

50 Secrets of the World's Longest Living People

Courts Plus: October 19th
The Abbey: November 14th
Lombard Park District: December 14th

Learn how to live a long & healthy life.



COMPLEMENTARY

Fall 2013 **FREE!** HEALTH & EXERCISE

Your reliable source for information on complementary forms of health and exercise

Volume 8, number 4

www.7StarsMA.com

Circulation: 200+

Harvard on the Health Benefits of Tøai Chi

There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions ô for example, "white crane spreads its wings" ô or martial arts moves, such as "box both ears."

Continued on page 10

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- Full class schedules and more!



FEATURES

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Holistic Ceremonies

Created just for you

Weddings, vow renewals, blessings, 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.

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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



Complementary Health & Exercise

Fall 2013

Editor & publisher - John Robertson



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Martial Arts



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The wisdom of Confucious

"Without knowing the force
of words, it is impossible
to know men."

Editor's Notebook

The fall is a busy month for events, we will be at TheosoFEST at The Theosophical Society in Wheaton on September 7th, and at The Fox Valley holistic Health Fair at Soup to Nuts in Geneva on September 29th. Come out to see us and enjoy the free classes available at both of these great events.

This month we say goodbye to Kathy who is moving to Arizona after more than 30 years in Elmhurst. She will be looking to start teaching Tøai Chi classes in Tucson once she gets settled. I know we are all going to miss her; and on behalf of us all I wish her the very best. She will retain her Kathy@7StarsMA.com e-mail address and look out for her classes appearing on our website. And if you're lucky enough to travel to Tucson be sure to look her classes up!

Kathy's classes at The Abbey in Elmhurst and at the Park District in Wood Dale will continue unchanged; Addison, Bensenville and Bloomingdale will be co-operating with Wood Dale to continue to offer the Tøai Chi for Health the class at the recreation complex at 111 E. Foster Avenue in Wood Dale.

We have had a change in format this month, gone is the old banner I have used since we began in 2006. We have also included a calendar on page 19 so you can see all the extra classes we offer at month by month glance. This along with the events listing on page 18 will hopefully keep everyone up to date with all our offerings.

Remember if there is something you are interested in learning about, or something you think we should be teaching let us know and if it is within our capabilities we can offer it.

John Robertson

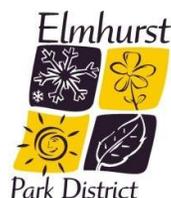
*"He lives most life whoever
breathes most air"*

Tøai Chi Express

Every Monday at 8:00pm
begins Sept 16th & Nov 11th

Courts Plus

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



Every Wednesday at 8:00pm
begins Sept 18th & Nov 6th

 **ROSELLE PARK DISTRICT**

Clauss Recreation Center

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

Using the 8 Step Tøai Chi form; a shorter more compact version of the 24 posture form taught in our Tøai Chi Chuan classes

It requires less time & space and is great for those without the room to practice the 24 form, or those with busy lives who still want the all the benefits of Tøai Chi

Nov 17th ~ 9:00am - 2:30pm

七星武道



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

630 229 4434 www.7StarsMA.com

The Womb Squat

By Brenda Walding, DPT, FDN April 23rd, 2013

Do you want to significantly improve your health and slow the aging process by doing one simple exercise a day? Of course you do! Well everyone has probably moved this way at one point in their lives, but perhaps don't remember it. This is the position we used to play in for hours as little tykes.



Traditionally, we used this primal position for just about everything, but over time and use of modern conveniences sadly, we just don't do it anymore. What is it? THE WOMB SQUAT

It's one of the most therapeutically beneficial positions performed frequently in Taoflow Yoga (fusion of yoga and qi gong) and is one of the most functional and primal positions known to mankind. Traditionally, humans of all ages (including elderly) used this position for working (picking roots out of the ground, cooking over a fire), giving birth, eliminating feces, and just resting. Many native cultures outside of the Western world still use this position daily.

Have you ever seen a baby play? Look at the baby playing with the stick in the top picture. Babies sit for hours in this position with no problem.

With our modern lifestyles that involve sitting in chairs, using toilets and jobs that keep us mostly sitting still, we have lost our ability to get into this position and reap the health benefits. This is actually the position in which humans were anatomically designed to eliminate waste and is the way we did so up until the invention of the modern toilet in the mid 19th century.

In my search for healing the body, I am truly finding

that there is abundant wisdom in how our ancestors used to live. Modern technology has offered us many benefits, but in some ways has had deleterious effects on our health. The reality is that genetically we are the same as we were thousands of years ago and anatomically and physiologically speaking,

our bodies still function the same. I have found in my own experience that seeking out wisdom from our ancestors regarding how to eat, move and heal the body has had profound healing benefits in my life.

Much like we adopt a paleo/primal way of eating to experience a healthier body and prevent disease, we also need to look at the human body and take into consideration how it is designed to function and move as an integral component in our overall health.

Practicing this position daily can result in the following benefits:

- improved digestion and elimination (and therefore improved immunity)
- relieve constipation
- relieve low back pain
- improve menstrual cramps
- prevent and improve incontinence
- opening of hips/back/ankles
- tone and relax pelvic floor
- excellent prenatal pose: prepares pelvis for easier childbirth in this position by opening birth canal
- improves stagnation in the prostate
- improve ability to safely perform Olympic lifts (by opening hips/ankles you will be able to generate more power and avoid compensatory movements that result in injury)

HOW TO WOMB SQUAT:

Key points: lift the arches, press the knees out, extend through the top of the head

From standing position: (do this barefoot)

1. Place feet approximately shoulder width apart (everyone's hip structure is a bit different and therefore width of the feet will vary). The width of the feet should feel natural and be determined by how easy it is to keep the knee in line with the foot.
2. Toes are slightly turned out
3. Find a neutral position of the pelvis (gently tuck the tailbone under by tilting the pelvis posteriorly and relax the belly OR imagine you have a monkey tail attached to your tailbone and some is gently tugging on it causing the pelvis to tilt posteriorly and relax the belly)
4. Arms and shoulders are relaxed and lengthen through the top of the head
5. Begin to sink down making sure knees stay in line with the centers of the feet.
6. Maintain the neutral pelvic position as long as you can on the way down.
7. Go as low as you can and check knees to make sure they are in line with the centers of the feet. The lower you get the more the knees want to come in, use elbows to press the knees out.
8. Touch finger tips of one hand to finger tips of the other.
9. Stay in this position and breathe allowing the belly to expand.
10. Slowly rise up by exhaling, pushing through the four corners of the feet and lengthening through the top of the head.

Contraindications:

1. If your body gives you an acute pain sensation, stop, check alignment or readjust to see if you can find a better position. Stop if pain continues. General fatigue or tightness is ok and normal, breathe into the area of tightness/fatigue moving qi/energy and blood flow to this area.
2. Avoid this position if you are greater than 3 months pregnant.

Troubleshooting:

1. If you get close to the floor and you feel like you can't hold yourself up, let your fingers fall to the floor.
2. If heels will not touch the ground, it's ok, spread toes and think about heels being pulled towards

Continued on page 6:

Oriental Wisdom

Learn exercises and principles that have guided people to live long and healthy lives for centuries.

These classes can help reduce stress & blood pressure, build health, vitality & more. They can instill in you a greater sense of control over your wellbeing.

T'ai Chi Qigong Shibashi
Sept 15th ~ 9:00am-2:30pm

The 6 Healing Sounds
Nov 24th 9:00am - 2:30pm

The Five Animal Frolics
Dec 21st 9:00am - 2:30pm

Chinese Health Balls
Dec 21st 5:00pm - 8:00pm

七星
武道



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

630 229 4434 www.7StarsMA.com

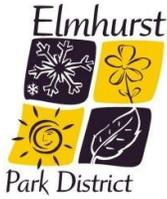


630-229-4434



Be guided to a higher quality of life
by the wisdom of the ancients

Oct 18th ~ noon-1:30pm



The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126
630 993 8193

Over 65?

**Your chance of falling in
the next year is 1 in 3**

**Falls: They don't have
to happen to you**



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

November 6th ~ 2:00-3:30pm

**Don't let stress
stress you out!**

**Stress could be called the plague
of the 21st century; it is said to be
responsible for around 85% of
Doctors visits.**

**Learn simple, effective ways to
reduce both chronic and acute
stress**

Dec 14th ~ 10:00am-noon

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard
630 620 7322



the floor, lengthening calf muscles (gastrocnemius/soleus and achilles). It may take days, weeks, months or longer of practice for feet to get on the ground.

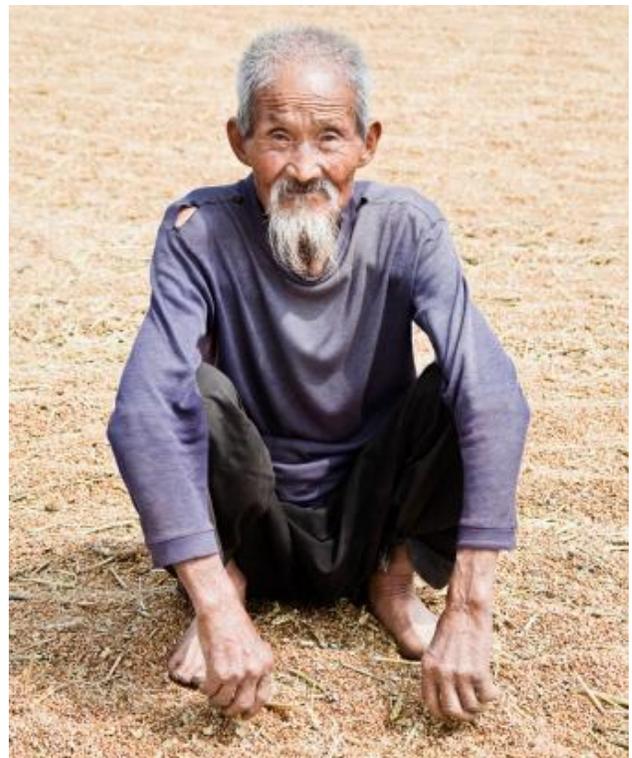
3. If this position is too intense, practice with back up against a wall or holding on to a pole.

We encourage you to practice this position daily to improve functional mobility, improve digestion/elimination, and slow the aging process (just to name a few of the key benefits). Start with 30 sec to 1 minute or whatever you can handle and work your way up to 5 mins a day. Get into the position and breathe.

When I was training to teach Taoflow, we had to work at this position daily. It took me about a month before I could get my heels to touch the ground because of tightness in my ankles and hips. We had women in their 60s that were unable to get into this position initially, but after practicing for a couple months were able to get there. It can be done. It isn't uncommon to see elderly men and women in Tibet, China and various other countries sitting like this for hours on end. Give it a go!

Disclaimer:

Perform exercise at your own risk. We are not responsible for injuries associated with trying this movement. If you are unsure of whether you should try this, consult a qualified healthcare practitioner or trainer.





Learn to use your own healing abilities

Reiki

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, mental, emotional, and spiritual planes so that the natural function of your body is restored and its ability to heal itself is activated.

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



Register early ~ class is limited to 6 participants!

Level 1

Saturday, March 15th
9:00am - 5:00pm

Our Reiki Student course teaches you all the basic principles of Reiki: Natural Energy Healing!

Helping you to harness the energy of the universe

All for only \$157!

Level 2

Saturday, April 19th
9:00am - 5:00pm

Take your practice to a higher level and begin to work with the public! Enroll in our Reiki Practitioner course (1 & 2) for only \$297 ~ save \$57! Plus! get a laminated hand position and a symbols chart free!

Level 3

Saturday, May 17th
9:00am - 5:00pm

Enroll in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ get a laminated hand position chart, 2 laminated symbols charts, a session CD, & a Reiki for Dummies book free ~ a total saving of \$158!



七星
武
道

The Lighthouse Center, 165 S. Church Street, Winfield

Call 630 229 4434 or register online at:
www.7StarsMA.com/Metaphysicsclasses/Reiki.html



What Constitutes a Healthy Lifestyle?

March 16, 2013 - Dr Mercola on www.Mercola.com

That's not an impossible list. The great thing about these behavior changes is that they don't cost extra money to do and they're almost guaranteed to save you money in the long run. I would add a few things to this list, though. Of all the healthy lifestyle strategies I know of that can have a significant impact on your health, normalizing your insulin and leptin levels is probably the most important.

There is no question that this is an absolute necessity if you want to avoid disease and slow down your aging process. That means modifying your diet to avoid excessive amounts of fructose, grains, and other pro-inflammatory ingredients like trans fats. In addition to the items mentioned above, these additional strategies can further help you stay healthy:

Learn how to effectively cope with stress and Stress has a direct impact on inflammation, which in turn underlies many of the chronic diseases that kill people prematurely every day, so developing effective coping mechanisms is a major longevity-promoting factor. Meditation, prayer, physical activity and exercise are all viable options that can help you maintain emotional and mental equilibrium. I also strongly believe in using energy psychology tools such as the Emotional Freedom Technique to address deeper, oftentimes hidden emotional problems.

Optimize Your Vitamin D Levels to between 50 and 70 ng/ml, ideally by exposing enough of your skin to sunshine or a safe tanning bed.

High-Quality animal-based omega-3 fats and Correcting the ratio of omega-3 to healthful omega-6 fats is a strong factor in helping people live longer. This typically means increasing your intake of animal based omega-3 fats, such as krill oil, while decreasing your intake of damaged omega-6 fats (think trans fats). Get most of your antioxidants from foods and Good sources include blueberries, cranberries, blackberries, raspberries, strawberries, cherries, beans, and artichokes.

Use coconut oil and Another excellent anti-aging food is coconut oil, known to reduce your risk of heart disease and Alzheimer's disease, and lower your cholesterol, among other things.

Avoid as many chemicals, toxins, and pollutants as possible and This includes tossing out your toxic household cleaners, soaps, personal hygiene products, air fresheners, bug sprays, lawn pesticides, and insecticides, just to name a few, and replacing them with non-toxic alternatives.

Avoid prescription drugs and Pharmaceutical drugs kill thousands of people prematurely every year and as an expected side effect of the action of the drug. And, if you adhere to a healthy lifestyle, you most likely will never need any of them in the first place. However if you are currently taking prescription drugs it is best to work with a trained natural health care professional to help you wean off of them.

Take Control of Your Health

Incorporating these healthy lifestyle guidelines will help set you squarely on the path to optimal health and give you the best shot at living a longer life. Remember, it's never too late to take control of your health, but the sooner you begin, the greater your payoff.

When even a minor illness requiring hospitalization may cost you your child's college tuition fund, and a severe disease like cancer can bankrupt the entire family, taking control of your health and being proactive about staying healthy is not a luxury, it's essential. Clearly, the American health care system is broken and in need of a serious overhaul and NOT in terms of who should pay these padded bills, but rather how can we get a more reasonably priced system that won't be the leading cause of bankruptcy? At the present rate the current system is unsustainable. However, I suggest you don't wait for this miracle, and start focusing on simple, inexpensive lifestyle changes that can help prevent some of the most common health problems plaguing the US today.

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

Continuing students meet every
Tuesday at 12:30pm
Sept 17th & Nov 5th

Beginner students meet every
Thursday at 12:30pm
Sept 19th & Nov 7th

Call: 630 833 5064

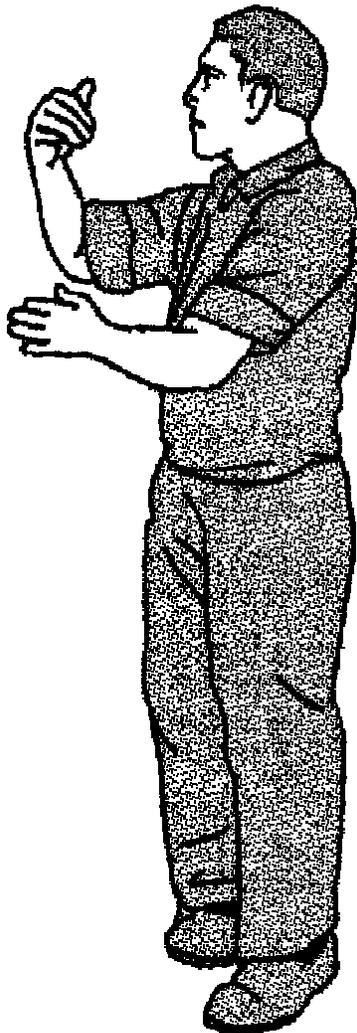
In Lombard

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

Beginner students meet every
Monday at 5:00pm
Sept 16th & Nov 11th

Continuing students meet every
Monday at 6:00pm
Sept 16th & Nov 11th

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
Sept 17th & Nov 12th

Continuing students meet every
Tuesday at 9:00am
Sept 17th & Nov 12th

Call: 630 894 4200

In Villa Park

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

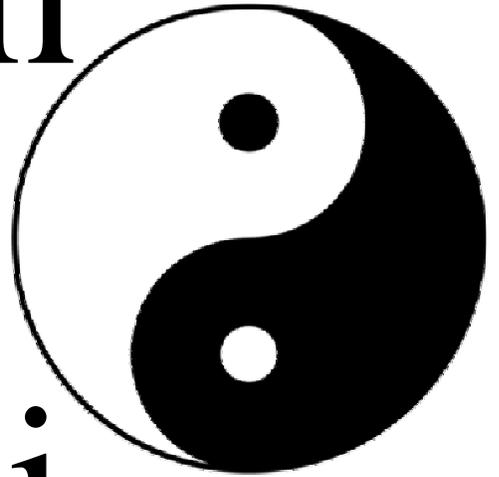
Beginner students meet every
Tuesday at 2:00pm
Sept 17th & Nov 5th

Continuing students meet every
Thursday at 2:00pm
Sept 19th & Nov 7th

Call: 630 834 8970



The Health Benefits of Tai Chi



May 2009 Issue of Harvard Women's Health Watch

This gentle form of exercise can prevent or ease many ills of aging and could be the perfect activity for the rest of your life.

Tai chi is often described as "meditation in motion," but it might well be called "medication in motion."

As you move, you breathe deeply and naturally, focusing your attention \hat{o} as in some kinds of meditation \hat{o} on your bodily sensations. Tai chi differs from other types of exercise in several respects.

The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

"A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age," says Peter M. Wayne, assistant professor of medicine at Harvard Medical School and director of the Tai Chi and Mind-Body Research Program at Harvard Medical School's Osher Research Center. An adjunct therapy is one that's used together with primary medical treatments, either to address a disease itself or its primary symptoms, or, more generally, to improve a patient's functioning and quality of life.

Tai Chi in motion

A tai chi class might include these parts:

Warm-up. Easy motions, such as shoulder circles, turning the head from side to side, or rocking back and forth, help you to loosen your muscles and joints and focus on your breath and body.

Instruction and practice of tai chi forms. Short forms - forms are sets of movements - may include a dozen or fewer movements; long forms may include hundreds. Different styles require smaller or larger movements. A short form with smaller, slower movements is usually recommended at the beginning, especially if you're older or not in good condition.

Qigong (or chi kung). Translated as "breath work" or "energy work," this consists of a few minutes of gentle breathing sometimes combined with movement. The idea is to help relax the mind and mobilize the body's energy. Qigong may be practiced standing, sitting, or lying down.

Getting started

The benefits of tai chi are generally greatest if you begin before you develop a chronic illness or functional limitations. Tai chi is very safe, and no fancy equipment is needed, so it's easy to get started. Here's some advice for doing so:

Don't be intimidated by the language. Names like Yang, Wu, and Cheng are given to various branches of tai chi, in honor of people who devised the sets of movements called forms.

Certain programs emphasize the martial arts aspect of tai chi rather than its potential for healing and stress reduction. In some forms, you learn long sequences of movements, while others involve shorter series and more focus on breathing and meditation.

The name is less important than finding an approach that matches your interests and needs.

Check with your doctor . If you have a limiting musculoskeletal problem or medical condition or if you take medications that can make you dizzy or light-

headed or check with your doctor before starting tai chi. Given its excellent safety record, chances are that you'll be encouraged to try it.

Consider observing and taking a class. Taking a class may be the best way to learn tai chi. Seeing a teacher in action, getting feedback, and experiencing the camaraderie of a group are all pluses. Most teachers will let you observe the class first to see if you feel comfortable with the approach and atmosphere. Instruction can be individualized.

Ask about classes at your local Y, senior center, or community education center. The Arthritis Foundation (www.arthritis.org; 800-283-7800, toll-free) can tell you whether its tai chi program, a 12-movement, easy-to-learn sequence, is offered in your area.

Belief systems

You don't need to subscribe to or learn much about tai chi's roots in Chinese philosophy to enjoy its health benefits, but these concepts can help make sense of its approach:

Qi - an energy force thought to flow through the body; tai chi is said to unblock and encourage the proper flow of qi.

If you'd rather learn at home, you can buy or rent videos geared to your interests and fitness needs (see "Selected resources"). Although there are some excellent tai chi books, it can be difficult to appreciate the flow of movements from still photos or illustrations.

Talk to the instructor. There's no standard training or licensing for tai chi instructors, so you'll need to rely on recommendations from friends or clinicians and, of course, your own judgment. Look for an experienced teacher who will accommodate individual health concerns or levels of coordination and fitness.

Dress comfortably. Choose loose-fitting clothes that don't restrict your range of motion. You can practice barefoot or in lightweight, comfortable, and flexible shoes. Tai chi shoes are available, but ones you find in your closet will probably work fine.

You'll need shoes that won't slip and can provide enough support to help you balance, but have soles thin enough to allow you to feel the ground. Running shoes, designed to propel you forward, are usually unsuitable.

Gauge your progress. Most beginning programs and tai chi interventions tested in medical research last at least 12 weeks, with instruction once or twice a week and practice at home.

Continued on page 13:

Tai Chi for Health

Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do.

Energizing and deeply relaxing; it brings a stronger immune system, health and vitality to all who practice it.

In Elmhurst

The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126

Wednesday at 11:15am
Sept 18th & Nov 6th

Call: 630 993-8193



In Addison

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
Sept 19th & Nov 7th

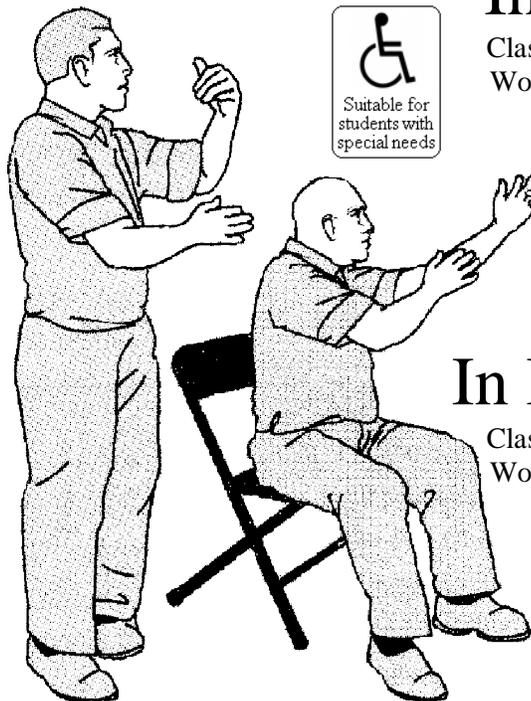
Call: 630 595 9333

In Lombard

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

Wednesday at 1:00pm
Sept 18th & Nov 6th

Call: 630 620 7322



In Bensenville

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
Sept 19th & Nov 7th

Call: 630 595 9333

In Wood Dale

Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
Sept 19th & Nov 7th

Call: 630 595 9333

In Bloomingdale

Classes are held in Wood Dale at:
Wood Dale Recreation Complex,
111 E. Foster Avenue,
Wood Dale, IL 60191

Thursday at 11:00am
Sept 19th & Nov 7th

Call: 630 595 9333



Squatting on the Pot

The Womb Squat - part 2

By Brenda Walding, DPT, FDN April 23rd, 2013

For those that want to take your health to the next level .

OR

If you have any sort of digestive related disease, digestion issues or pelvic related issues listen up!

Squatting on the pot could dramatically improve your digestion and your health! Yes! you heard me correctly. This position is actually the most optimal anatomical position in which to defecate or go #2.

Most people in the world actually still eliminate like this (mostly in Asia, Africa and the Middle East). Why is this important? Because NOT defecating in this position has negative effects on bowel health. I've written multiple entries mentioning the importance of optimizing digestion in order to stay healthy and have a healthy immune system.

Optimizing digestion includes breaking down and assimilating food properly AND being able to eliminate waste from our bodies.

Hear me out!

Western countries have a much higher rate of colon and pelvic diseases than other countries. Inflammatory bowel disease, which includes Crohn's, ulcerative colitis and irritable bowel syndrome affects approximately 2 million Americans.

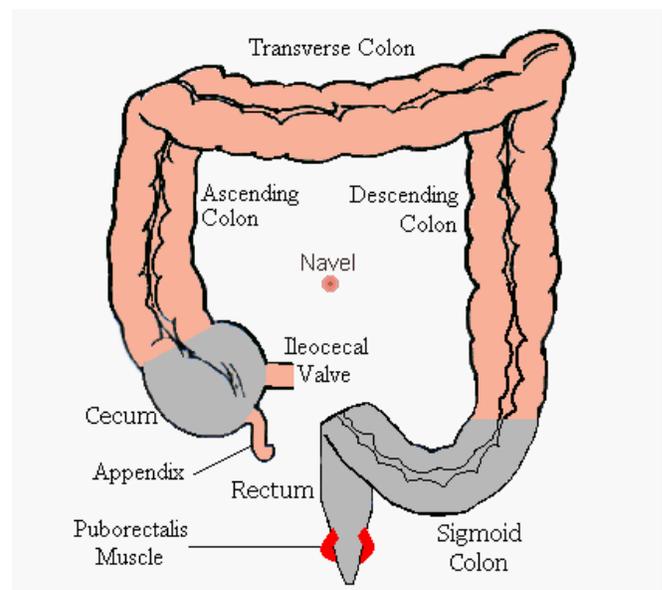
Sitting on the modern toilet to poop is likely one of the main culprits. When you sit on the toilet, the lower portion of the colon is folded which results in incomplete evacuation and fecal stagnation. Waste collects here, causing colonies of bacteria to develop and inflammation of the surrounding tissues (see diagram

below). This situation creates a prime breeding ground for bowel diseases and colon cancers.

Sitting in this way, with the unnatural position of the lower bowels, also causes us to strain and apply excess downward force in order to poo. This strain can cause and exacerbate conditions such as hernias, hemorrhoids, diverticulitis, pelvic organ prolapse and GERD.

This sitting position causes the pelvic floor muscles to be unsupported and when straining to eliminate causes a repetitive downward force and stress on this area. The pudendal nerve which supplies the bladder and prostate exits the sacrum and is located in the pelvic floor.

Repetitive strain on this nerve can injure it causing pelvic floor dysfunction, prostate issues and incontinence. In the natural squatting position we don't have to use the diaphragm to push downward to eliminate.



Eighty percent of colon cancers develop in the gray-colored areas, which cannot be fully evacuated in the sitting position. Fecal stagnation is the major cause of colon disease.

Continued on page 15:

50 Secrets



O

f



longest living



people

This class will give you plenty of ideas to help you to live a long and healthy life.

October 19th ~ 6:00-7:30pm

Courts Plus

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



Nov 14th ~ 9:00-10:30am



The Abbey Senior Center
407 W. St. Charles Road,
Elmhurst, IL 60126
630 993 8193

December 14th ~ 10:00am

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard

630 620 7322



Continued from page 11:

By the end of that time, you should know whether you enjoy tai chi, and you may already notice positive physical and psychological changes.

No pain, big gains

Although tai chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning. Here's some of the evidence:

Muscle strength. In a 2006 study published in *Alternative Therapies in Health and Medicine*, Stanford University researchers reported benefits of tai chi in 39 women and men, average age 66, with below-average fitness and at least one cardiovascular risk factor.

After taking 36 tai chi classes in 12 weeks, they showed improvement in both lower-body strength (measured by the number of times they could rise from a chair in 30 seconds) and upper-body strength (measured by their ability to do arm curls).

In a Japanese study using the same strength measures, 113 older adults were assigned to different 12-week exercise programs, including tai chi, brisk walking, and resistance training.

People who did tai chi improved more than 30% in lower-body strength and 25% in arm strength - almost as much as those who participated in resistance training, and more than those assigned to brisk walking.

"Although you aren't working with weights or resistance bands, the unsupported arm exercise involved in tai chi strengthens your upper body," says internist Dr. Gloria Yeh, an assistant professor at Harvard Medical School. "Tai chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen."

Flexibility. Women in the 2006 Stanford study significantly boosted upper- and lower-body flexibility as well as strength.

Balance. Tai chi improves balance and, according to some studies, reduces falls. Proprioception — the ability to sense the position of one's body in space — declines with age. Tai chi helps train this sense, which is a function of sensory neurons in the inner ear and stretch receptors in the muscles and ligaments.

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The thighs help to squeeze the colon on either side of the torso and the colon is now lined up with the rectum and anus and allows for a much easier and more complete evacuation of waste.

It is nature's perfect design to completely eliminate feces. When we sit in a position contrary to the womb squat position we set ourselves up for bowel and pelvic dysfunction.

[Article edited for content from here: there were recommendations to squat on the toilet itself which I consider dangerous and would never advise.]

There are a couple of options. You can purchase the Nature's Platform which provides a wide and safe platform to get into a squatting position - if you have the strength and balance

For those not able to climb up on the platform there is an item called the Squatty Potty that involves sitting on the toilet, placing the feet on a stool and lifting the knees up to help improve the angle of the colon during elimination. While this isn't the exact ideal position of the womb squat, it is close and also beneficial in improving elimination and is good secondary option.

Squatting versus sitting can be helpful in the treatment and prevention of digestive symptoms and conditions such as inflammatory bowel diseases (IBS, Crohn's, ulcerative colitis), diverticulitis, hernias, pelvic conditions, constipation, and hemorrhoids. Squatting on the pot is one more way you can improve the health of your digestive system and your body.



Say goodbye to antacids

Do you suffer from heartburn, acid reflux, indigestion, GERD or other digestive issues?

Would you prefer to deal with the cause rather than masking the symptoms with antacids and medication?

Learn exercises that have the potential to deal with the problem at the root cause and to eliminate it; imagine eating your meals without the threat of that harmful discomfort hanging over you.

October 3rd ~ 7:00-9:00pm

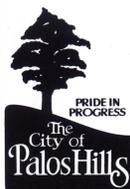
 **ROSELLE PARK DISTRICT**

Clauss Recreation Center

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200

Nov 16th ~ 1:00-3:00pm



Palos Hills Community Center

8455 W. 103rd Street,
Palos Hills, IL 60465

708 430 4500

Nov 23rd ~ 10:00am-noon

Sunset Knoll Recreation Centre

820 S. Finley Road, Lombard

630 620 7322



The Six Healing Sounds



It is said that there is one way of drawing breath in and six ways of expelling breath out. The six ways of expelling the breath are represented by sounds which resonate with specific organs.

Practice of the Healing Sounds promotes optimal organ health, emotional balance, and helps us prevent illness. The sounds are so simple and easy to perform that they seem almost too good to be true, they work the first time, every time.

Once learnt the sounds can be easily used throughout the day, taking only a minute or two to help maintain health and vitality.

Sunday, November 24th
9:00am - 2:30pm

Learn two complete Healing Sounds systems; and how to use them to promote health and emotional wellbeing.

Register before November 1st
and receive a FREE Healing
Sounds Laminate!



七星武道



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

630 229 4434 www.7StarsMA.com

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Tai chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that tai chi training helps reduce that fear.

Aerobic conditioning. Depending on the speed and size of the movements, tai chi can provide some aerobic benefits. But in the Japanese study, only participants assigned to brisk walking gained much aerobic fitness. If your clinician advises a more intense cardio workout with a higher heart rate than tai chi can offer, you may need something more aerobic as well.

Tai chi for medical conditions

When combined with standard treatment, tai chi appears to be helpful for several medical conditions. For example:

Arthritis. In a 40-person study at Tufts University, presented in October 2008 at a meeting of the American College of Rheumatology, an hour of tai chi twice a week for 12 weeks reduced pain and improved mood and physical functioning more than standard stretching exercises in people with severe knee osteoarthritis.

According to a Korean study published in December 2008 in Evidence-based Complementary and Alternative Medicine, eight weeks of tai chi classes followed by eight weeks of home practice significantly improved flexibility and slowed the disease process in patients with ankylosing spondylitis, a painful and debilitating inflammatory form of arthritis that affects the spine.

Low bone density. A review of six controlled studies by Dr. Wayne and other Harvard researchers indicates that tai chi may be a safe and effective way to maintain bone density in postmenopausal women. A controlled study of tai chi in women with osteopenia (diminished bone density not as severe as osteoporosis) is under way at the Osher Research Center and Boston's Beth Israel Deaconess Medical Center.

Breast cancer. Tai chi has shown potential for improving quality of life and functional capacity (the physical ability to carry out normal daily activities, such as work or exercise) in women suffering from breast cancer or the side effects of breast cancer treatment.

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For example, a 2008 study at the University of Rochester, published in *Medicine and Sport Science*, found that quality of life and functional capacity (including aerobic capacity, muscular strength, and flexibility) improved in women with breast cancer who did 12 weeks of tai chi, while declining in a control group that received only supportive therapy.

Heart disease. A 53-person study at National Taiwan University found that a year of tai chi significantly boosted exercise capacity, lowered blood pressure, and improved levels of cholesterol, triglycerides, insulin, and C-reactive protein in people at high risk for heart disease. The study, which was published in the September 2008 *Journal of Alternative and Complementary Medicine*, found no improvement in a control group that did not practice tai chi.

Heart failure. In a 30-person pilot study at Harvard Medical School, 12 weeks of tai chi improved participants' ability to walk and quality of life. It also reduced blood levels of B-type natriuretic protein, an indicator of heart failure. A 150-patient controlled trial is under way.

Hypertension. In a review of 26 studies in English or Chinese published in *Preventive Cardiology* (Spring 2008), Dr. Yeh reported that in 85% of trials, tai chi lowered blood pressure with improvements ranging from 3 to 32 mm Hg in systolic pressure and from 2 to 18 mm Hg in diastolic pressure.

Parkinson's disease. A 33-person study from Washington University School of Medicine in St. Louis, published in *Gait and Posture* (October 2008), found that people with mild to moderately severe Parkinson's disease showed improved balance, walking ability, and overall well-being after 20 tai chi sessions.

Sleep problems. In a University of California, Los Angeles, study of 112 healthy older adults with moderate sleep complaints, 16 weeks of tai chi improved the quality and duration of sleep significantly more than standard sleep education. The study was published in the July 2008 issue of the journal *Sleep*.

Stroke. In 136 patients who'd had a stroke at least six months earlier, 12 weeks of tai chi improved standing balance more than a general exercise program that entailed breathing, stretching, and mobilizing muscles and joints involved in sitting and walking.

Findings were published in the January 2009 issue of *Neurorehabilitation and Neural Repair*.



Introduction to Chinese Health Balls

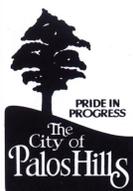
Their use can reduce your
risk of carpal tunnel,
arthritis, tendonitis,
rheumatism, repetitive
stress injury, dementia
& Alzheimer's.

They can help reduce
stress, aid relaxation
and help prolong life.

Free Health
Balls for all
participants!



October 12th ~ 1:00 - 2:00pm



Palos Hills Community Center
8455 W. 103rd Street,
Palos Hills, IL 60465

708 430 4500

Nov 23rd ~ 1:00 - 2:00pm

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard

630 620 7322





T'ai Chi Sword

Sept 19th & Nov 7th
Thursday - 3:00-3:30pm

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

630 834 8970

(Previous Tai Chi experience is required)



Upcoming Events

www.7StarsMA.com/SevenStarsStudents.html

Tai Chi Qigong Shibashi
Sept 15th ~ 9:00am - 2:30pm
Relax4Life in Barrington



Holistic Health Fair
Sunday, September 29th ~ 10:00am - 4:00pm
Soup to Nuts in Geneva

Discover the Secrets of Chinese Health Balls
Friday, October 25th ~ 6:00pm - 8:00pm
Dragon Heart Tang Soo Do in Garberville, CA

Qigong Clinic
Sunday, November 3rd ~ 9:00am - 4:00pm
Dragon Heart Tang Soo Do in Garberville, CA

T'ai Chi Express intensive
Sunday, November 17th ~ 9:00am - 2:30pm
The Lighthouse Center in Winfield

The Six Healing Sounds
Sunday, Nov 24th ~ 9:00am - 2:30pm
The Lighthouse Center in Winfield



Annual Student Dinner
Tuesday, November 26th ~ 2:00 - 4:00pm
Jack & Silverado Grill in Elmhurst



The 5 Animal Frolics
Saturday, December 21st ~ 10:00am - 2:30pm
Lighthouse Center in Winfield

Discover the Secrets of Chinese Health Balls
Saturday, December 21st ~ 5:00pm - 8:00pm
Lighthouse Center in Winfield

Reiki 1, 2 & Master Classes
March 15th, April 19th, May 17th
Lighthouse Center in Winfield



World Tai Chi Day
Saturday, April 26th 2014 ~ 9:00-11:00am
Theosophical Society in Wheaton



Tai Chi Spring Gathering
Saturday, April 26th 2014 ~ 1:00pm - 4:00pm
Creekside Park / Lighthouse Center in Winfield

Watch out for flyers for all these events,
and check our website for updates!

Class calendar

www.7StarsMA.com

October

- 3 Say goodbye to antacids - Roselle Park District
- 4 Keeping a gratitude journal
- Palos Hills Community Resource & Recreation
- 12 An Introduction to Chinese Health Balls
- Palos Hills Community Resource & Recreation
- 18 Falls: they don't have to happen to you
- The Abbey, Elmhurst
- 19 50 Secrets of the world's longest living people
- Courts Plus, Elmhurst
- 25 Discover the Secrets of Chinese Health Balls
- Dragon Heart Tang Soo Do, Garberville, CA
- 25 The Golden Child Meditation
- Dragon Heart Tang Soo Do, Garberville, CA

November

- 3 Qigong Clinic
- Dragon Heart Tang Soo Do, Garberville, CA
- 6 Falls: they don't have to happen to you
- Roselle Park District, Roselle
- 14 50 Secrets of the world's longest living people
- The Abbey, Elmhurst
- 14 Don't let stress stress you out
- Courts Plus, Elmhurst
- 16 50 Secrets of the world's longest living people
- Palos Hills Community Resource & Recreation
- 16 Say goodbye to antacids
- Palos Hills Community Resource & Recreation
- 17 Tai Chi Express (8 step) intensive
- Lighthouse Center, Winfield
- 23 Say goodbye to antacids
- Community Building, Lombard
- 23 An Introduction to Chinese Health Balls
- Community Building, Lombard
- 24 The Six Healing Sounds intensive
- Lighthouse Center, Winfield

December

- 14 50 Secrets of the world's longest living people
- Community Building, Lombard
- 14 Don't let stress stress you out
- Community Building, Lombard
- 21 The Five Animal Frolics intensive
- Lighthouse Center, Winfield
- 21 Discover the Secrets of Chinese Health Balls
- Lighthouse Center, Winfield

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 Chuan
- Tai Chi for Health
- Exercise at your Desk
- Natural Energy Healing
- The Six Healing Sounds
- Exercise for Mental Muscle
- Don't let stress stress you out
- Stress Relief for the Workplace
- Falls? They don't have to happen to you
- An Introduction to Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



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Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi is a Qigong exercise based on the philosophy of Tai Chi and extracts some of the best movements from Yang style T'ai Chi Chuan and adds Qigong exercise.

It places emphasis on synchronizing the eighteen movements with proper breathing techniques.

It is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to do and deeply relaxing.

It can be done standing, sitting in a chair or a combination, making it suitable for all ages and abilities.

This is an ideal class for beginners.

If you are a social worker, counselor, teacher or massage therapist and want 5 CEU's for this workshop there is a \$5 additional processing fee

Sunday, Sept 15th ~ 9:00am - 2:30pm

Relax4Life Center, 26402 Edgemoond Lane, Barrington, IL 60010



Call 847 842 1752

or register online at:

www.relax4life.com/Shibashi.htm

