

# Complementary Health & Exercise

Summer 2011

FREE!

Chinese Qigong & Diet  
Therapies for Hypertension

Understanding  
Auricular  
Acupuncture



Ear Massage to Strengthen Health



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



七星武道

## 50 Secrets of the Worlds Longest Living People

There are places in the world where, all along, people have commonly lived to 100 and beyond without suffering so much as a headache.

How do they do it?

Find out in this class!



Lombard Park District  
433 E. St. Charles Rd.  
630 620 7322

Saturday, September 17<sup>th</sup>  
1:00pm - 2:00pm

## Creating a Vision Board



By selecting words and pictures of the things you wish to manifest in your life

you can bring clarity, focus, and intent to your dreams; create your vision board and clarify your intentions!

Sunday, July 24<sup>th</sup>  
1:00pm - 2:00pm



630 260 6060  
The Sports Hub,  
250 Civic Center Plaza,  
Glendale Heights, IL 60139

## Complementary Health & Exercise

Summer 2011

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www.7StarsMA.com



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## T'ai Chi Sword

July 14<sup>th</sup> & September 1<sup>st</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

"To see what is right, and  
not to do it, is want of  
courage or of principle."

## Editor's Notebook

We would like to welcome a new contributor to our magazine this issue; Greer Nesbitt. Greer is a third year Oriental Medicine intern at National University of Health Sciences in Lombard and each quarter will be sharing some perspectives of Oriental Medicine with us - starting with ear acupuncture and the theories behind it.

To go along with that we have reprinted an article an article on ear massage to strengthen health!

Recently there have been a number of requests for exercises and methods to combat hypertension; so this issue we have reprinted some specific exercises and meditations and diet therapies. Please remember that none of these are an alternative to appropriate medical care.

If you have never seen Dragon Boat racing, join us on a trip to Chinatown on July 23<sup>rd</sup>! Dragon Boat racing is a lot of fun to watch from the highly decorated boats to the beat of the drum keeping the rowers in time. We will also take some time to see some of the sights and have dinner. There is no sign up, this is a 'meet up' and go, all costs are for the individual.

All of our upcoming events along with flyers are posted online in our new students section at:

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

*John Robertson*

*"He lives most life whoever  
breathes most air"*

# Chinese Health Balls

Chiming chrome sets only \$12!



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

Cloisonné enamel sets only \$12!



Available in 1¼", 1½" & 1¾"

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



Solid steel from \$20!



1", 1¼", 1½" & 1¾" - \$20

2" & 2¼" - \$25

Jade from \$20!

Yellow jade - \$20  
Cloudy green jade - \$25

Black jade - \$30  
Translucent jade - \$35



Marble - \$15



Agate - \$40



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

630 229 4434

[John@7StarsMA.com](mailto:John@7StarsMA.com)

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

# Topics in Chinese Medicine

Greer Nesbitt

## This issue: Auricular Acupuncture

The acupuncture points which Chinese Medicine is based on are mostly mapped out on the meridian systems of the body. Meridians are channels of energy which are located through the head, core, and the limbs, creating an incredibly intricate highway that provides us with an internal healing system. This internal healing system, which all creatures have, can be tapped into by using acupressure or acupuncture.

Each acupuncture point has its own distinctive function and feature, and are chosen depending on the condition, symptoms, and diagnosis of the patient. The acupuncture points on the body proper are not however where the mapping stops.

Our bodies also contain microsystems, most notably on the ears. A microsystem is a part of the body in which the same entire body is mapped onto, like a fractal. Fractals exist in math and science, and have incredible detail which replicate itself as 'self-similarity'. Just like twigs of a tree and similar to the tree's branches, microsystems mirror the systems of the body, where the whole body is reflected in one of its organs, for example the ear in auriculotherapy.

'Auriculotherapy' was first developed in 1957 in Lyon, France by Dr. Paul Nogier. In 1950 Dr. Nogier noticed a scar that sciatica patients had on the antihelix (the curved, raised cartilage surrounding the canal) of their external ear. Apparently the scar was due to a cauterization, or burning, done by a 'lay practitioner' who's father learned the technique from a Chinese mandarin. Realizing that the area of cauterization affected the lumbar-sacral joint, or the area of pain near the tailbone, this observation led to the eventual identification of the body's spine on the whole antihelix.

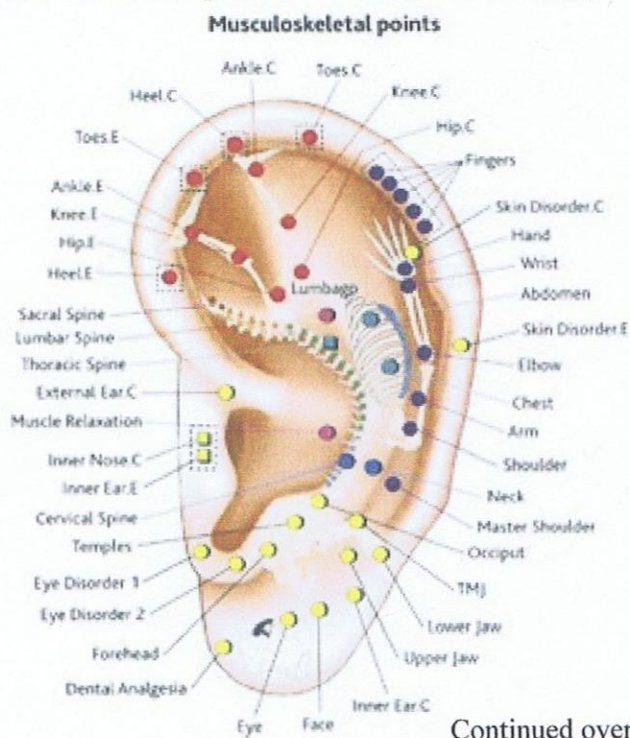
The Nogier French auricular system was further developed by using embryology - the phases of embryo development in utero, and mapped the ear out to mirror an upside down fetus. Interestingly enough, the Chinese also believed that ears were unique, and realized that just by looking at them in detail, it may be obvious where someone had issues.

The Chinese also wrote about how the 'Kidneys open into the ears,' and noticed how the ears and kidneys

have the same shape. The acupuncture points the Chinese use on the ears are similar to the French, but were developed more from the effects by trial and error, and in the last 40 years have focused on the relationship with meridian energy channels. The Chinese learned of Nogier's work through a German medical acupuncture article that arrived in China via Japan. Auriculotherapy was quickly picked up by Chinese acupuncturists who re-organized the points to mirror an upside down body versus a curled up fetus.

In 1979, the first French-Chinese medical acupuncture exchange occurred. In Chinese medicine, the auricular points are mainly chosen by 1) the corresponding body regions where there is pain, i.e. if a patient had shoulder pain, the shoulder point on the ear would be stimulated 2) ear points that are tender when pressed 3) known therapeutic effects of a point from past experiences or 4) results of experiments and clinical observations.

Conditions, diseases, pain, imbalances, etc., can all be treated by stimulating specific points on the ear that correlate to the area of pain the patient has. For example, the ear lobe represents the head, and on the oppo-



Continued over:

Experience a Journey to the center of the self!

# Explore the mystery of the Finger Labyrinth

Gain peace and engage  
mystery for personal  
and spiritual renewal  
by 'walking' the  
finger labyrinth



Sunday, July 24<sup>th</sup>  
9:00am - noon

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



630 260  
6060

Monday, August 22<sup>nd</sup>  
6:00pm - 9:00pm

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

*Warrenville*  
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630 620 7322

Lombard  
Park District

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

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