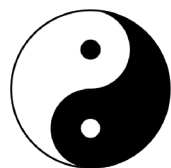


Discover the Secrets of Chinese Health Balls

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Reduce your risk of carpal tunnel, repetitive stress, trigger
finger, arthritis, rheumatism and many hand related issues.



COMPLEMENTARY

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Volume 10, number 3

www.7StarsMA.com

Circulation: 300+

Health is wealth but does wealth lead to health?

How is your portfolio these days? The nest egg?
401k? If these are in good shape, then lucky you.

But consider one thing that in every case trumps
one's financial net worth: your health and well-being.
I do not pretend that poverty lends to great wellness; I
live in Guatemala among the stoically suffering Maya
where the expected life span is less than in North
America and children routinely perish from common
illnesses.

Continued on page 10

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- 6 Simple sitting test predicts
longevity
- 8 The #1 Skill of Likable People
- 16 Confucius's Five Virtues

Full class schedules and more!

7 Health Mistakes You Don't Realize You're Making Throughout The Day

There are some habits that have been ingrained into us for so long that we might not even realize that they're
detrimental to our health.

Continued on page 4

FEATURES

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Complementary Health & Exercise

Summer 2015

Editor & publisher - John Robertson



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The wisdom of Confucious

"Men's natures are alike,
it is their habits that
carry them far apart."

Editor's Notebook

We have had a very wet and stormy summer so far; fortunately it has not interfered with our classes - thunderstorms are one of the few contraindications for T'ai Chi and Qigong, due to the excessive and random energy (Qi) in the atmosphere.

The weather did not interfere with our Qigong in the Park series of classes on a Sunday morning, it was dry every week. Look out for the series to return a little later in the year in 2016. I am planning to have an afternoon seminar each week from 1:00-4:00PM; including The Eight Pieces of Brocade, Chinese Health Balls and more. Keep an eye on our e-mail newsletter and website for dates.

Some people have asked how they can receive our e-mail newsletter, you can sign up at:

[http://www.7starsma.com/resources/followus.html?](http://www.7starsma.com/resources/followus.html)

There are also links to our YouTube channel, Twitter, Facebook and LinkedIn accounts. You can also give your e-mail address to your instructor.

Reiki Master training returns as a three class series in September. You can take as much or as little as you like; just want to promote your own and your families health and wellbeing? Take level 1. Do you want to practice professionally? Take level 2 and Master.

Our teacher training program is set to start this September, and we have an information night on August 6th at The Light Heart Center in Winfield. Come along and find out more about the program, or speak to your instructor if you are curious about becoming a T'ai Chi or Qigong instructor.

We do have a number of part-time job openings for those that successfully complete the program.

John Robertson

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

T'ai Chi for Health & Qigong teacher training

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**Program begins
September 2015**



七星
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The Lighthouse Center,
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John@7StarsMA.com



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

7 Health Mistakes You Don't Realize You're Making Throughout The Day



Whether unconscious habits from our personal lives or misguided values from society, our lack of attention toward these health mistakes can have medical repercussions down the road.

Here are seven common health mistakes most people don't even realize they're making. Become aware of these, and you're well on your way to changing your life for the better!

1. Not drinking enough water

We're constantly hearing about the revitalizing benefits of drinking water, but how many of us actually consume enough each day?

Along with being a vital resource that every living thing needs, healthy levels of water intake can help energize muscles, revitalize skin, and promote weight loss (better water than high-calorie soft drinks!). It also flushes out your kidneys and promotes regular bowel function.

In general, drinking more water makes us feel refreshed and less tired, so drink up!

2. Holding tension in your muscles

It's easy not to notice when our anxiety manifests in our muscles. We often tense up and stay tense for hours after a stressful period. Over time, this can lead to bad backs, tension headaches, or even more serious conditions.

Take a moment during your daily routine to loosen up your body and release all the stored anxiety. Rolling

your head in slow circles and shrugging your shoulders are two simple examples of exercises that can be done anywhere.

3. Eating more meat than veggies

Meat consumption in the West has grown tremendously, and nowadays it's common for people to serve themselves a flank of steak with a small scoop of veggies on the side.

Actually, according to the U.S. government's My Plate initiative, a healthy serving of meat is about the size of a deck of cards, with grains and veggies both playing a much larger role.

Meat is an acidic food, so in order to balance the pH levels in our bodies we should eat equally large or larger portions of alkaline foods such as fruits and vegetables.

Instead of making meat the focus of your meals, try to incorporate it as a side dish or complement. Or, even better, try to eat meat-free at least one dinner per week.

4. Slouching

Those of us who work at an office or on the computer all day know how hard it is to keep from slouching. However, now is the time to make a conscious change!

Consistent bad posture can lead to a whole array of back and spine conditions, as well as gastrointestinal pains, headaches and jaw pains, bad circulation and

reduced lung function.

This may go hand in hand with holding tension in your muscles, as a slouched back often will have clenched muscles in order to maintain its position.

It takes conscious effort to correct this in the beginning, and can be exhausting, but the health benefits definitely pay off in the end.

5. Going to bed too late

Although the saying that one hour of sleep before midnight is equal to two hours after is a myth, there's some truth to this notion. Going to bed past midnight results in loss of valuable, deep, non-REM sleep.

Try shifting your schedule around to sleep and wake earlier so you maintain the same healthy number of sleep hours.

6. Forgetting to breathe

When we're upset, angry or stressed we often forget our body's most powerful control mechanism: breathing. Just by taking long, controlled breaths we can slow our heart rate, calm our nerves, and find more clarity.

Oxygen powers everything in our body, so by increasing our oxygen flow we can give more vitality to not only our muscles and organs, but most importantly our brain, which controls all aspects of our emotions and psychology.

Next time you feel out of control, low-energy, or stressed out, try practicing some breathing exercises.

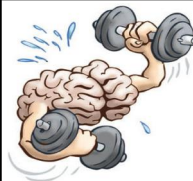
7. Not smiling enough

It always seems like happy people live longer, and for good reason! When we smile, our brain releases endorphins that counteract stress and make us feel more relaxed.

One of the best parts about smiling, though, is that it's infectious. By smiling we can spread the cheer around, increasing trust and building relationships with those around us.

So even when you're going through a tough time, try to find something to be happy about. Don't forget to smile.

BY KELSEY FRIZZELL
JANUARY 6, 2015 4:09 AM EST



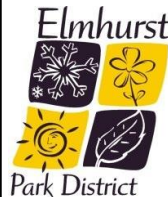
Exercise for Mental Muscle

Using exercises based on the principles of Tai Chi, Reflexology and Oriental Medicine we can stimulate the brain to learn & grow.

Scientific studies have shown that physical exercise can stimulate the growth of new brain cells and improve memory and the ability to learn.

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Finger Labyrinths: A Journey to the Center of the Self

Experience relief from the stressors of daily life and solve problems using this mindful technique.

Labyrinths can provide a unique way to gain renewed vitality and meaning in your life.

When tracing a finger labyrinth you get the impression of going on a long journey with many twists and turns, getting closer then further away before finally reaching your destination.

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Discover the secrets of Chinese Health Balls

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

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

October 4th ~ 9:00am - noon

The Lighthouse Center

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Call 630 229 4434 www.7StarsMA.com

Can you do this? Simple sitting test predicts longevity

Linda Carroll NBC News contributor

A simple test that looks at how easy -- or difficult -- it is for you to sit down on the floor and then get back up may help predict how long you're going to live, a new study shows.



Middle-aged and elderly people who needed to use both hands and knees to get up and down were almost seven times more likely to die within six years, compared to those who could spring up and down without support, Brazilian researchers reported Thursday in the European Journal of Preventive Cardiology.

Doctors have long used the chair test -- where a person stands up from a sitting position -- to determine leg strength and lower body fitness of seniors. But the new test is more difficult and can be used with a younger group, said cardiologist Dr. Kathryn Berla-cher, an assistant professor at the University of Pittsburgh Medical Center.

While the most important factor controlling the ease of getting down and then up is the ratio of muscle power to body weight, there are other very relevant issues including body flexibility, balance, and motor coordination," said Claudio Gil Soares de Araújo, a professor at Gama Filho University in Rio de Janeiro who worked on the study.

Ultimately the test gives a quick window into a patient's ability to function from day to day.

"Moving, for the average person, especially those who are older, and the ability to rise from the floor is very much relevant for autonomy," Araújo said.

Continued on page 15:



Eight Pieces of Brocade

Practiced by martial artists, Traditional Chinese Doctors & common people for 1,000 years; learn one of the most important Qigong exercise systems there is.

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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!

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Sunday, September 27th
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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

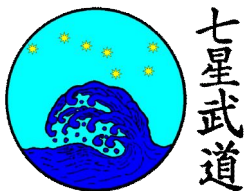
Sunday, November 1st
9:00am - 5:00pm

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

Sunday, November 22nd
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
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Call 630 229 4434 or register online at:
www.7StarsMA.com/Metaphysicsclasses/Reiki.html





The number 1 Skill of Extremely Likable (and Successful) People

Consider this research from the Associated Press:

- The average attention span in 2012: 8 seconds
- The average attention span in 2000: 12 seconds
- The average attention span of a goldfish: 9 seconds

Clearly, we've got an attention span problem in our culture.

Each day, the majority of us spend 70 to 80 percent of our waking hours communicating. The ability to communicate and be present with each other is one of the most important things we learn as humans. Effective communication creates a bond of closeness, reduces conflict, enhances personal and professional relationships, and in many cases, helps you get more of what you want out of life. But, when faced with the chance to listen to what someone has to say, to tune in a "be present," most of us usually fall short. We're busy thinking about ourselves, or our errands, our work or in so many cases, we're busy focused on electronics.

E-mail. Smartphones. The 24-hour news cycle. In a time of all-encompassing technology, we're busier and more distracted than ever. As we dive farther down the multitasking rabbit hole, it becomes more difficult to do the one thing that may be key to our personal and business success: pay attention.

“Giving someone our full, undivided attention is fundamental to our business and interpersonal relationships,” says life coach Jack Bennett, Ph.D., who explores happiness, behavior change, and personal development on his blog, thirtytwothousanddays.com. Really listening to someone, making eye contact and

The Huffington Post - Posted: 09/26/2013 7:54 am EDT

hearing them, makes them feel appreciated, and creates a positive feeling for them about you.

What's more, people who are good listeners are more liked, rated as more attractive and garner more trust than those who are less proficient at listening, according to Graham D. Bodie, professor of communication studies at The Louisiana State University. If that's not enough motivation to keep your eyes, ears and mind open, good listeners are also high academic achievers, have better socio-emotional development and are even more likely to get promoted at work.

So how do you become someone who pays attention?

“Being present with somebody, listening to what they have to say and not just waiting for your turn to speak,” says Bennett. “Really getting the person.

Understanding what they're telling you and why. That's how connections with other people are formed.”

In order to truly connect with someone, it's essential to be aware of how our minds and bodies behave. “The more self-awareness we have, the more we will have the ability to be observant and communicate with other people,” says life/business coach Ellie Gordon, a trained psychotherapist and founder of the \$60 million-a-year hosiery business, Hot Sox.

Like any muscle in the body, being observant means

Continued on page 13:

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

Elmhurst

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

Beginner students meet every
Thursday 12:30-1:30pm
classes start:
July 16th & September 10th

Continuing students meet every
Thursday 12:30-2:00pm
classes start:
July 16th & September 10th

Call: 630 833 5064

Lombard

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

Beginner students meet every
Monday 5:00-6:00pm
classes start:
July 13th & September 14th

Continuing students meet every
Monday 6:00-7:00pm
classes start:
July 13th & September 14th

Call: 630 620 7322



Roselle

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

Beginner students meet every
Thursday 9:00-10:00am
classes start:
July 16th & September 10th

Continuing students meet every
Thursday 9:00-10:30am
classes start:
July 16th & September 10th

Call: 630 894 4200

Villa Park

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

Beginner students meet every
Tuesday 2:00-3:00pm
classes start:
July 14th & September 8th

Continuing students meet every
classes start:
Tuesday 2:00-3:30pm
July 14th & September 8th

Call: 630 834 8970

Health is wealth but does wealth lead to health?

- ◆ Christian Nix, LAc
- ◆ DeHaven, Mark. Personal interview with author: July 2005
- ◆ World Health Organization. Preventing chronic diseases: a vital investment.

Continued from the front page

Nonetheless, the truth remains that of all which may be labeled "wealth," one's health inevitably gets top billing. Health is the very foundation of all that is joyous in life.

Take away good-health and little else seems of value. In this way, good-health and finance share a common bond.

Everyone knows the saying, "Money isn't everything." Yet, I'd wager something that whoever coined this phrase was at least comfortably well-off. It seems more accurate to say, "Money isn't everything, unless you don't have any."

Similarly, one may take the wealth of good-health for granted - realizing only after it is gone - that good-health is indeed everything. To be broke in financial terms or broken in body or mind reveals just how dear being well-off actually is.

But this article seeks not to belabor a point which may be a mere reflection of the author's experience and opinion; rather I wish to come to that deeper issue as to whether or not money buys good-health. If it does, to what degree are the wealthy better-off in terms of health? The answer is I see it, contains an obvious truth and a less-understood aspect as well.

"Healthcare in the U.S. and the current practice of



medicine must change. Currently we are spending about \$1.5 trillion (\$5440/capita) annually, 75% of which is devoted to treating and managing chronic (mostly preventable) disease using conventional (read: remedial) modalities. The projection is \$3.4 trillion (\$10,500/capita) by about 2011 or 18% of GDP . . . Our care delivery is about 95% treatment and 5% prevention. The U.S. cannot sustain the present system for much longer." (DeHaven, 2005)

Yet for all our wealth, Americans are actually among the least robust, least healthy of all the peoples of the world. Technol-

ogy, surplus of food and other resources has not made us more well but in the overwhelming majority of the population less so. How can this be and why?

There are certainly unique characteristics to American culture: things one observes here in the US that one will witness nowhere else.

The idea that, "if little is good, then more must be better" is a human trait which finds outlet and expression in the US more than anywhere else. Consider - as a contrasting cultural value - the notion of the Confucian Doctrine of the Mean.

According to the Doctrine of the Mean, "too little is



not enough and too much is too much. The middle-way is the correct amount. Thus the concept of moderation finds voice within the cultures influenced by Confucianism (at least in theory and philosophy).

But more than an exposition of cultural mores, I wish to report on a shift in health and illness which characterizes healthcare in 21st century; one which explains just why financial wealth may not buy health in this epoch. In 2005, the World Health Organization published their report on chronic disease.

The naked truth about chronic disease is:

1. It is disease for which no cure yet exists.
2. It is inextricably tied to the life-style.

Life-style illness never requires high-tech (read: expensive) treatment. In fact, it is expensive, high-technology which drives much of the illness of chronic diseases.

Fast-paced, devoid of any natural, circadian rhythm, exposing users the previously unthinkable quantities of ionizing radiation of the high-tech generations of humans living in the 21st century are more prone to lifestyle illness than all previous generations in known history.

The middle-way has less to do with finding more costly inventions or miracle drugs than it does with simple recognition that fast-pace living and high-tech tools are only useful in small doses for limited situations.

Witness the popularity of books like "Say Yes to No,"

and "The Four Hour Work-week," the authors of which both emphasize the essential importance of doing and having less in order to become more (well).

Having the raw cash to afford bypass surgery or organ transplant is wonderful if you have no other options. But not needing these things in the first place is a deeper, more enjoyable kind of health.

Health is the greatest wealth of all. But great wealth seldom leads to true and abiding good-health. In the 21st century - the era of chronic, life-style disease - great financial wealth bears an often over-looked under-edge that unchecked by the discipline to distance oneself from its excess inevitably leads to that depletion of body and mind from which arises chronic disease.

To my mind, the troubling aspect of chronic disease is not just premature death, but rather a life lived half-way, under a burden of greater-than-normal-suffering.

All life involves suffering and any creature born to this beautiful world is destined to die. But what makes chronic disease so appalling to endure is that the quality of one's good years is buried under the weight of incapacity and failed potential. This may be the greatest cost of chronic disease of wit, the price it extracts from the individual soul, doomed as it is to fail of its promise.

What amount of money would not someone spend to reconcile this deficit?



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, better balance, health and vitality to all who practice it.

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Bloomingtondale

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

Thursday at 11:00am

classes start:
July 16th & September 10th

Call: 630 595 9333



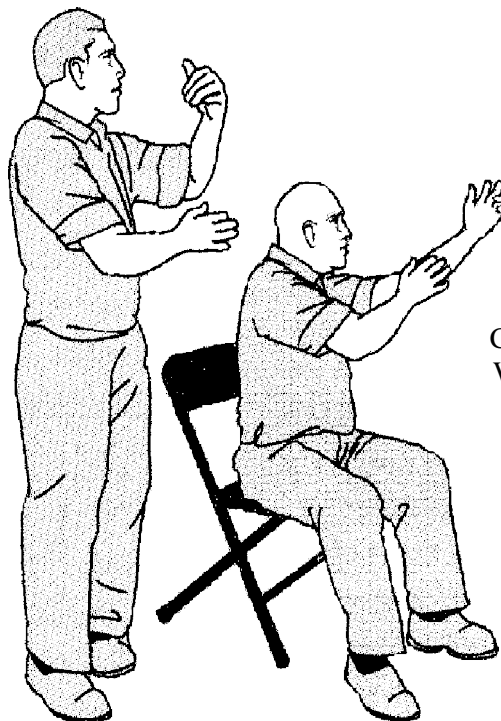
Wood Dale

Wood Dale Recreation Complex,
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Wood Dale, IL 60191

Thursday at 11:00am

classes start:
July 16th & September 10th

Call: 630 595 9333



Bensenville

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

Thursday at 11:00am

classes start:
July 16th & September 10th

Call: 630 595 9333



Continued from page 8:

practicing and developing the following skill-set:

Observe

Take the person in, says Gordon. Be mindful of their body language. Mirroring the way a person is standing and holding himself or herself is a powerful way to build trust and understanding. It makes the other person feel comfortable and listened to, whether they're a grandchild telling you about their first day at school or a coworker talking to you about a recent business meeting.

Eye contact

The ability to maintain eye contact is an important influential tool that conveys emotion, builds connections and indicates interest, according to a Michigan State University study. Moreover, people who avert their gaze are often seen as untrustworthy.

Looking someone in the eye rather than glancing around the room or at your cell phone is the easiest and sometimes hardest way to maintain your focus. The key is to maintain an appropriate amount of eye contact - 50 percent of the time when speaking and 70 percent of the time while listening.

Listen

Being present with somebody who gives you the space to talk and share yourself with them tends to create a bond and good feelings, says Bennett. However, listening doesn't mean just being physically quiet. It means quieting your mind and genuinely listening to what the person is telling you. Unfortunately, many of us are poor listeners due to the simple fact that we can think faster than we can speak.

While most of us speak at a rate of 125 words per minute, the human mind is capable of understanding someone speaking at 400 words per minute, accord-

ing to research by the University of Missouri. Hence, we're only utilizing 25 percent of our mental capacity, leaving the remaining 75 percent to focus on bills, vacation, work or anything else that pops into our mind at any given moment.

It takes focus and a concerted effort to say, "I'm not listening to that universal drone in my head," says Gordon. When your mind wanders, people notice, and it takes away from the authenticity of the conversation.

Empathize

Empathizing with someone is really having the ability to understand the humanity of a situation and knowing what it means to be in the other person's shoes.

Being understood is a vital part of interpersonal communication. When we truly feel listened to, in the emotional sense of the word, we feel more satisfied with our relationships, according to Bodie's research.

What's more, people who have a high EQ - emotional intelligence - are capable of making better decisions simply because they have the capacity to see a situation from someone else's perspective. "It's not listening to the story in your head," said Gordon. "It's seeing into the hearts of others. The richness and depth of where you can go with each other is actually profound."

Beyond all this, there are technical tricks of the trade you can use to pay attention, like repeating a person's name or even the words they use. Both of these things convey that you're listening, says Bennett. But, overall, the key to paying attention is being authentic. "It's the combination of a quiet mind and an honest intention to listen to the person that you're interacting with. It's hard to think of anything that's much more powerful than that," he says.



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.

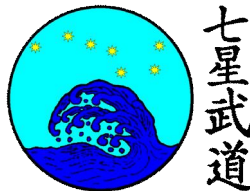
Once learnt the sounds can be easily used throughout the day, taking only a minute or two to help maintain health and vitality.

Sunday, October 11th 10:00am - 3:30pm

Learn how to use the sounds to promote health and emotional wellbeing plus exercises that enhance their power!



The Lighthouse Center,
0 S 165 Church Street,
Winfield, IL 60190
630 229 4434



Stroke: Know when to act, and act quickly

Harvard Medical School

Identifying and treating a stroke as quickly as possible can save brain cells, function, and lives. Everyone should know the warning signs of a stroke and when to get help fast.

The warning signs of a stroke can begin anywhere from a few minutes to days before a stroke actually occurs. The National Stroke Association has devised the FAST checklist to help determine whether a person is having a stroke.

Act FAST

If the answer to any of the questions below is yes, there's a high probability that the person is having a stroke.

Face Ask the person to smile. Does one side of the face droop?

Arms Ask the person to raise both arms. Does one arm drift downward?

Speech! Ask the person to repeat a simple sentence. Are the words slurred? Does he or she fail to repeat the sentence correctly?

Time If the answer to any of these questions is yes, time is important! Call 911 or get to the hospital fast. Brain cells are dying

When stroke symptoms occur, quick action is vital. If you think you or someone with you is having a stroke call 911. Ideally the person affected should be taken to a hospital emergency room that has expertise and experience in treating stroke as it occurs (called acute stroke). If you or someone you love is at high risk for having a stroke, you should know the name and location of the nearest hospital that specializes in treating acute stroke. Ask your doctor for help in finding out which facilities fit that bill.

The goal of stroke treatment is to restore blood circulation before brain tissue dies. To prevent brain cell death that is significant enough to cause disability, treatment is most effective if it starts within 60 minutes of the onset of symptoms.

An important goal of ongoing stroke research is to find treatments that can buy time by protecting the person's brain until blood circulation is restored, which can increase the chances of survival and decrease the chances of disability.

Continued from page 6:

Imagine if your glasses went below the bed. You would need to sit on the floor to reach them and then you would need to rise.

The researchers followed 2002 adults aged 51 to 80 for an average of 6.3 years. Sixty-eight percent were men. At the outset, each study volunteer was asked to sit down on the floor and then get up, using the least amount of support from hands, knees and other body parts.

The volunteers could score five points if they could sit down without touching their knees, legs, hands, or arms on the floor and another five points if they could get back up unaided.

They lost a point for each body part that was leaned on while getting down or up. So, people who could get down touching the floor with just one knee scored four points. If they needed to touch a hand and a knee on the floor as they were rising, they would lose two points for a score of three. If the volunteers looked wobbly on the way down or up, they lost half a point.

The most agile ended up with a combined score of 10 while those who couldn't get down or up at all were scored with a zero.

During the course of the study 159 of the volunteers died, with the majority of the deaths in the group that had the most trouble getting up and down.

A person's score matched well with risk of death. People who scored zero to three were 6.5 times as likely to die during the course of the study, compared to people who scored from 8 to 10. Those who had scores of 3.5 to 5.5 were 3.8 times as likely to die as the high scorers -- and those who scored 6 to 7.4 range were 1.8 times more likely to die than those with the highest scores.

Just two subjects that scored 10 died in the follow-up of about six years, says Araújo. If someone between the ages of 51 and 80 scores 10, the chances of being alive in the next six years are quite good, he said.

The test may be most valuable as a tool for primary care physicians to show patients they need to work on their health, Berlacher said. These days most don't exercise and if you ask them whether they walk up stairs they tell you about knee and ankle pain. So it's hard to truly assess them.



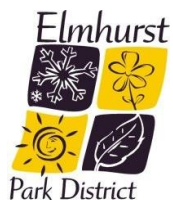
Say goodbye to antacids

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 medication?

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

November 18th ~ 12:30pm



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

50 Secrets



Of the world's



longest living



people

July 8th ~ 6:00 - 9:00pm



630 595
9333

111 E. Foster Avenue, Wood Dale, IL 60191

T'ai Chi Express

Wednesdays at 7:00pm:
June 24th & September 9th

3 S 260 Warren Ave,
Warrenville, IL 60555

630 393 7279



Using the 8 Step T'ai Chi form; a shorter more compact version of the 24 posture form taught in our T'ai 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 T'ai Chi



T'ai Chi Sword

Classes start:

July 14th & September 8th
Tuesday - 3:30-4:00pm

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

630 834 8970

(Previous Tai Chi experience is required)

Confuciusø Five Virtues

Confucius

ōTo be able under all circumstances to practice five things constitutes perfect virtue; these five things are gravity, generosity of soul, sincerity, earnestness and kindnessö.

Confucius taught five virtues a gentleman should practice every day to live a healthy, harmonious life:

- Benevolence - Rén 仁
- Righteousness - Yi 義
- Loyalty - Zh ng 忠
- Forgiveness - Shù 恕
- Propriety - L 禮

仁 Ren is the virtue of benevolence, charity, and humanity.

義 Yi, of honesty and uprightness; 義 Yi may be broken down into zhong, doing one's best, conscientiousness, loyalty; and shù, reciprocity, altruism, consideration for others, and Confuciusø early version of the Golden Rule, ōwhat you don't want yourself, don't do to othersö.

忠 Zhi, knowledge.

恕 Xin, the virtue of faithfulness and integrity.

禮 Li, correct behavior, or propriety, good manners, politeness, ceremony, worship.

At 30, I took my stand;

三十而立

At 40, I no longer had doubts;

四十不惑

At 50, I knew the will of the heavens;

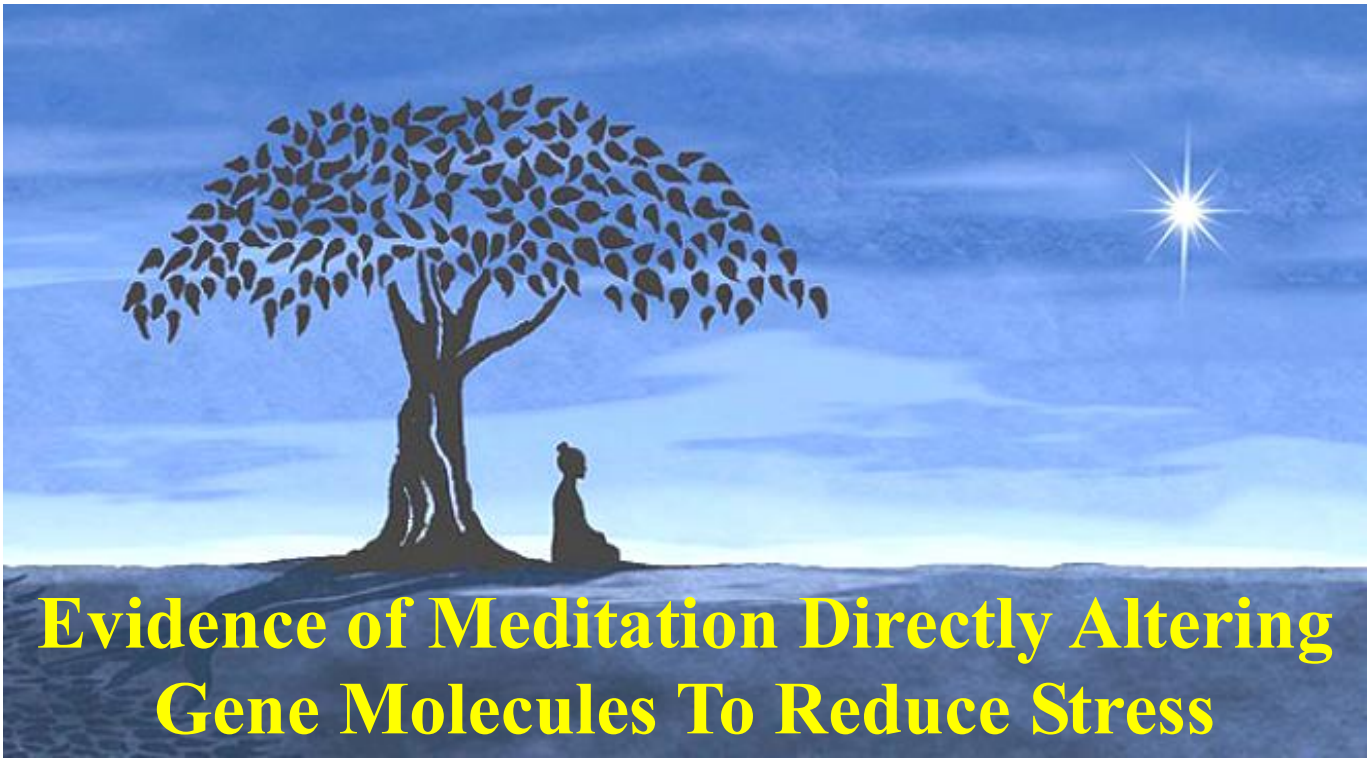
五十而知天命

At 60, my ear was attuned;

六十而耳順

At 70, I follow all the desires of my heart
without breaking any rule.

(七十而從心欲)



Evidence of Meditation Directly Altering Gene Molecules To Reduce Stress

With evidence growing that meditation can have beneficial health effects, scientists have sought to understand how these practices physically affect the body.

A new Dec 2013 study by researchers in Wisconsin, Spain, and France reports the first evidence of specific molecular changes in the body following a period of mindfulness meditation.

To the best of our knowledge, this is the first paper that shows rapid alterations in gene expression within subjects associated with mindfulness meditation practice.

- Study author Richard J. Davidson, founder of the Center for Investigating Healthy Minds and Professor of Psychology at the University of Wisconsin

BENEFITS OF MINDFUL MEDITATION

The study investigated the effects of a day of intensive mindfulness practice in a group of experienced meditators, compared to a group of untrained control subjects who engaged in quiet non-meditative activities.

After eight hours of mindfulness practice, the meditators showed a range of genetic and molecular differences, including altered levels of gene-regulating machinery and reduced levels of pro-inflammatory genes, which in turn correlated with faster physical

recovery from a stressful situation.

Most interestingly, the changes were observed in genes that are the current targets of anti-inflammatory and analgesic drugs.


- Study author Perla Kaliman, a researcher at the Institute of Biomedical Research of Barcelona, Spain, where the molecular analyses were conducted.

The results show a down-regulation of genes that have been implicated in inflammation. The extent to which some of those genes were downregulated was associated with faster cortisol recovery to a social stress test involving an impromptu speech and tasks requiring mental calculations performed in front of an audience and video camera.

There was no difference in the tested genes between the two groups of people at the start of the study. The observed effects were seen only in the meditators following mindfulness practice. In addition, several other DNA-modifying genes showed no differences between groups, suggesting that the mindfulness practice specifically affected certain regulatory pathways.

Our genes are quite dynamic in their expression and these results suggest that the calmness of our mind can actually have a potential influence on their expression.

- Richard J. Davidson



CNM CARE

www.cnmcare.com
DrEnnsmann@gmail.com

0s165 Church Street
Winfield, IL 60190
(630) 216-5916

Michelle Ennsmann, DC, ND
Chiropractic & Naturopathic Physician



CNM CARE

Cassandra Ennsmann, LMT
Licensed Massage Therapist

(630) 216-5916
0s165 Church Street
Winfield, IL 60190

www.cnmcare.com CmEnnsmann@gmail.com



Upcoming Events

www.7StarsMA.com/SevenStarsStudents.html

World Ki Gong Club Annual Clinic

August 28th-30th 2015

Starved Rock Resort in Ottawa, IL

TheosoFEST

Saturday, September 12th ~ 10:00am - 5:00pm

The Theosophical Society in Wheaton, IL

Teacher training program starts

September 2015

Lighthouse Center in Winfield



Tai Chi Qigong Shibashi

Saturday, September 20th ~ 9:00 - 2:30pm

Relax4Life in Barrington



Reiki 1, 2 & Master Classes

September 27th, November 1st & 22nd

The Lighthouse Center in Winfield



Discover the Secrets of Chinese Health Balls

Sunday, October 4th ~ 9:00am - noon

The Lighthouse Center in Winfield

The Eight Pieces of Brocade

Sunday, October 4th ~ 1:00pm - 4:00pm

The Lighthouse Center in Winfield

The Six Healing Sounds

Sunday, October 11th ~ 10:00am - 3:30pm

The Lighthouse Center in Winfield



Six Healing Sounds & Chinese Health Balls

Saturday, October 25th ~ 9:00am - 5:30pm

Relax4Life in Barrington

Annual Student Dinner

Tuesday, November 24th ~ 2:00 - 4:00pm

Jack & Silverado Grill in Elmhurst



World Tai Chi Day

Saturday, April 30th 2016 ~ 9:00-11:00am

Theosophical Society in Wheaton



Tai Chi Spring Gathering

Saturday, April 30th 2016 ~ 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

July

- 1 Exercise for Mental Muscle
- The Abbey, Elmhurst
- 13 50 Secrets of the world's longest living people
- Wood Dale Park District
- 29 Don't let stress stress you out
- Roselle Park District

August

- 5 Finger Labyrinths
- Lombard Park District
- 6 Teacher training program information night
- The Lighthouse Center, Winfield
- 28-30 World Ki Gong Club Clinic
- Starved Rock

September

- 2 Chinatown Trip
- Wyndemere
- 12 TheosoFEST
- The Theosophical Society, Wheaton
- 20 Tai Chi Qigong Shibashi
- Relax 4 Life, Barrington
- 27 Reiki Level 1
- The Lighthouse Center, Winfield
- TBC Teacher Training Program starts
- The Lighthouse Center, Winfield

October

- 3 Falls: they don't have to happen to you
- Lan-Oak Park District, Lansing
- 3 Discover the secrets of Chinese Health Balls
- Lan-Oak Park District, Lansing
- 4 Discover the secrets of Chinese Health Balls
- The Lighthouse Center, Winfield
- 4 The Eight Pieces of Brocade
- The Lighthouse Center, Winfield
- 11 The Six Healing Sounds
- The Lighthouse Center, Winfield
- 25 Healing Sounds & Health Balls
- Relax 4 Life, Barrington

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.

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@7StarsMA.com



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

September 20th ~ 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

