



Philip Lai Qi Gong Association

August Newsletter 2018

My dear Qi Gong friends:

Late Summer. According to Traditional Chinese Medicine from the 3rd week of August to the Autumn Equinox is the short transition season called Late Summer. This 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 complex combinations 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.

Dampness in Late Summer. In Five Element Theory, Dampness is the most important condition to be aware of in Late Summer. Dampness is a Yin disorder characterized by an overly moist or wet condition in the body. Damp disorders have a stagnant quality and take a long time to cure. Dampness in the Spleen has symptoms such as slowness of movement, numbness in the limbs, heaviness and bloating in the body, lack of appetite and coating on the tongue. A diet which has an excess of raw, cold, sweet, oily or mucus-forming foods can cause Dampness. External pathogens such as viruses and bacteria can cause Damp disorders. Lack of exercise, which oxygenates the body, can cause Dampness. Constant exposure to high humidity in the environment can worsen internal Damp

conditions.

Foods Which Dry Dampness. Grains such as rye, amaranth, corn and alfalfa are useful in drying a Damp condition in the body. Adzuki beans, celery, lettuce, pumpkin, turnip and honey, herbs such as chaparral and chamomile and products made from goats milk also combat Dampness.

I invite you and those who can benefit from medical Qi Gong to take our upcoming courses:

Upcoming Classes and Workshops Bhakti in the Woods Yoga Festival

I have been invited to offer Medical Qi Gong Intro Workshop at the Festival on Saturday August 18, from 10 to 11am. 166 Chemin Himmelman, Thorne Quebec. Visit their website for more info: <http://bhaktiinthewoods.com/>

Intensive Beginner Qi Gong Workshop

Intensive Qi Gong training 9 hours over three weeks. Register before end of August and review materials before the course. For those who register on or before August 25th, Saturday, you are invited to attend our complimentary Qi Gong intro class on August 25, from 9 to 10:15 am at McNabb C.C., so that you will know what you will learn from the workshop. This will also speed your learning process. Cost \$115 includes teaching materials
Sat Sept. 8 and 15 from 8:30 am to 12:30 noon at 33 Strathbury St., Nepean (at Centre Pointe)
Saturday Sept. 22 from 9 to 10:15 am at McNabb C.C.
Email philip.lai@rogers.com to register or for info.

Pinecrest Recreation Centre:

Call 613-828-3118 to register

Tai Chi Yang Style 24 Movements Tuesdays starts Sept. 18 (13 classes) 10:45 to 11:45 am course# 1408436 \$130

Beginner Qi Gong Thursdays starts Sept. 20 (13 classes) 10:45 to 11:45 am course# 1408498 \$130

Plant Recreation Centre:

Call 613-232-3000 to register

Tai Chi Yang Style Level 1 Thursdays starts Sept. 20 (13 classes) 6:30 pm to 7:30 pm course# 1404340 \$130

Tai Chi Yang Style Level 2 Thursdays starts Sept. 20 (13 classes) 7:30 pm to 8:30 pm course# 1404346 \$130

For info and Registration for the above courses, please: email philip.lai@rogers.com or visit our website at www.philiplaiqigong.ca

