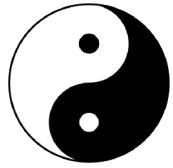


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COMPLEMENTARY

Spring 2016 **FREE! HEALTH & EXERCISE**

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Volume 11, number 1

www.7StarsMA.com

Circulation: 300+

10 Sure Fire Steps to Let's Get Fat!

What?!? Yes, you read that right.
Let's get fat!

Come on; let's take a playful pass at our national obsession with losing weight and look at it from a contrasting point of view. Let's explore: "What do I need to do to make sure that I gain weight?"

The research is actually quite compelling, but chances are you may have missed it, so here's a refresher course on ten proven steps you can take in your daily routine to maximize your fat gain, as much as possible.

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INSIDE THIS ISSUE

- 4 Your program needs consistency
- 5 How to defeat a lack of motivation
- 16 Addicted To Your Cell Phone?

Full class schedules and more!

*“An awareness of the Universe
that triggers emotional responses too
deep and powerful for words”*

Yugen is an important concept in traditional Japanese aesthetics. The exact translation of the word depends on the context. Yugen is not an allusion to another world. It is about this world, this experience!

Continued on page 8

FEATURES

• 3 Notebook • 9 & 12 Tai Chi class schedules • 18 Events • 19 Calendar

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Complementary Health & Exercise

Spring 2016

Editor & publisher - John Robertson



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The Wisdom of Confucious

"Waste begets self-will; thrift begets meanness; but, better be mean than self-willed."

Editor's Notebook

Welcome to our first edition of 2016; we are early with this edition due to our trip to Latin America.

We have been invited to teach T'ai Chi and Qigong at The Latin America Master's Camp in Playa Del Mar in Argentina hosted by the World Tang Soo Do (karate) Association. We will also be teaching at a student clinic and attending their regional karate competition. After that we will be travelling to Peru to visit the Nazca plains, Lake Titicaca & Machu Picchu.

This year brings some changes to our schedules; most of our T'ai Chi and Qigong classes are switching to a seven week schedule, and there will be six sessions each year. This will allow more time for us to run the other classes we offer and allow for better planning of public holidays and vacations.

All the T'ai Chi schedules are now up on our website so you can make plans for next year. Many of our seminar type classes are also online. Plan now!

Our Qigong in the Park class will move to Creekside Park in Winfield and to later in the year, to a warmer and sunnier time. Each class is followed by an afternoon seminar held at our offices in The LightHeart Center just across the road, making it easier to attend both morning and afternoon classes.

Our newsletter will now have three editions each year; each edition covering two of the T'ai Chi sessions. Spring, Summer and Fall - hey let's miss Winter! So it may seem odd that you already have the Spring edition in your hands before we have any snow!

You will continue to receive our email newsletter each month; if you are not receiving them let us know your email address and we'll sign you up.

We wish everyone a very Happy Thanksgiving, Merry Christmas and a Happy new year! See you in 2016!

John Robertson

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

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**Program begins
September 2016**



七星武道



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John@7StarsMA.com



630-229-4434



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

Your Program Needs Consistency

In my experience, the biggest secret to a healthy lifestyle is consistency.

You can have the greatest exercise program designed by a world-renowned trainer, and you can have access to all the newest, state-of-the-art equipment, but if you only exercise once a week, it's not going to have a noticeable affect.

On the other hand, even the most basic program will produce positive benefits if followed on a regular basis.

Sadly, consistency is where most people fail. They get all excited and start exercising three times a week for a couple weeks, and then something happens.

It could be any of the following:

- Vacation
- Family from out of town is visiting
- Weather
- Health issues
- Dr. appointments
- Home repairs

Not to say that these are not legitimate excuses. They may be. But for too many people, after one of these things happens, they never get back into the regular routine of exercising again. It turns into once a week, once a month, or never.

Whether you've been exercising regularly, irregularly, or not at all, here are some tips to help you get or stay consistent:

For the next month, commit to three days a week no matter what. This will help you get in the habit.

Understand that exercise is a long-term commitment with many long-term benefits. View exercise as a lifelong endeavor.

Make long-term goals, not short-term. The problem with short term goals, like "I want to lose 5 pounds," is if you reach that goal, then what? Stop exercising? Or if you don't reach that goal, then what? Time to give up?

A better goal would be, "I want to live longer, and I

want to be able to live a high quality of life," or "I want to be able to dance at my grandkids' weddings."

Plan your week ahead. What days do you plan to do cardio? What days are you going to strength train? What days are you going to do your balance exercises? What time do you plan to exercise? This will help you start to view exercise as a regular part of your week, not just something you do once in a while when you have the time.

Keep an exercise journal. Write down your exercises that you do each day.

Find an exercise friend. There are many people in the same boat as you. People always do better when they have someone else with a similar goal to hold them accountable and encourage them.

Tell others about your commitment. The more people you have asking you "How's your exercise program going," the more likely you are to stick with it.

Understand that there are going to be set-backs. You're going to get a cold and not be able to exercise for a week. You might get snowed in. You might have a more serious health issue, like a knee replacement.

Just realize that when these things happen, they are out of your control, and you are not a failure because of them.

All you can do is get back into your routine as quickly as is safely possible.

Lastly, envision yourself ten years from now, but in two alternate realities. In one reality, you've been exercising three times a week consistently for the last ten years. In the other reality, you only exercised here and there.

I'd be willing to bet that in the first version, you are much, much healthier than you are in the second version. You feel better. You have more energy. Your brain is sharper. You're taking less medication. You look younger. And you're happier.

Do everything you can now to ensure that this reality you've envisioned happens. It's worth it.

How to Defeat a Lack of Motivation

by: TJ Philpott

One of the most common factors keeping people from succeeding is a lack of motivation. As horrible as this may sound it is true. How many times have you ~~ømeant÷~~ or ~~øwanted÷~~ to do something that never got done?

And how many of those times were related to lacking the ~~øproper÷~~ motivation? Exactly! Our ability to achieve success at anything is directly related to our motivational level. And make no mistake this motivation comes from within!

Let's look at a 5 step process you'll want to employ to maintain your motivation in any type of undertaking you may choose:

Establish Goals

You'll first need to establish a ~~øroadmap÷~~ as to how you will get to where it is you want to go. Whether you want to start a business or get in shape, setting goals is much like laying out the stepping stones to keep you on the right track. Each step should take you closer to the completion or accomplishment of your chosen task.

Goal setting is perhaps THE most important step you can take to maintain the proper direction and motivation you'll need. As you systematically achieve your goals one by one, the sense of accomplishment you feel will motivate you to continue moving forward.

Be Accountable To Your Goals

When you set your goals it is a good idea to share them with people who are supportive of you. The interest and support of others will benefit you in two ways. Their interest will help keep you accountable to your goals thru their genuine inquiries as to your progress.

Their support for you to achieve success will help keep you motivated.

Be cautious of and try to avoid people who are negative minded. They will undermine both your confidence and your motivation.

Continued on page 6:

Qigong

The inner health of the body is just as important as the outer health; through this mind-body practice you can improve your health & longevity, boost your immune system and reduce stress. The exercises are effective and easy to learn. Students may choose to sit or stand as needed; making this class suitable for all ages and abilities.

Tuesdays 12:30pm-1:30pm
January 5th & March 1st



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Fridays at 8:30am:
January 7th & March 3rd

3 S 260 Warren Ave,
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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

50 Secrets



Of the world's



longest living



people

February 10th ~ 6:00-9:00pm

Sunset Knoll Recreation Centre
820 S. Finley Road, Lombard

630 620 7322



Continued from page 5:

Take Action

You've set your goals and determined your plan of action but this is only good if you take action. A dream is only just that until you actually act upon it.

A consistent effort towards the fulfillment of this dream is required. Consider your goals checkpoints in the course of your progress.

As each is met your motivation should become stronger propelling you onward to accomplish the next goal.

Remind Yourself Of Resulting Benefits

Allow yourself to imagine and experience the benefits you'll receive resulting from the efforts you are putting forth. After setting goals it is quite natural to remind oneself as to why they were set in the first place.

If the benefits are great enough, and they should be, this will help keep you motivated to achieve your goals.

Remember your motivation comes from within and that ultimately it is up to you to maintain it.

Stay On Course

Your goal setting is much like charting your course but like many journeys there are roadblocks and pot-holes we must navigate. New information may come to your attention which may alter your course and this is normal.

Be open to it and seek it out. You are simply deepening your education which is good and will serve you well in the future. Your only concern is that your final destination is not altered.

If a lack of motivation is what is holding you back from accomplishing many tasks you are not alone. As common as this is this chronic disease can be overcome by following this 5 step process we discussed here today.

Suppose you want to start a business, improve your health, or find a better job. With the right motivation and action plan your chance to achieve success at just about anything increase dramatically.

Isn't it time you start getting what you want?

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

January 13th ~ 6:00 - 9:00pm

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Clauss Recreation Center

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200



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!

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Sunday, February 7th
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

Sunday, March 6th
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, April 3rd
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, 0 S 165 Church Street, Winfield

Call 630 229 4434 or register online at:

www.7StarsMA.com/Metaphysicsclasses/Reiki.html



Yūgen (幽玄) – Deep Awareness of the Universe

Posted on December 13, 2014 by Christopher Chase

Yūgen (幽玄 -Japanese)

"An awareness of the Universe that triggers emotional responses too deep and powerful for words."

"To watch the sun sink behind a flower clad hill. To wander on in a huge forest without thought of return. To stand upon the shore and gaze after a boat that disappears behind distant islands. To contemplate the flight of wild geese seen and lost among the clouds..." ~Zeami Motokiyo

Japanese aesthetic ideals are most heavily influenced by Japanese Buddhism. In the Buddhist tradition, all things are considered as either evolving from or dissolving into nothingness. This ōnothingnessö is not empty space. It is rather a space of potentiality.

If the seas represent potential then each thing is like a wave arising from it and returning to it. There are no permanent waves. There are no perfect waves. At no point is a wave complete, even at its peak. Nature is seen as a dynamic whole that is to be admired and appreciated.

This appreciation of nature has been fundamental to many Japanese aesthetic ideals, ōarts,ö and other cultural elements. In this respect, the notion of ōartö (or its conceptual equivalent) is also quite different from Western traditions.

Japanese aesthetics is a set of ancient ideals that include ōwabiö (transient and stark beauty), ōsabiö (the beauty of natural aging), and ōy gen.ö

These ideals, and others, underpin much of Japanese cultural and aesthetic norms.. Thus, while seen as a philosophy in Western societies, the concept of aesthetics in Japan is seen as an integral part of daily life.

Wabi and sabi refers to a mindful approach to everyday life. Over time their meanings overlapped and converged until they are unified into wabi-sabi (侘寂), the aesthetic defined as the beauty of things ōimperfect, impermanent, and incomplete.ö

Things in bud, or things in decay, as it were, are more evocative of wabi-sabi than things in full bloom because they suggest the transience of things. As things come and go, they show signs of their coming or going and these signs are considered to be beautiful.

In this, beauty is an altered state of consciousness and can be seen in the mundane and simple. The signatures of nature can be so subtle that it takes a quiet mind and a cultivated eye to discern them. In Zen philosophy there are seven aesthetic principles for achieving wabi-sabi.

Fukinsei (不均整): asymmetry, irregularity;

Kanso (簡素): simplicity; Koko: basic, weathered;

Shizen (自然): without pretense, natural;

Yugen (幽玄): subtly profound grace, not obvious;

Datsuzoku (脱俗): unbounded by convention, free;

Seijaku (静寂): tranquility, stillness.

Each of these things are found in nature but can suggest virtues of human character and appropriateness of behaviour. This, in turn suggests that virtue can be instilled through an appreciation of, and practice in, the arts. Hence, aesthetic ideals have an ethical connotation and pervade much of the Japanese culture.ö

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
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Continuing students meet every
Thursday 12:30-2:00pm

classes start:
January 7th & March 3rd

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

Continuing students meet every
Monday 6:00-7:00pm

classes start:
January 4th & February 29th

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

Continuing students meet every
Thursday 9:00-10:30am

classes start:
January 7th & March 3rd

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

Continuing students meet every

classes start:
Tuesday 2:00-3:30pm
January 5th & March 1st

Call: 630 834 8970



10 Sure Fire Steps to -Let's Get Fat!

What?!?í Yes, you read that right.
Let's get fat!

by Morley Robbins on March 13, 2011

1. Start your day with a cup of coffee, the bigger the better: This is actually very cool. Caffeine sends an alarm signal to your brain that you're under attack! Actually, what it does do is override the Adrenal glands to make sure that there's enough blood sugar to start the day. And what it will also guarantee is that your blood sugar levels will become really low (a.k.a. hypoglycemia), so be sure to eat something sweet with that cup of Joe, that way you'll ensure a false sense of security, as well as a false sense of energy. Better yet, this daily routine will add to your growing Adrenal fatigue and help make sure that you can't possibly generate energy without artificial stimulants in your daily diet (i.e. caffeine and simple carbs).

2. Do not eat any protein in the morning: One of the best ways to get fat is to absolutely flood your body with carbs ó the simpler, the better. If you introduce protein into your breakfast, it only slows down your body's ability to deal with all that carb-based sugar, as well as all that Insulin raging through your body seeking to store all that excess sugar.

Whenever possible, do what you can to cause the greatest spike in your blood sugar (and subsequently your levels of Insulin) as this will ensure that you develop Insulin Resistance which will guarantee optimal fat storage and really help you pack on the pounds. Don't worry about how this happens ó just do it! And after you do this long enough, it will be a true "sweet surprise" to your waistline and your wardrobe.

3. Be sure to eat a lot of small meals throughout the day: Truth be known, our bodies are designed for surviving starvation. But over the last 50 years in Amer-

ica, we have cast our Paleolithic heritage goodbye and are now able to eat 24/7 ó it's the very best thing you can do under this protocol. In addition, this eating strategy is a proven way to clog up an overworked Liver by never letting it rest. What you truly don't want if you're trying to put on "max fat" is allow your Liver to detoxify the challenging ingredients from all your meals, not to mention the 80,000 environmental chemicals. Graze whenever and wherever possible. If necessary, keep that nursery rhyme humming in the background: "Good, better, best ó never let the Liver rest!" Giving your Liver more time in between meals is the worst thing you could possibly do if you want to make it on Biggest Gainer! Remember, isn't that what our diet is all about?

4. Seek out food additives "designed" to cause weight gain: Be sure to fill your cupboards ó and your stomachs ó with products that contain as much of the following three food additives as possible:

a. Monosodium Glutamate (MSG): Now, don't be fooled into thinking that this can only be found at Chinese restaurants. Relax, it's everywhere in the American food system. What makes it more fun is that it's disguised under names like: "hydrolyzed protein," "autolyzed yeast," "calcium caseinate," "magnesium glutamate," "textured protein," and 35 other names you don't know about. You get the idea! Have fun finding it and putting as much of this excitotoxin into your tummy as you can stand. The amazing part about this additive is that it tweaks your Hypothalamus (it's in the center of your

brain) into letting you eat more and more and more. No cause for alarm, relax, it's automatic.

b. Aspartame: This, too, is an amazing product for packing on the pounds. Despite what you may think, the FDA actually rejected this food additive for 16 years, until President Bush, Sr. (the one who was a member of Yale's Skull & Crossbones Society) took office. Until this past year, it was manufactured by that most trusted chemical corporation, Monsanto; is sold as "NutraSweet" & "Equal;" and is found in countless food products. It might as well be called "NutraFat!" It's unparalleled in its ability to also trick your brain (yup, you guessed it, it's that Hypothalamus thing, again) into weight gain mode and has demonstrated its fatso effectiveness in countless research studies — at least those not sponsored by Monsanto.

c. High Fructose Corn Syrup (HFCS): Now, this is the granddaddy of all fat stimulating additives. Rush to the store to buy all the sodas, cake mixes, breakfast cereals, candies, cough syrups, sauces, etc. that you can afford. The best part about it and the main reason why it's everywhere is that it's so incredibly cheap to make! Consequently, it won't cost you too much as you focus on "Let's Get Fat!" And the fact that the Corn Refiners Association now wants to rename it: "Corn Sugars" only guarantees that you'll buy more foods with it under a new name — you'll never know what you're eating then.

5. Discipline yourself to a "low-fat" diet. Your body has a natural ability to burn fat. Not to worry, this metabolic pathway works like a muscle: "use it or lose it." The fastest way to lose it is to eliminate fat from your diet. This guarantees that your body will lose its fat burning ability at a cellular level, and thus preserve as much adipose tissue (a.k.a. fat) as possible on your ever-expanding chassis. And the best part about this dietary strategy is there's only so much protein that you can eat in a day. Consequently, the balance of your calories must come from carbs — absolutely locking in the Insulin Resistance (noted in #2 above) and thus assuring your weight gain takes place, almost effortlessly. If you remember nothing else, please remember this: "low-fat" means "high-carb" is a lock, and the research is compelling, despite what you have been told otherwise.

6. Focus on foods "designed" to cause inflammation: At its essence, fat is the body's way of protecting you from ALL the toxins in your diet and/or your environment. The more toxins in your diet and the more offensive they are, the more fat you absolutely need. To remain vigilant, visualize your body as a raging ball of fire. Be sure to eat plenty of the following foods to ensure that this inflammation is at its peak throughout your body:

a. Foods that are highly processed & refined. Be sure to look for products that come in a box, a can, or a white lunch bag — these are the best!

b. Foods that still have trans-fats. Wherever possible, be sure to select foods that have the word: "Hydrogenated" or "Partially Hydrogenated" on them. Margarine is a favorite, but relax, you'll find trans fats everywhere even though they were banned 15 years ago.

c. Foods that have an outrageous amount of Omega-6 Fatty Acids. These are best found in most, if not all, of the industrialized vegetable oils. Make sure that they come in a clear bottle as this will ensure a greater likelihood of the oil being rancid, which only adds to the likelihood of it causing more inflammation. The best examples for this "food group" are: Corn Oil, Soybean Oil, Canola Oil, Safflower Oil, or Cottonseed Oil. Btw, the Baby Boomers have a distinct advantage here — you all grew up on Crystallized Cottonseed Oil, which was sold many years ago as CRISCO!

d. Foods that contain Genetically Modified Organisms (GMOs). Now this is a bit more difficult due to the FDA barring any labels on these foods (again, brought to you by President Bush, Sr. — good ol' Skull & Crossbones!) Nonetheless, be on the lookout for any produce that has an "E" on the little white sticker or buy only processed food (again, think "box," "can," or "frozen") that has corn, soybean, canola or cottonseed as a main ingredient. These four genetically modified staples now constitute about 80% of the foods we eat as Americans, so it shouldn't be too hard to find GMOs. Remember, if your food has the Non-GMO Label on the product —

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

Elmhurst

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

Wednesday at 11:15am

classes start:
January 6th & March 2nd

Call: 630 993-8193



Wood Dale

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

Thursday at 11:00am

classes start:
January 7th & March 3rd

Call: 630 595 9333

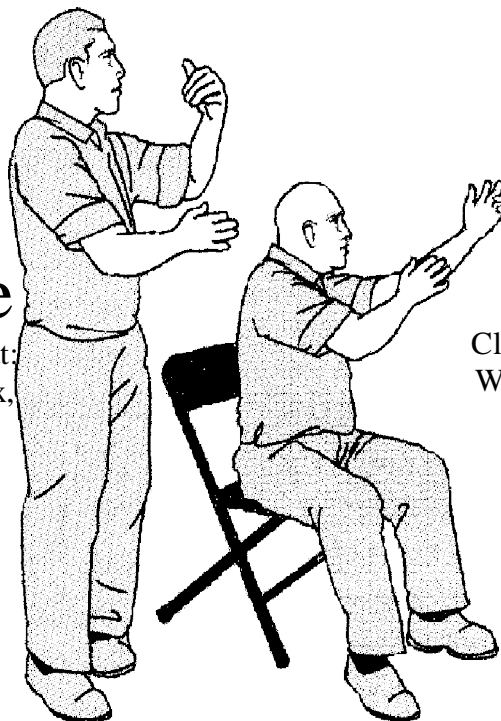
Bloomingtondale

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:
January 7th & March 3rd

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:
January 7th & March 3rd

Call: 630 595 9333



Continued from page 11:

put it back! You are only delaying your weight gain by succumbing to organic foods, and spending a fortune in the process. Btw, the latest research with rats has now proven that even with minute amounts of pesticide (a known toxin) in their diet, these laboratory critters become obese. How cool is that?!? Now to put your mind to rest, when you're eating GMOs, like Bt Corn or Bt Soy, you're actually eating pesticide - that's what "Bt" is code for. And one last dimension, as an added bonus, this eating strategy also works wonders if your goal is to become sterile, but I'll save that for another post.

7. Plan your biggest and most nutrient dense meal, for as late in the night as possible. You probably already know this (given that you're committed to "pounding" yourself), but this is actually how Sumo wrestlers achieve their extraordinary weight gains. And who doesn't want to go toe-to-toe with those guys? The timing (Late!) and the size (Super!) of this meal is a necessity given our plan to overwhelm our digestive system, and again, compromise our liver's ability to do its critical job.

Remember, the more time you give that Liver before bedtime, the more effective it can be in storing all that glucose and detoxifying your system of the toxins - there's no way, I mean "no weighí" (Please, pardon the pun!) Bring your liver to its knees, so you can guarantee that you will, as well.

8. Limit your sleep each and every night. Now this is really important. Stay up as late as you can every night possible. Watch David Letterman, get engrossed in thriller movies or just surf the web for as long as your eyes can stand the toothpicks. The less sleep you get, the better.

Please don't tell anyone, but while you're sleeping, you actually burn fat to provide energy to keep all your countless metabolic processes going. But given that we shut down that fat-burning pathway (see #5 above), we don't need to worry about that, now do we? And as an added bonus, be sure to sleep with a light on - this will totally confuse your body.

In effect, this will make you have a low appetite in the morning, but a high one at night, thus ensuring success with both #2 and #7 above - isn't this cool how it's all coming into focus? Just do your part to

prevent any true restorative sleep, thereby keeping your body on alert at all times. And btw, if you find you're always waking up between 1-3 am, well that means one of two things: 1) either your Liver is working way too hard, or 2) you went to bed way too early!

9. Spend as much of your food dollar in restaurants, preferably "Quick Service" ones: As a nation, we currently spend 50% of our food dollar outside the home - that's about \$2,500/person. A little known secret: if you would spend just a few thousand more, you, too, could own the Crave It! Study sponsored by McCormick Spice Co. (2001) Contained in it will be a guaranteed process for "enhancing" your food to ensure maximum visits and thereby, maximum weight gains for patrons.

This process makes food "Hyperpalatable," and with an amazing mixture sugar, fat, and salt, as well as other food additives (see #4 & #6 above), you will learn how to tweak your "hedonic hotspot" also located in your brain (this time it's the Nucleus Accumbens - neighbor to the Hypothalamus). Once the "hotspot" gets compromised, you'll never feel satiated, and you will keep coming back for more and more and more food.

You can't help it - you have just become a victim to the central wiring of our brain: the cue-urge-reward-habit cycle that fuels ALL addictions. And best of all, the added bonus to this step: you lose total control over the foods that are going into your body. This is your failsafe strategy: Eat out >>> Get fat! Trust me, it works like a charm. Try it regularly, and let that food entertainment industry stimulate you to your ever expanding core.

10. And finally, do not, under any circumstance, exercise: Don't even think about it! What are you trying to do? If you exercise, you'll only build more muscle and then there'll be that many more places (i.e. muscle cells) to store all that excess glucose. Now, I'm only going to say this once more, the less muscle, the more Insulin Resistance. And the more Insulin Resistance, the more your body is forced to store that "food" as fat. Insulin Resistance guarantees a faster and greater weight gain. OK?

Remember, lose it - don't use it! So let's lose as much muscle as possible to ensure optimal fat storage and weight gain. And best of all, if you really harness

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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.

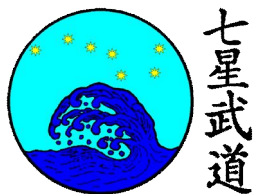
Once learnt the sounds can be easily used throughout the day, taking only a minute or two to help maintain health and vitality.

Sunday, January 24th
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



Continued from page 13:

yourself to #2 and # 5 above, refined foods will absolutely melt in your mouth ó you won't even have to expend all that needless energy chewing your food. How's that for a true winning step to our getting fatty strategy.

So there you have it! A sure fired, 10-step program to maximize your fat gain. Why I'm so confident, I'll even guarantee it!

And for those of you who think I've totally lost my mind, relax. I've just decided it's time to inject some levity into the relentless din of dietary recommendations seeking to address the nation's most pressing chronic illness: Obesity. This condition is absolutely out of control across the country and it reflects the abominable state of our food system, our complete lack of commitment to real, restorative food, as well as our unwillingness as a nation to believe the simple truths about what foods, and what food additives, actually cause the creation of or the burning of fat.

A sobering statistic: in the time it took you to read this article (~15 min), 12.5 people died from Obesity-related diseases in America. (Please, let that sink in for a moment ó that's one very 72 secondsí)

Even more sobering is the accelerated rate of this condition in infants and childrení A rather bleak future, unless we wake up from our processed food stupor and come to our senses about our individual and collective responsibility to reverse these easily correctable dietary trends.

Now, take a deep breathí we're almost done, but this is the most important part. If you õmasterõ all ten of the steps outlined above, and I'm deadly serious now, it will very likely assure you of becoming what is called Leptin Resistant.

What in the world is that, you ask? Well it's relatively õnewõ on the research scene (~1994), but Leptin Resistance has now been identified as the leading cause of our ever increasing waist lines, and is repeatedly being shown to be the underlying force behind the growing tsunami of chronic disease crippling America.

Truth be known, Leptin is your body's master hormone, and is produced by your fat cells, of all places. And much to everyone's surprise, it keeps the Hypothalamus and all its many, many homeostatic

processes running properly. (Btw, the Hypothalamus is the "Intel chip" running your body's countless metabolic and bodily functions!)

The proper functioning of this critical part of your brain is absolutely affected by the foods, and especially the food additives, that we eat each and every day. And for those of you who are thinking: "Well, there's no way I'm Leptin Resistant!"

Here's the acid test: Do you have any noticeable fat on your bod? If so, you're more than likely Leptin Resistant. What this means is that the signaling between your Hypothalamus, your Liver, and your fat cells is blocked likely due to excess sugars in your diet, the "communication" is likely dysregulated, and as a result, your body is forced to store more and more of your food energy as fat - and that's a fact!

To think and eat otherwise is to buck three million years of programming in that "Intel Chip" running your body!

If I could wave a magic wand, my wish would be to have you truly understand the absurdity of following steps #2 and #5 and the devastation that this excess sugar is having in our bodies.

Each year, the average American consumes 160 pounds of refined sugar, coupled with 50 pounds of High Fructose Corn Syrup (HFCS), and another 20 pounds of artificial sweeteners, to boot. And yet, we profess innocence. I'm well aware of the fact that YOU don't add it to your food, trust me, it is absolutely being done for you and to you.

The biggest impact from this annual binge of sugar consumption - it's wreaking havoc with our Insulin production, and consequently is the primary dietary culprit in the accelerated rise in chronic disease - far, far worse than the saturated fat you're so terrified of eating!

Continued use of excess sugars in our foods is a crime against humanity and we are all innocent bystanders - it's high time we "Just say No!"

The Four White Poisons

- White flour
- White rice
- White salt
- White sugar



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.

January 20th ~ 6:00 - 9:00pm



630 595 9333

111 E. Foster Avenue, Wood Dale, IL 60191



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

Mar 2nd ~ Apr 13th 6-9:00pm

630 942 2208

 College of DuPage



Addicted To Your Cell Phone? Here's How To Get Your Life Back

By Tom Cronin February 15, 2013 12:39 PM EST

Let's face it: life is getting more hectic with less time to simply BE. We've lost the spaces in our day to ponder, pause and relax.

Can you relate?

You may not even realize that you've filled in all the spaces in your day and that you don't have a moment to spare.

So here's a simple quiz:

- Do you check your phone when you're on the toilet?
- Do you text on your phone when you're walking?
- Do you check your phone when stopped at traffic lights?
- Do you send a picture of every meal to Instagram?
- Do you snap photos of those moments on the beach or at the park and post them on Facebook?
- Do you check your phone in bed just before you go to sleep?

If you answered yes to a few of these questions, then maybe you've filled in all the spaces in your day with the distraction of your phone.

Without realizing it, you've taken away those moments of restfulness and simply Being.

You know, those brief moments of just sitting, be it at a traffic light, in a park, on the train, or yes, even on the toilet!

There was a big shift on the planet in the year 2005.

This was the year the iPhone was born.

Prior to that, our lives were often filled with small gaps of emptiness. These were moments of respite to contemplate, ponder and just BE in a simple state of awareness.

Have you noticed that in your life, and the lives of those around you, that we have removed all those spaces in our day and we've filled them in with more and more data processing: Emails, Facebook, Twitter, SMS, Kik, HeyTell, Instagram, newsfeeds, and

Google.

Data, data data!

Some of our most creative impulses and intuition are born in those empty spaces.

And now, we're relying on someone else's post of a Gandhi quote or a YouTube clip of a puppy dog playing with a kitten for our inspiration, rather than connecting with our own inner voice of wisdom.

So how do we create those spaces again? How do we regain those small daily moments of respite that are free of data?

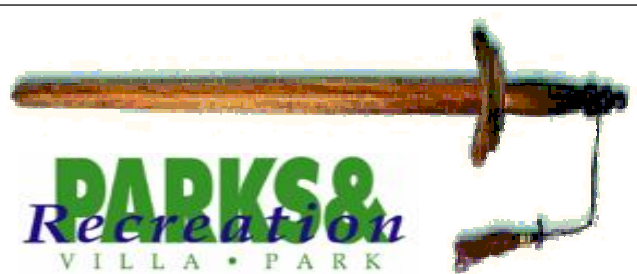
Here are some ideas.

Try these for a week and let me know how it goes.

1. When you arrive home at night, put your phone on silent and leave it in a drawer. Set a time to check your phone to see if you've missed any urgent calls. If there are none, then put it back in the draw.
2. If you're taking a toilet break at work, leave your phone at your desk.
3. When you get in your car, place your phone in the glove compartment and on silent mode.
4. When you're out walking, bring your attention to the world around you. Look at the sky, the trees, the sun, and feel the breeze. What do you smell, see, hear, taste, touch? Be conscious of not being distracted and pulling out your phone to text someone.
5. When you are on public transport, set aside moments that are purposely free of interaction with your phone, including music.
6. Implement Stillness Sessions into your day. These 20 minute sessions of mental quietness are a powerful way of structuring a break from data absorption and promote mental and physical rest.

Those little spaces in the day serve us a tremendous purpose. They are for rest, rebalancing and insights.

Allow some space through your day and see what springs forth from those moments that aren't just photos of someone's lunch or a Facebook rant about getting a parking ticket!



T'ai Chi Sword

Classes start:

January 5th & March 1st

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)

CNM CARE

Dr Michelle Ennsmann, DC,ND

Chiropractic & Naturopathic Physician
Health Talks


January 20th
Colds & flu

February 17th
Weight loss

March 23rd
Risks, side effects and dangers of
prescription medications

April 20th
Allergies

0S165 Church Street, Winfield, IL 60190
(630) 216-5916 www.cnmcare.com



CNM CARE

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DrEnnsmann@gmail.com

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Winfield, IL 60190
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Michelle Ennsmann, DC, ND
Chiropractic & Naturopathic Physician

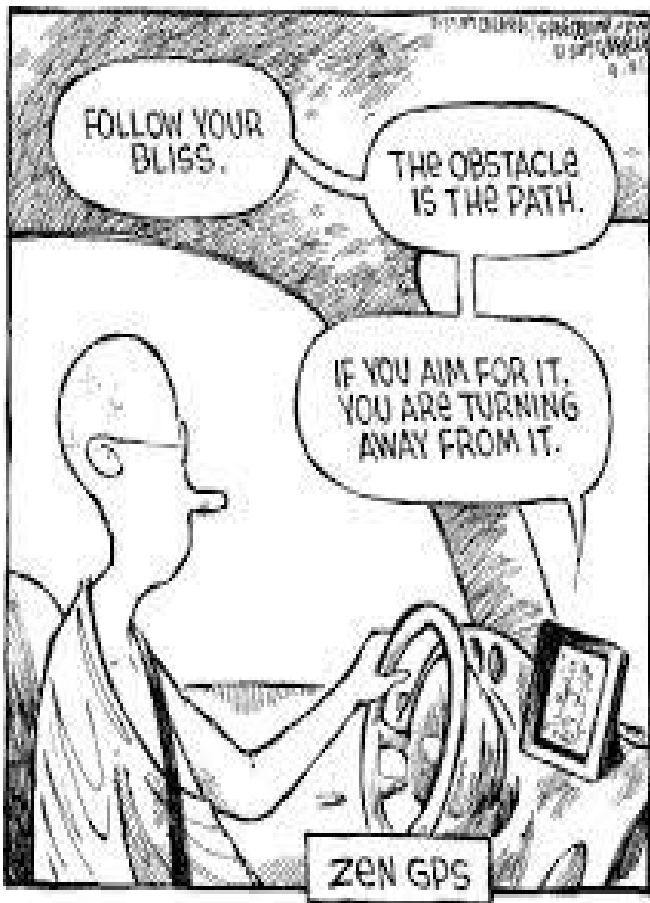


CNM CARE

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

The Six Healing Sounds

Sunday, January 24th ~ 10:00am - 3:30pm
The Lighthouse Center in Winfield



Reiki 1, 2 & Master Classes

February 7th, March 6th & April 3rd
The Lighthouse Center in Winfield



The Six Healing Sounds

Saturday, February 13th ~ 9:00am - 5:00pm
National University of Health in Lombard, IL



Tai Chi Qigong Shibashi

Saturday, March 20th ~ 9:00 - 2:30pm
Relax4Life in Barrington



Six Healing Sounds & Chinese Health Balls

Saturday, March 26th ~ 9:00am - 5:30pm
Relax4Life in Barrington

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

World Ki Gong Club Annual Clinic

August 26-28th 2016
Triangle T Ranch, Tucson, AZ

TheosoFEST

Saturday, September 10th ~ 10:00am - 5:00pm
The Theosophical Society in Wheaton, IL

Teacher training program starts

September 2016
Lighthouse Center in Winfield



Annual Student Dinner

Tuesday, November 22nd ~ 2:00 - 4:00pm
Jack & Silverado Grill in Elmhurst



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

Class calendar

www.7StarsMA.com

January

- 9 Falls: they don't have to happen to you
- Lan-Oak Park District, Lansing, IL
- 9 Discover the secret of Chinese Health Balls
- Lan-Oak Park District, Lansing, IL
- 13 Don't let stress stress you out
- Roselle Park District, Roselle, IL
- 20 Discover the secret of Chinese Health Balls
- Wood Dale Park District, Wood Dale, IL
- 30 Say goodbye to antacids
- College of DuPage, Glen Ellyn, IL

February

- 7 Reiki level 1
- The Lighthouse Center, Winfield, IL
- 10 50 Secrets of the world's longest living people
- Lombard Park District, Lombard, IL
- 27 The Six Healing Sounds
- TBA, San Diego, CA
- 27 The Eight Pieces of Brocade
- TBA, San Diego, CA

March

- 5 The Magic of the Pendulum
- College of DuPage, Glen Ellyn, IL
- 5 Labyrinths: a journey to the center of the self
- College of DuPage, Glen Ellyn, IL
- 6 Reiki level 2
- The Lighthouse Center, Winfield, IL
- 20 T'ai Chi Qigong Shibashi
- Relax 4 Life, Barrington, IL
- 26 Healing Sounds & Health Balls
- Relax 4 Life, Barrington, IL

April

- 3 Reiki Master class
- The Lighthouse Center, Winfield, IL
- 15 Spring break starts
- 30 World T'ai Chi & Qigong Day
- The Theosophical Society, Wheaton, IL
- 30 The Spring Gathering
- The Lighthouse Center, Winfield, IL

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

March 20th ~ 9:00am - 2:30pm

26402 Edgemon Lane, Barrington, IL 60010

Call 847 842 1752

or register online at:

www.relax4life.com/Shibashi.htm

