
Diabetes?	High cholesterol?	Excess weight?
High inflammation?	Low metabolism?	Inability to relax?
Lack of energy?	Tire easily?	Frequent headaches?
Trouble sleeping?	Night Cramps?	Depression?
Poor breathing?	Bronchitis?	Pain, and other disorders?

If you answered Yes to one or more of the above questions, you need to read this now. Start thinking about your health and well being, and what you are going to do about it. Part of your answer is in this information. You must take responsibility for yourself. Your Doctor cannot do everything for you. He will only treat what you already have, and then will talk prevention, which is up to you. There are no magic bullets! Stress and related disorders are silent killers. I thought I was in “great shape” until I had an abdominal aorta aneurism that nearly killed me, and the resultant surgery gave me diabetes. The cause, my surgeon said, was Stress! Based on my experience, I can say these exercises could preserve your health or even your life! They did mine and that is a fact. Please Read On!

Too many people today don't think about their health, much less any preventive measures, until it's too late and they already have a serious disorder. There are those who, given the opportunity and tools to work with, like these simple exercises, still do nothing and make excuses to convince themselves they do not have the time and dismiss it. They want it all in a convenient pill because they can't be bothered. They are “too busy”, lack motivation or dismiss simple preventive measures before they even try them, because they “know” it won't work. They cheat themselves of a continuing healthy lifestyle. Don't be one of those people, like I was. Think of yourself, what you can gain with a little effort, time, and little or no cost to you.

All of the above conditions can be improved, if not alleviated; with this procedure, in conjunction with physical exercise and good dietary habits. But only you can do it! After all, who is going to take care of your health if you don't? The major cause of many health problems are poor diet, lack of exercise, stress and anxiety, all of which can and must be controlled by you, not your doctor or someone else.

This is not a “cure all”! Some of the remedy may require the participation of your physician, but you can make a drastic change on your own, with this simple respiratory exercise in only 10 minutes. This exercise should be done at least once a day and several times is even better, or as needed to combat stress or fatigue. It is great when you've been working and are tired or have been in a stressful situation and need relief from tension. It is also a great “pick-me-up” when your energy runs low. It costs virtually nothing except a little of your time, and the benefits can save you thousands and perhaps even your life.

What is this exercise all about? Aside from the symptoms / conditions mentioned, anyone can develop high blood pressure, especially if you are diabetic, over weight or work in stressful situations. (Stress and stress related heart problems are amongst the biggest killers today.) If you are in one of these categories or have other health issues you may already have high blood pressure and not be aware of it. You can use this respiratory exercise to help control or eliminate high blood pressure and stress. Think Prevention, Prevention, Prevention.

Normal blood pressure has been defined for many years as 120 / 80, until recently, and now is stated as 115 over 75. What does this mean to you? If your blood pressure runs higher than 120 / 80, the closer you get to 140 / 90 the bigger the problem and you are considered to be Pre-hypertensive. This is not considered to be a dire problem, but the closer you get to 140 / 90, the more you need to watch it. At 140 / 90 or higher consistently, you now have high blood pressure (Hypertension) and should consult your physician immediately for treatment, as this is a real problem. Also note that there should be a 40-point range between the upper and lower readings. If you vary more than a few points higher or lower than the specified 40 points consistently, see your doctor as this could be an indicator of an underlying problem that needs his attention. The key word here is consistently, as anyone will vary at times.

**A WORD OF CAUTION:** Using this exercise, you will experience a drop in blood pressure, so please observe the following. Consult with your doctor about your health. Watch your blood pressure carefully and keep a log of it and control stress. The ideal goal is to get your blood pressure between 120 / 80 and 115 / 75. If your BP drops below 115 / 75, reduce the time or frequency of exercises, and / or simply get up, move about, and your blood pressure will rise again to your normal rate. The rule of thumb here is “Do not maintain a blood pressure level below 115 / 75”. The operative word here is, maintain.

Below 115/75 is not necessarily dangerous, but do not court danger by going to extremes. As long as you maintain the range specified, you should have no problem, but consult your physician with this as you would with any health procedure. (There are no known inherent dangers involved with this exercise, only benefits. However, do not over rule common sense with this or any health issue.)

Looking around the “Net” for “high blood pressure”, I wanted to learn as much as I could. In the process, I discovered a commercial device that was supposed to lower blood pressure, by using it three times a week, and sold for over three hundred dollars. It has a primary unit with an LED that gives your respirations per minute and an audio and visual beat, to breath in time with. It came with headphones and an attachment that went around your chest and counted your respirations. Impressive, people like gadgets.

Not wanting to part with \$300 for a glorified timer, I studied what it was supposed to do, and realized all it amounted to was a timed beat that would put your respirations below ten per minute. Having a ticking clock nearby, I listened to the beat of the seconds and realized that I could do the same thing with it to pace myself. (I graduated to an electronic metronome, which I could carry with me conveniently, as opposed to a Big Ben wind up clock.)

Now the procedure takes shape. The object of the commercial “timer” was to lower your blood pressure by keeping your respirations below 10 per minute. Simple! Here’s how it’s done, and it’s so simple anyone can do it and it does work. You’ll be surprised at the drop in blood pressure on the first try.

The first thing you will need is a wind up clock that ticks. No, a digital clock will not work. It must tick, as that is what you will listen to for a beat, as you mentally count and set a rhythm.

Next you will need a blood pressure cuff so you can take your blood pressure and keep a record of it in a notebook. I use the digital type that you put on your wrist. They are available at most drug stores, give readings for blood pressure, pulse rate, and are a fraction of the retail cost of most prescription drugs, most of which have some nasty side effects. Most cuffs have a memory as well. The soft cuff type that fits on your upper arm will do, but are not nearly as easy to work with or convenient, and most require the use of a stethoscope, whereas the wrist type does not.

We are now ready to try the exercise for the first time, so find a comfortable chair that will allow you to sit up but be relaxed. A recliner upright or semi-reclined works just fine. (DO NOT lie down until you are used to the exercise, as you don’t breath quite the same while reclined) Relax for 5 minutes before checking your blood pressure and breath through your nose when inhaling and exhaling.

*Hint: If you hear yourself breathing you are taking in and letting out too much air too quickly. You should breathe normally, and in time with the beat.*

Step 1. Take your blood pressure and be sure to record it in your notebook.

Step 2. Set your clock or metronome near you. (set the metronome for 60 cycles, or sixty second beats.)

Step 3. Listen to the beat and get used to the rhythm.

At this point I want you to understand the simple principle of this. To get your respirations down below 10 per minute, you must breathe in and out for eight (8) seconds total. That’s four seconds breathing in and four seconds breathing out. 8 goes into 60 seconds 7 times, right? That’s 7 respirations per minute at 8 seconds each. You are under the required 10 respirations per minute. Breath normally, this is not a deep breathing exercise and do not hold your breath, just breath in time with the ticking clock. It’s that Easy! (IMPORTANT: It should be noted here that as you get used to this exercise it will be more effective and faster, if you can extend the exercise to a total of ten or twelve seconds, that’s 6 or 5 respirations per minute. That is in seconds - 5 in 5 out or 6 in 6 out! Expanding your time is easy.

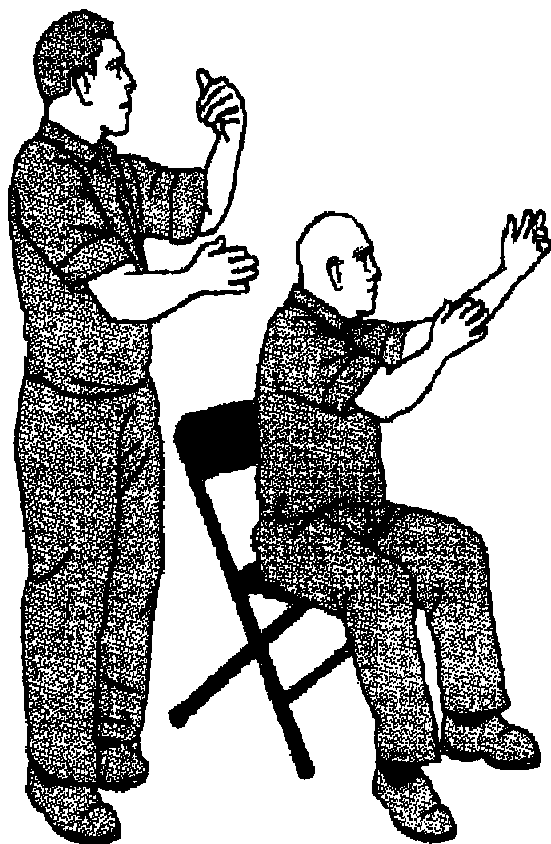
*Hint: learn to time your inhaling and exhaling to time but be relaxed in doing it.*

Continued over:

# Tai Chi for Health

The experts agree...

**"If you want to be healthy and live to 100, do Qigong."** Dr. Mehmet Oz



Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do; energizing and deeply relaxing; it brings health and vitality to all who practice it.

All our classes are suitable for participants of all ages and abilities; participants may choose to sit or stand during class



Every Monday at 5:00pm  
October 11<sup>th</sup> & November 29<sup>th</sup>

Sunset Knoll Rec. Centre  
820 S. Finley Road,  
Lombard,  
IL 60148



630 620 7322

Every Wednesday at 1:00pm  
October 13<sup>th</sup> & December 1<sup>st</sup>

The Sports Hub  
250 Civic Centre Plaza,  
Glendale Heights, IL 60139



630 260

Thursday at 10:30am  
Oct 14<sup>th</sup> & December 2<sup>nd</sup>

111 E. Foster Avenue,  
Wood Dale, IL 60191  
630 595 9333





Continued from the previous page:

You can even do it without a clock once you get used to counting the seconds mentally, as "One and, Two and, Three and, Four and, / One and, Two and, Three and, Four and," etc. (To say "One AND" takes approximately one second.) You can do this anywhere, anytime, without equipment to handle, as the need comes up in your day. I call it my 5 minute pick-me-up, and it works great when I am working and need a shot of energy. When you have attained a rather euphoric relaxed state you've lowered your blood pressure and your stress, as well as given yourself a little shot of energy with the restful effect.

Step 4. Listen to the seconds tick by on the clock. Start by counting mentally with the clock and breath in calmly and normally for 4 seconds. Then immediately start counting another four seconds while you breath out. Do not strain for deep breaths. Keep it relaxed!

Step 5. Repeat, repeat, and repeat again for 5 to 10 minutes and you are done.

Step 6. Check your blood pressure again and record it in your notebook. (I will bet you have reduced your blood pressure by a significant figure.)

The end result of this is:

- You have reduced your blood pressure to a normal 120 over 80 or less.
- You reduced your pulse rate by several beats per minute.
- You have relaxed yourself completely, lowering your stress level.
- You have oxygenated your blood, refreshing your body while relaxed.
- You have raised your metabolism rate, which helps to burn calories and reduce blood sugar.
- You have increased your energy level significantly in just minutes.

Not too shabby for 10 minutes of breathing. Real tough stuff! With a little effort, and looking at the results of this exercise, you can see what can be gained from 10 minutes of doing what you do normally, breathing.

- You can lower your blood pressure and add to your life.
- You can lower your pulse rate, saving on the work your heart is doing.
- You can lower your stress level significantly.
- You can, by raising your metabolism, help achieve weight loss.
- You can rid yourself of headaches simply by breathing properly.
- You can revitalize yourself with additional oxygen in your blood.

- You help to clear up congested lungs, bronchia and sinuses with better breathing.
- You retrain your body to breath in a more useful, efficient way.

And all this becomes more permanent and lasting with each session. Yes, I said permanent, because you are retraining yourself and your body in breathing and oxygen utilization. You are to an extent also retraining your heart and lungs to work more efficiently with less actual work.

Within 2 – 4 weeks, depending on the individual, you will start seeing permanent results in lower blood pressure, pulse and refreshing use of your breathing. (Most commonly it's closer to 2 weeks, and you will see immediate differences with the first session.)

Results? In a little under two months I was able to get off the heart medication, Metaprolol (Loprocessor), used primarily to control high blood pressure..

Still in doubt? Well, you won't know until you try it! What have you got to lose? Nothing! What have you to gain? Reread the above and then try it and see for yourself.

Continued over:



**Cane Fu: for health and self-defence**

Mondays at 10:30am, starting October 11<sup>th</sup> & November 29<sup>th</sup>

Improve balance, co-ordination, flexibility and strength, reduce stress, release tension and learn how to protect yourself.

Canes will be available to purchase, or bring your own!

3 S. 260  
Warren Avenue,  
Warrenville,  
IL 60555  
630 393 7279



Warrenville  
PARK DISTRICT  
PLAY • LEARN • EXPLORE

# Discover the Secrets of Chinese Health Balls



A longer workshop taking an in-depth look at an exercise system that has been in use for 2,000 years.

Their use can reduce the risk of carpal tunnel syndrome, repetitive strain injury, tendonitis, rheumatism and arthritis.

They are deeply relaxing, can help reduce stress, improve overall health, stimulate the mind and reduce your risk of cognitive decline, dementia and Alzheimer's.

*Register  
before Sept  
19<sup>th</sup> and save  
\$10 on your  
tuition!*

Last discovery class of the year!

**Sunday, September 26<sup>th</sup>**

**1:00 - 4:00pm**

The Lighthouse Center, 165 S. Church Street, Winfield, IL 60190

~ To register call 630 229 4434 or visit

[www.7StarsMA.com/schedules/healthballsschedule.html](http://www.7StarsMA.com/schedules/healthballsschedule.html)



**Balance your body, mind and  
spirit through the use of  
Chinese Health Balls!**

Continued from the previous page:

***YOU ARE THE ONLY ONE WHO CAN DO IT!***

It's your life you'll be gambling with if you don't at least try.

Don't believe me! Try it! Experience the feeling of well being that comes with each session. See for yourself what this can do and just how valuable it can be to your health and well being by observing the changes in yourself over such a short period of time, with so little effort. You will actually feel better.

***PRIORITIZE! ..... KILL STRESS NOT YOURSELF!***

As stated before, Stress and stress related heart problems are amongst the biggest Killers today. Stress also contributes to a host of other medical problems such as those listed that plague us unnecessarily, because we allow it. But how does one, in this fast paced world, avoid stress? The answer is quite simple and should be a part of this exercise program, and your daily life.

The key is in problems, commitments, deadlines, job pressures, family responsibilities and in some cases things that are beyond our immediate control, but still worry or heavily concern us. So what do we do about that? Prioritize and rationalize them into a form we can handle.

Make a list of all the worrisome or pressing things that are weighing on your mind, every one of them. Now go through the list one issue or item at a time and follow this procedure.

Is there something I can do about this RIGHT NOW? If your answer is yes....decide what you are going to do and how you will do it. If your answer is no....try to estimate when you will be able to do something about it. Put a date and/or time on it and don't concern yourself with it until then. At that time plan what you will do to resolve it and go forward with it. Until then don't fret and worry over it.

Periodically review and revise your Priority List and reprioritize the old and new items on it the same way you did before. Soon your problems and stress will start to subside because you know that you are in control and have a plan to resolve what before was an emotional burden.

Those things over which you have no control should not concern you until and if the time comes that you can exercise some remedial control and resolve the issue once and for all.

NOTE: Once you have made your list and prioritized your issues do not get uptight, angry or stressed

# Holistic Hands Reflexology

~ more than just a  
foot rub ~ it promotes  
healthy living ~



Your body is reflected in your feet; you can expect to improve circulation, decrease muscle tension & soreness and for positive changes to occur throughout your body.

The stories the feet can tell!  
Your toes reveal how you cope with your feelings and thoughts. Discover your true self through toe reading.

## John Robertson

~ Certified Toe Reader ~  
~ Reflexologist &  
Reiki-Reflex Practitioner ~

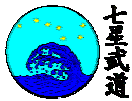
To book a session call: 630 229 4434

John@7StarsMA.com

[www.HolisticHands.wordpress.com](http://www.HolisticHands.wordpress.com)

# The Magic of the Pendulum

*Learn to communicate  
with the depths of your  
subconscious mind, tune  
into your intuition and  
tap the unlimited potential  
of your own mind*



Sunday, September 26<sup>th</sup>  
9:00am - noon  
The Lighthouse Center,  
165 S. Church Street,  
Winfield, IL 60190  
630 229 4434

*bring your  
own pendulum  
or purchase  
one of ours!*



Saturday, October 2<sup>nd</sup>  
9:00am - noon  
111 E. Foster Avenue,  
Wood Dale, IL 60191  
630 595 9333

 **ROSELLE PARK DISTRICT**

Sunday, November 7<sup>th</sup>  
1:00 - 4:00pm  
Clauss  
Recreation Center  
555 W. Bryn Mawr Ave,  
Roselle, IL 60172  
630 894 4200

Saturday, December 4<sup>th</sup>  
1:30 - 4:30pm  
3 S. 260 Warren Ave,  
Warrenville, IL 60555  
630 393 7279





about them. When angry and upset we do and say things we later regret and make mistakes that only complicate the issue and jeopardize our health. Stressing, arguing and yelling only make the situation worse, promoting what we are trying to overcome.

**STRESS!** Make every effort to remain calm and objective at all times and exercise your new found control over your life.

People today want a pill to go to sleep, wake up, calm down, or obsess over problems, drink, overeat, do drugs or make their lives a stressful, uptight living hell, blaming job, someone else or society. They convince themselves they don't have time to do a couple simple things that will help them live a long, organized, happy, productive, rational, healthy lifestyle. This is the result of blind apathy, denial and stress.

OK! You're on your own now. This works and the benefits are there if you will just take an interest in your own well being, follow the simple instructions and reap the benefits. Your doctor will verify the wide array of benefits from lowering your blood pressure and oxygenating your body with proper breathing exercises, physical exercise and diet. He will also confirm the devastating effects stress can and does have on the human condition. Again, don't believe me, ask him and try it. This will take a little effort and practice, but is better than the possible alternatives, if you just pass it off and do nothing.

This is not copy-written. Why?, because I want you to try it. When you find it really does work, PLEASE make 2 or more copies and give them to friends so they too can reap the benefits that you and I have. Even seemingly healthy people can benefit from this through prevention. Think how many people you can help to better health and well-being!

Yes, I believe in it that much. "And it is FREE!" You can't beat that for a deal, something actually free today. Breathe easier, relieve stress, and make yourself immune to the growing plague of high blood pressure, stress, disease and poor health. There is little else I can say to convince you this actually does work and will benefit you as suggested here. You must try it, and see for yourself!

You have absolutely nothing to lose but a little time and effort, and everything to gain.

Good Luck, and May the blessings of Health, Wealth and Happiness be yours for many years to come.

*George R Leach*

Rev. 12/1/2006

# Holistic Ceremonies

## Created just for you

### Weddings, vow renewals, commitment ceremonies & more

We can assist you in creating a ceremony that truly reflects and expresses your beliefs and commitments to one another. Traditional, civil, unity sand & candle, hand-fasting and Celtic ceremonies are available. We can legally preside over your wedding ceremony after you have obtained a valid license from the county.

### Naming ceremonies & blessings

Honoring a new or change of name is an important moment in our lives; a time to present the new individual to the community; ensuring that they are a part of something greater, placing them under the protection of those present.

### House clearings & blessings

We can cleanse your dwelling, room or possessions of negative or stagnant energies and dedicate them to your own spiritual needs, creating a sacred space filled with peace, harmony and healthy positive energy mirroring who you are.

### Rites Of Passage

There are many rites of passage we go through in life such as divorce, baptism or adolescence into adulthood. We can help honor your rite of passage by creating a special ceremony honoring your transition.

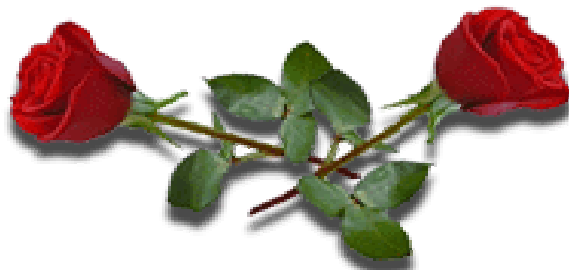
All our ceremonies are individually designed to reflect your spiritual beliefs, wishes and intentions; to create an occasion as truly unique as you are.

**Contact Reverend John**

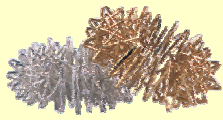
**630 229 4434**

**John@HolisticCeremonies.com**

**www.HolisticCeremonies.com**



# Self-care Store

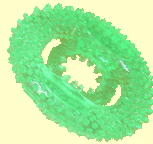


Fingertips for your digits - \$3

Fantastic Fingers - \$8



Positive Putty - \$6



Stress Grip - \$8



Spine Aligner - \$25



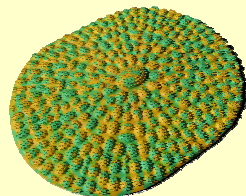
Chi Rollers - \$28  
Mini Chi - \$15



Footsie - \$12 or Mini Footsie - \$8



Cobblestone mats - \$59.90



Reflexology Pad - \$19.97

To order call 630 229 4434

or buy online at  
[www.7StarsMA.com/webstore.html](http://www.7StarsMA.com/webstore.html)

Full catalogue available online  
and from your instructor

## Mooncakes

Happy Moon Festival (Zhong Qiu Jie)

In winter the days getting shorter and the weather turning crisper, our eyes gravitate towards the moon as we fill with nostalgia for our friends and family members far away. No matter where that special someone may be, it's reassuring to know we all share that same incandescent moon. Chinese ancients often take this opportunity to brush the crumbs of their yuebing (mooncakes) off their chins and put brush to paper, composing poems to long-lost loved ones. In the spirit of the Moon Festival, contact someone you haven't spoken to in awhile and eat a deliciously sweet yuebing!

### Ingredients

#### Filling:

- 1 lb. dried red azuki beans
- 3/4 C. lard or oil
- 4 C. + 8 C. water
- 1 3/4 C. sugar

#### Unleaven Dough:

- 2 C. flour
- 5 T. lard
- 10 T. water
- 1/4 t. salt

#### Flaky Dough:

- 1 C. flour
- 5 T. lard
- Red food colouring

### Bean Filling Instructions:

Cover red azuki beans in water, and let soak for 2 hours. Drain and discard the water. Put 8 cups fresh, cool water over the drained beans, and bring to a boil; turn down and simmer over low heat for 1 1/2 hours, or until the bean skins split. Strain the beans, rinsing with cool water; peel away the skins and discard. Put the beans in cheesecloth and squeeze out water. Put the dry, drained beans back into the saucepan with 3/4 cup lard/oil and 1 3/4 cups. sugar. Cook, over low heat, stirring constantly, until the mixture is thick and free of excess moisture. Turn off heat and let cool. After cool to touch, prepare bean mixture for filling the moon cakes, by dividing it into 1 cup balls.

### Prepare the Dough:

Mix up the two types of dough separately. Make a large dough with the flaky dough on the bottom, and the unleaven dough on top. Roll out, brush with melted lard or butter, fold into thirds and roll out again. Brush with melted lard or butter, fold into thirds the other way and roll out. If the dough gets too soft during this process, pop it into the freezer for a few minutes. Divide the dough into the number of bean balls you have. Flatten the dough with the palm of your hand and form a 3" circle of dough. Slowly pinch the dough around the bean mixture ball. Press the soft formed bean cake into a small mould (or muffin tin) to give it a unique shape, and then put it on a cookie sheet for baking.

### Baking:

When all the dough has been filled, moon cakes can be painted with red food colouring, or coated with egg yolks to make them shiny. Bake them in a preheated to 350° F for 20 minutes. Cool completely before serving.

*Learn to use your own healing abilities*



# *Natural Energy Healing*

We all have innate healing abilities. In this class you will learn to tap into that inner wisdom; and using the natural energy of the universe help yourself and your family heal.

This energy can help you to re-establish balance and harmony on the physical, emotional, and spiritual planes so that the natural function of your body is restored and its natural ability to heal itself is activated.

This is a hands-on workshop under the guidance of a Reiki Master Teacher and Qigong Instructor.



## **Lombard Community Building**

Lombard Park District  
433 E. St. Charles Rd.  
Lombard, IL 60148

630 620 7322

Friday, September 17<sup>th</sup>  
9:00am - 5:00pm



## **Elmhurst Park District**

**Courts Plus**  
186 S. West Avenue,  
Elmhurst, IL 60126  
630 833 5064

9:00am- 5:00pm  
Sunday, October 17<sup>th</sup>



## **ROSELLE PARK DISTRICT Class Recreation Center**

555 W. Bryn Mawr Ave,  
Roselle, IL 60172

630 894 4200

2 days ~ Friday,  
December 3<sup>rd</sup> & 10<sup>th</sup>  
6:00pm - 9:30pm

# Falls?

They don't have to happen to you



Learn the risk factors, causes and consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling; what to do if you fall; and what steps you can take to improve your balance and prevent falls.

After each seminar try a Tai Chi class for free! and see if it is right for you or someone in your family.

Over 65? Your chance of falling in the next year is 1 in 3 - reduce that risk, make yourself and your home safer

 **ROSELLE PARK DISTRICT**

Tuesday, October 5<sup>th</sup>  
9:00am - 10:00am

Clauss  
Recreation Center  
555 W. Bryn Mawr Ave,  
Roselle, IL 60172  
630 894 4200

Wednesday, October 6<sup>th</sup>  
1:00pm - 2:00pm

The Sports Hub  
250 Civic Center Plaza,  
Glendale Heights, IL 60139



630 260  
6060

Thursday, October 7<sup>th</sup>  
9:00am-10:00am

111 E. Foster Avenue,  
Wood Dale, IL 60191  
630 595 9333

