



Philip Lai Qi Gong Association

August Newsletter 2015

My dear Qi Gong friends:

August sees the start of the moderation of the heat of Summer. There are still many days of strong sun but there can also be days of cooler temperatures and wind which foretell autumn. The Fire element is still most influential in this month and the Heart is the most important organ to take care of at this time.

The Benefits of Coconut Water. The clear water or milk from fresh young coconuts is especially effective as a refreshing drink to beat the heat of summer. It also has many health benefits. It has high levels of potassium and so acts as a natural sports drink to replace that element which is lost during high levels of physical activity. Coconut water can also be used to treat conditions of the urinary tract, intestines and kidneys. It also is used to dissolve kidney stones and allow them to be passed out of the body. Coconut water has anti-bacterial and anti-viral properties which fights infections in the gut and blood stream. It has been used for weight loss because it boosts the metabolism by increasing the oxygen supply to the cells of the body. Coconut water is more beneficial to the body than milk or orange juice due to its lack of fat, cholesterol or high amounts of sugar. You can even clean and tone your skin with it and treat acne by applying it directly to your face. Coconut water is best when it is fresh out of the shell. Watch this video to see how I open the coconut: <https://youtu.be/pj158odUVBw>

Qi Gong for Job Seekers. Recently I have had the opportunity to work with new immigrants who are looking for jobs in Canada. They often have problems with stress and maintaining a positive mental attitude as they go through interviews and face rejection. I teach them simple Qi Gong exercises which use breathing, meditation and gentle movements to help them calm their minds, relax their bodies and improve their mental attitudes. This helps them present themselves as calm, focused people who have energy and confidence. This is a big advantage in a job search.

Feel the Healing Course at JCC. There is still room on this Level 1 Qi Gong course at the Soloway JCC. Let me know ASAP if you would like to attend.

July 16 – August 27 (7 classes)

\$103.25 for JCC non-members, \$70 for members

21 Nadolny Sachs Private (off Carling near Carlingwood Shopping Centre)

Finally I would like to invite you to join our drop-in class at McNabb Community Centre to practice advanced level Qi Gong (from 8:30 to 9:10 am) and Level one Qi Gong (from 9:15 to 10:15 am) that you have already learned by taking our courses. **Please note that we are now in the Fitness Room.** Qi Gong is always best and most powerful when practiced with others on the same healing path. To find out more, please visit our website: www.philiplaiqigong.ca

If you would like to be on our mailing list, please let me know. Please contact me if you have any questions.

Thanks,

Philip Lai, CPA, CMA

President of Philip Lai Qi Gong Association
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Master of Qi Gong and Kung Fu

