



Philip Lai Qi Gong Association

January Newsletter 2017

My dear Qi Gong friends:

Winter and the Kidney. The Kidney is the dominant organ in the winter. It is associated with the water element. The Kidney stores and controls Jing (Essence). Jing is converted in the body to blood and Qi. There are two types of Qi made from Jing: Acquired Qi and Inborn Qi. The two types of Qi are combined to make Kidney Qi. TCM practitioners view the Kidney as a very important organ that not only regulates the urinary system but also exercises control over the reproductive, endocrine and nervous systems.

Kidney yin provides energy for physiological functions while kidney yang promotes storage of kidney yin.

Kidney yin and yang are mutually dependent, promoting and restraining each other, leading to an internal harmony of yin and yang, and healthy functioning of the body's organs.

It is the dynamic interaction between the two that maintains the normal life activities. The Kidney plays a role in sexual maturation, growth and the stages of reproduction, establishes one's physical and mental qualities and one's life-span. In winter it is important to preserve Kidney Qi. Eat healthy food, avoid overwork and get sufficient sleep. Poor nourishment means the Spleen and Stomach cannot make enough Acquired Qi and leads to depletion of irreplaceable Inborn Qi from the Kidney. The practice Qi Gong can reduce the consumption of Kidney Qi.

Foods to Improve Kidney Yin: Millet, barley, tofu, string beans, watermelon, blueberries, water chestnut, wheat germ, potato, seaweed, egg, pork, cheese.

Foods to Improve Kidney Yang: cloves, fenugreek, fennel seed, black pepper, dried ginger, cinnamon, walnuts, garlic, onion, quinoa, chicken, lamb, salmon.

Foods to Improve Kidney Qi: parsley, wheat berry, rice, rose hip, raspberry and blackberry

leaves.

Kidney Meridian Exercises: In our weekly Qi Gong classes, we practice the 5 Elements exercise for winter which energizes the Kidney meridian and the Kidney cleansing exercise to flush the bad Qi from the organ. Come to our class at McNabb to learn these powerful and simple exercises.

Free Workshop at the Table Restaurant. On Saturday December 17 at 10:30am to 11:30am join us for a free Qi Gong workshop at the Table Restaurant, 1230 Wellington St. W. (at Holland). Calm your mind, manage your stress, improve your wisdom, increase your self-healing ability and empower your energy to attain health, happiness and wealth. Please pre-register by December 14.

Holiday Lunch at the Table Restaurant. Immediately after the free workshop on Saturday December 17 at 11:30am join us for lunch at the Table Restaurant. Please email me by December 10 if you wish to attend lunch. They have a vegetarian buffet and you pay by the amount you take (typically around \$20).

Qi Gong Saturday classes at McNabb. There will be no Qi Gong classes on December 24 or 31.

Qi Gong classes at Plant Rec. Centre. Intermediate classes (13 weeks) start Sat. Jan. 14, 2017 from 10:30 to 11:30 am. Cost: \$127.50

Call 613-232-3000 to register.

Qi Gong classes at Soloway JCC. Feel the Healing beginner Qi Gong classes (13 weeks) start Thurs. Jan. 5, 2017 from 6:15 to 7:15 pm. Cost: \$105 (members), \$135 (non-members)

Call 613-798-9818 to register.

Tai Chi classes at Plant Rec. Centre. Intermediate classes (14 weeks) start Thur. Jan. 12, 2017 from 7:00 to 8:00 pm. Cost: \$137.25

Call 613-232-3000 to register.

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