



Philip Lai Qi Gong Association

August Newsletter 2016

My dear Qi Gong friends:

Late Summer. August is the beginning of late summer, which is the transition from the Yang spring to the Yin autumn. Late summer is a season for harmony, unity, tranquility and finding the middle way between extremes. Late summer creates the Earth element and influences the Spleen.

Foods for Late summer. Foods which are yellow or golden in colour or round in shape are best for Late summer. Use a minimum of seasoning and avoid complicated dishes and complicated complications of foods. Try and reduce cooking times and amounts of water and cooking oil. Increase use of grains such as millet, corn, rice and amaranth. Eat plenty of beans and nuts such as garbanzo, soy beans, string beans, peas, chestnuts and filberts. Carrots, cabbage, squash, potatoes, yams, tofu and cantaloupe are other good foods for Late summer.

The Spleen in Late summer. Late summer has most influence on the Spleen. The Spleen is at the centre of the body and the most balanced between Yin and Yang. The Spleen governs will and memory. Diseases which turn the skin yellow such as jaundice and diabetes are related to Spleen disharmony. Forgetfulness and overthinking can also indicate problems with the Spleen.

Diet to Improve Spleen Qi. Eat warming or neutral foods which are moderately well-cooked. Eat pungent vegetables and spices such as onion, leek, black pepper, ginger, fennel, cinnamon and garlic. Carbohydrate-rich vegetables such as carrot, winter squash, parsnip and yam are useful to boost Spleen Qi. Use small amounts of animal products such as tuna, halibut, beef, chicken or lamb in soup. Eat sweet foods such as barley malt, molasses, cherries or dates.

Workshops Near Montreal. On Saturday August 6 and Sunday August 7, I will give another 5 Element Palm Qi Gong workshop at 168 Rue Leon-Martel, Terrebonne Quebec (near Montreal). See this link for details:

<https://www.facebook.com/events/1094387053940730/>

On Saturday August 13 and Sunday August 14, I will give a 5 Element Palm Qi Gong Level 2 workshop at the above location. See this link for details:

<https://www.facebook.com/events/1040280486054221/>

Beginner Qi Gong Intensive 2 Day Workshop. On Saturday, August 27 and Sunday August 28 from 9am to 4:30pm at 33 Strathbury St. Ottawa, I will give a two day intensive Qi Gong workshop for anyone who wants to increase their health, happiness, wisdom, beauty and longevity. This is the first step to become a practitioner, certified instructor or energy healer. See this link for details:

<https://www.facebook.com/events/1620357171625545/>

Beginner Qi Gong Course. 8 class introduction to Qi Gong at McNabb Community Centre, 180 Percy St. Saturday mornings starting Sept. 24, 8:45 to 10:15 am. Cost is \$90. Call Catherine at 613-737-0553 to register.

Intermediate Qi Gong Course. 12 class detailed instruction on Bridge or Wild Goose Qi Gong at Plant Community Centre, 930 Somerset St.W. Saturday mornings starting Sept. 24, 10:30 to 11:30 am. Cost is \$117.75 (course # 1063843). For details and registration call 613-232-3000.

Feel the Healing Qi Gong Course. 14 class introduction to Qi Gong to calm the mind and relax the body at Soloway JCC, 21 Nadolny Sachs Private. Thursday evenings 6:15 to 7:15 pm starting Sept. 8. Cost is \$110 for members, \$140 for non-members.

My email is: philip.lai@rogers.com

Thanks,

Philip Lai, CPA, CMA

President of Philip Lai Qi Gong Association
Certified Naturopath Therapist
Master of Qi Gong and Kung Fu

